



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SOMETHING FOR EVERYONE

Spring 2012 Program Guide/Open U Classes
YMCA AT VIRGINIA TECH



Registration Information

Some classes are offered by the instructor and you will register with and pay them directly. Please read the description for details.

Make sure we have your current email address and phone number on file in case we need to contact you about directions, cancellations, etc.

You can register:

- **Online** – set up a new account or log into your existing account to view classes and register at www.vtymca.org. Not sure if you have an account? Call 540-961-9622, email us at ymca@vtymca.org
- **By phone** with a VISA or Master Card – 540-961-9622
- **In person** – Cash, check, VISA or Master Card, 1000 N. Main St. Blacksburg, M-F 9 AM to 4 PM

Registration Deadlines

Please register at least 3 business days before class begins. If you would like to join class on the day it begins and it is still open, please call to register.

Class Cancellations

Occasionally, we must cancel classes due to insufficient enrollment, weather, etc. When a class is cancelled you will have the option of receiving a full refund or a credit.

Class Withdrawals

Refund requests must be made at least 3 business days prior to the first class meeting to ensure a full refund or credit. Withdrawals after that time will receive credit or a refund minus a \$5 fee. Withdrawals after class begins will receive course credit only.

Inclement Weather

For cancellation information, call us at 540-961-9622 or check www.vtymca.org for an update by 3pm the day of class.

A Word To Students

The Y is committed to offering a wide variety of affordable courses open to all members of the community. Instructors agree to a policy that prohibits them from advertising or selling products and services while teaching these classes. The views expressed in class do not necessarily reflect those of the YMCA at Virginia Tech.

NEW! On Demand Classes at the Y

Sometimes we offer a class you want to take at a time or day that doesn't work for YOU. The Y now offers an alternative with **On Demand** classes.

You tell us the class you'd like to take from classes listed with the On Demand option, and we'll work with you and your potential classmates to find the perfect time to hold the class. All you have to do is:

- Give us a call at 540-961-9622 to get your name on the list.
- Pay a \$10 deposit. This fee is refundable in the event that we are unable to schedule the class.

That's it! When the minimum number of students (4-5) for the class has been reached, we will contact the students and schedule the class. Easy!

What if a class doesn't have an On Demand option?

Send an email to openuniversity@vtymca.org. If we can find an appropriate instructor and generate enough interest, we'll schedule the class at a time that works for you and your classmates.



WHAT'S INSIDE

Fitness & Health	3-4
Foreign Languages	4
Pottery	5
Art	6-7
Photography	8
Dance, Music & Theatre	8-9
Gardening & Outdoors	10-11
Special Interest	11



Y HIKES SPRING 2012

Free hikes start Sundays in March @ 1pm, visit vtymca.org for details

Black Bear – Sunday 3/25

Huckleberry Trail Geology Walk – Sunday 4/1

Barney's Wall – Sunday 4/15

War Spur – 4/22

Angel's Rest – Sunday 4/29

Ashtanga Yoga

Ashtanga Yoga is a set series of poses taught in the tradition established by Sri K. Pattabhi Jois and continued by his grandson, R. Sharath Jois. Ashtanga is both aerobic and weight-bearing and therefore has many benefits physically and emotionally. Karen Cairns studied with Shri K. Pattabhi Jois from 2002-2008 and continues to study every year in Mysore, India, at the Shri K. Pattabhi Jois Ashtanga Yoga Institute with R. Sharath Jois. She was Authorized Level 1 in April 2010. For all classes, please dress comfortably, bring a mat and a small towel to use as a "prop". If you have any questions, please call Karen at 540-558-9554. \$10 per class to instructor, walk-in only.

Beginner Level

The beginning class is for any student, but talk to the teacher if you have health issues since this is a physically challenging style of yoga.

Sundays, ongoing starting 2/19, 9-10:30am, Y Center

Continuing Level

This class is for students familiar with the beginning standing poses or by permission of the teacher.

Sundays, ongoing starting 2/19, 11am-12:30pm, Y Center

Mysore-style

In "Mysore-style" classes, you work at your own pace and the teacher is there to help with adjustments or when you forget the sequence. Beginners are welcome, but many students prefer to attend a few led classes first.

Thursdays, ongoing starting 2/23, 5:30-7:30pm, Y Center

Be Kind To Your Spine

A yoga and Pilates based class for those wishing to promote optimal back health. We will work on building core stability, improving posture, and increasing flexibility. Participants will work to develop an increased body awareness and flexible strength which can reduce lower back and shoulder stress, tension, pain and injury. This is a beginning level class which is accessible to those who would like a gentler approach and modifications will be provided for those needing more challenge. Please bring a yoga mat to class. Taught by Jennifer Speiden. \$60

Tuesdays, 1/24-2/28, 8-9am, Y Center Dance Room

Tuesdays, 3/13-4/17, 8-9am, Y Center Dance Room

Tuesdays, 4/24-5/29, 8-9am, Y Center Dance Room

Hatha Yoga

Gelsina Ceritano leads this relaxing and energizing yoga class that will help each student become more aware of each breath and learn to relax in each asana. When you learn to let go of tension and attachment in yoga class, you can learn to let go in your everyday life. Gelsina received her 200 hour certification for asanas (poses) and pranayama (breath work) at Yogaville in Buckingham, VA. Walk-in only, suggested donation to instructor of \$10.

Wednesdays, 1/25-5/30, 11am-12pm, Y Center Dance Room

Yoga for Whole-body Wellness

Experience an inner workout as well as a physical one! This multi-level workout addresses mental, as well as physical health with techniques proven to immediately reduce stress and raise energy levels. Come and discover whole-body wellness through the ancient science of Yoga. Instructor, Sofia Nelson, has been practicing Yoga for over 25 years. This on-going class is on a drop-in basis and is open to new, as well as experienced Yoga practitioners. Please dress comfortably and bring a mat. \$10/class payable to instructor.

Saturdays, 10-11:15am, 1/28-5/26, Y Center Dance Room

Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The name Zumba is derived from a Colombian word meaning to move fast and have fun. Join our instructors as they lead you in this fun, enjoyable class that will have you moving to the music until you're sweating off the pounds. Steven Trotter will lead the class. Punch cards: 10 classes - \$50, 20 classes - \$95. Bring your receipt to class to receive your punch card, or pick up at the Y office. You must use your card by Thursday 5/17/11.

Wednesdays, 1/25-5/15, (no class 3/7), 5:30-6:30pm, Y Center

Thursdays, 1/26-5/17, 5:30-6:30pm, Y Center

Leslie Sansone's Walk Live

An indoor aerobic walking class based on the proven techniques of Leslie Sansone's Walk at Home program. Participants will complete a total body aerobic workout with an added strength training component. This class is great for those who are new to exercise or are looking to improve their overall health and fitness. Bring a water bottle and towel to class. For more information visit www.walkleader.com/walklive/about Instructor Jodi Stone is a Certified Walk Leader from Walk at Home productions. \$30 per session.

Fridays, 2/3-3/9, 7-8 am, Y Center Dance Room

Fridays, 3/23-4/27, 7-8 am, Y Center Dance Room

Jazzercise

Jazzercise is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. Routines are fun, easy to follow, and choreographed to today's hottest music, including Top 40, jazz, country, Latin, hip-hop, rock and classics. Every class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale. All ages, levels, and sizes welcome so come join us today! For more information, go to jazzercise.com or contact Katie Phillips at (540) 552-6073 / KATIELP@VT.EDU \$8 per class as walk-in or \$35 monthly rate with access to 9 class times weekly (Mon-Sat) and with discounts for seniors (\$25) and students (\$30) payable to instructor at class time.

Mondays, Wednesdays, Thursdays & Fridays, 9:30-10:30am

Saturdays 8:15-9:15am, Y Center Dance Room

Food For Life Nutrition and Cooking Class Course

This class teaches participants the value of eating fruits, vegetables, legumes and whole grains and explains the connection between what we eat and diseases such as cancer, diabetes and heart disease. During each class we will watch a video, have discussions, cook 4 recipes, and then sample all food. Participants learn how to cook with vegetables, legumes, whole grains and fruits which is typically a delight and a real surprise. This course helps participants to adopt different cooking and eating habits, either in a major way or an minor way, depending on each participants goals and interests. Instructor Karen Ughetta is a registered instructor for Physicians Committee for Responsible Medicine. Bring your appetite! \$60

Saturday, 3/17-4/7, 10am-12pm, Waldron Y, Shawsville

Beginner's Massage for Everyone

Introduction to basic massage for partners, family, friends, caregivers, roommates (kids aged 10 and above welcome with parent). Bring a buddy and we will show you the basics of a better back, neck & shoulders, hand, arm, leg and foot massage. Partners will exchange bodywork with instruction and assistance from instructors. Massage cream furnished. Students may wish to purchase *The Complete Idiot's Guide to Massage* by Victoria Stone, available at the Blue Ridge School of Massage or online. Lynn Mace has been a licensed massage therapist for 23 years and is currently an instructor for the Blue Ridge School of Massage and Yoga. Nancy Mignone has been a certified massage therapist in private practice in Blacksburg for 14 years. Bring a set of single bed sheets, 2 pillowcases, a warm blanket and wear loose comfortable clothing. \$85/pair

Sundays, 3/11 & 3/18, 1-4pm, Blue Ridge School of Massage

Tai Chi for Beginners

Tai Chi is a Chinese movement system for enhancing Health, balance and inner strength. Slow and gentle movements are combined with focused attention to promote overall well being. This class will concentrate on Tai Chi principles and instruction in the "24-Style" Yang short form. Instructor John Pollard is an engineer who has taught Tai Chi for 15 years and continues the 24-year tradition of offering Tai Chi at the Y. \$100

Mondays, 1/30-4/16, 5:30-6:30pm, Y Center Dance Room

Continuing Tai Chi

Tai Chi is a Chinese movement system for enhancing Health, balance and inner strength. Slow and gentle movements are combined with focused attention to promote overall well being. This class is for students who have completed the "24-Style" form and wish to further develop their skills through continued practice and instructions. Instructor Jim Lawrence is a building contractor who has been teaching Tai Chi for 17 years and continues the 24-year tradition of offering Tai Chi at the Y. \$100

Mondays, 1/30-4/16, 5:30-6:30pm, Y Center Dance Room

Pranic Healing-Level 1

Pranic Healing Level 1 is the foundational course for all other courses developed by Master Choa Kok Sui. It is taught in over 130 countries and used in the US by doctors, nurses, social workers and others professionally and personally. Students will learn the anatomy of the energy body, the function of the major energy centers, techniques to clean and energize others as well as self healing. CE hours are available for nurses, massage therapists, social workers, etc. Instructor Connie Williams is a Certified Senior Pranic Healing Instructor and a Sivinanda Yoga Instructor. \$165

Friday 1-5pm & Saturday 9am-5pm, 4/13-4/14, Y Center

Talk to the Hand: Hand/finger puppet workshop

Puppets provide an inexpensive, humorous activity to entertain, teach, rehabilitate, de-stress and/or otherwise aid Individuals working in education and healthcare settings. In this participatory 'hands-on' puppet-making workshop you'll produce a unique one-of-a-kind hand puppet. Instructor Mariann Martin has over 50 years of 'playing' with puppets and ventriloquism, and has presented numerous workshops in 13 countries. FREE, supplies provided.

Friday 2/10, 2-4pm, Y Center Conference Room

FOREIGN LANGUAGES

Conversational Spanish - Beginner

This course provides the fundamentals of the Spanish language and teaches grammar and conversation. It enables beginners and advanced beginner learners to develop Spanish language skills naturally. Instructor Bertha de la Garza is a native of Mexico. She has taught Spanish to adults and children for the past 5 years. \$50

Session I: Tuesdays, 2/7-3/13, 5:30-6:30pm, Y Center

Session II: Tuesdays, 3/20-4/24, 5:30-6:30pm

Conversational Spanish - Continuing - ON DEMAND

This course continues from the beginner level course and will be taught by Bertha de la Garza. 6 sessions, 1 hour each, \$50

After School Language Classes for Kids

Beginning courses introduce vocabulary and essential dialogue through the use of role play, songs, games, gestures and stories. Our continuing courses expand knowledge and use of the target language, increasing comfort with the language and functional proficiency. \$150 for 12 weeks, includes books and materials. 10% tuition discount for 2 or more children from the same family.

Continuing French 6th-9th graders

Tuesdays, 3/6-5/22, 3:15-4:15pm, Y Center Conference Room

Continuing French 2nd-5th graders

Wednesdays, 3/7-5/23, 4-5pm, Y Center Conference Room

Beginning French 3rd-6th graders

Thursdays, 3/8-5/24, 4:15-5:15pm, Y Center Conference Room

Beginning or Continuing German - ON DEMAND

12 sessions, 1 hour each, \$150, \$10 deposit required

POTTERY

Thrown Pottery– All Levels

This course teaches the fundamentals of how to create clay works using the pottery wheel. It is appropriate for beginning and continuing students. Areas covered will include centering, throwing, trimming, and glazing. Students will leave this course with hands trained to turn clay into mugs, bowls, and lids.

There are basic pottery tools available for you to use during class and price includes one bag of clay. Extra clay is available for purchase. \$125

All Classes 6-8:30pm, Y Center Pottery Studio

Tuesdays, 1/31-3/13 (No class 3/6), Leana Hearn

Tuesdays, 3/20-4/24, Leana Hearn

Wednesdays, 2/1-3/7, Chris Lively

Wednesdays, 3/14-4/18, Chris Lively

Wednesdays, 4/25-5/30, Chris Lively

Thursdays, 2/2-3/8, Michael LaRoche

Thursdays, 3/15-4/19, Michael LaRoche

Thursdays, 4/26-5/30, Michael LaRoche

Thrown Pottery, other days/times ON DEMAND

6 classes, 2 1/2 hours each, \$125, includes clay

Intermediate Pottery

This class is for individuals who have already taken at least one course in ceramics. In this class students will learn advanced techniques on wheel throwing, as well as furthering their understanding of clay and how it moves. Students get to decide what special topics and skills the class will cover. There will be demonstrations mixed in with one-on-one time with the instructor to help students with trouble areas and give helpful advice. Instructor Sidra Kaluszka graduated from Radford University with a double Masters of Fine Arts in ceramics and watercolor. To see her work, visit http://www.flickr.com/photos/sidrak_studio/ There are basic pottery tools available for you to use during class but you can bring your own. \$125, includes one bag of clay. Addition bags available to purchase.

Fridays, 2/3-3/16 (no class 3/9), 2-4pm, Y Center

Mondays, 3/19-4/23, 6:00pm-8:30pm, Y Center

Intermediate Pottery, other days/times ON DEMAND

6 classes, 2 1/2 hours each, \$125, includes clay

Youth Pottery

Instructor Mary Katherine Dempsey will work to increase your child's skills in the pottery studio. This class will cover hand-building, coiling and pinch pots and beginning wheel throwing. Students will learn studio etiquette and explore different glazing techniques. Class fee includes clay, glazes and use of studio tools. For Ages 10-14. \$60

Mondays, 3:30-5:30pm, 3/19-4/9, Y Center Pottery Studio

Continuing Youth Pottery - ON DEMAND

For kids who have already taken the first youth pottery class.

4 classes, 2 hours each, \$60

Understanding Glazes: Tips, Tricks and Techniques

Learn new and exciting ways to glaze your pottery. In this class students will learn about glazes and how they can apply it to their own pottery. The class will involve a discussion on what and how glazes work. Students will be introduced to techniques and tips to improve their pottery. Instructor Chris Lively earned his MFA in ceramics from Radford University and has been featured in 500 Plates and Clay Times magazine. Bring 3 to 5 bisque pieces to fire to cone 6 to class. Glazes included. \$30

Saturday, 2/25, 1-4pm, Y Center Pottery Studio

Additional sessions ON DEMAND

Making Better Bowls

Develop your bowl making skills in this one day workshop. Instructor Chris Lively will demonstrate various types of bowls on the potter's wheel. Students will also learn how to trim, decorate and alter bowls. Chris has been working with clay for 10 years and earned his MFA in ceramics from Radford University. This class will be primarily demonstration, but the studio is open for you to use until 7pm if you'd like to practice what you've learned after class. Clay is available to purchase if you need it. \$20

Saturday, 3/24, 1-4pm, Y Center Pottery Studio

Ceramic Sculpture

In this class, you'll learn to take a design from thought to paper to clay. You'll produce a sculpture in the class that will be fired and picked up after the last class. Instructor Jay Boggess participated in college level ceramics, design, and drawing classes for over 11 years. His focus is handbuilding, sculpture and functional ware. \$60, includes clay.

Saturdays, 2/4 & 2/11, 1-4pm, Y Center Pottery Studio



ART

Beginning Drawing

This class is an introduction to drawing for adults wanting to learn the basics. Explore the many versatile ways of pencil and charcoal to represent and express your ideas. The class draws from observation using line, gesture, shape, value and texture to record and interpret reality. Develop skills to draw what you see. Instructor Jessica Stoots is an art therapist, teacher and tutor. Ages 14 and up. \$55

Tuesdays, 2/21-3/27, 7-8:30pm, Y Center Arts Classroom

Designing Handmade Books

In this 4-week book arts class series, participants will explore the endless possibilities of the book. You'll create pamphlets, origami journals, Japanese stab bindings and more! Instructor Becca Imbur is a professional book artist living in Blacksburg. Students should bring: awl, bone folder, cutting board, glue stick, glue brush, exacto knife (with extra blades) and metal ruler. Please visit www.bimburbooks.com for more information. \$100

Wednesdays, 2/15-3/7, 6-9pm, Y Center Arts Classroom

Book Arts: Coptic Binding Course - ON DEMAND

Coptic Binding creates beautiful braid-like knots that allow a book to lay flat making it perfect for journaling and field sketching. In this 4 week book art class series, participants will learn how to create beautiful handmade covers, rip and nip text blocks, learn multi-needle coptic stitch and explore other forms of bookmaking. Please visit www.bimburbooks.com to see images of this unique bind. \$100; \$10 deposit required to be added to on demand list.

4 days, 2 hours each, Y Center Arts Classroom

Watercolor Basics - Part I

In this introductory class, you'll explore the history of medium, composition and design and learn many techniques. By the end of the class, students will be familiar with colors, techniques, properties, the process and compositions in painting. Instructor Jerry Frech holds a B.A. in Art from Bluefield College and is currently an MFA student in Watercolor Painting at Radford University. \$55

Saturdays, 10am-12pm, 2/11-3/10, Y Center Arts Classroom

Watercolor Basics - Part II

In this class, we'll be exploring further into the medium, focusing on advancing skills from Part I. There will be more practical application and focus on creating paintings. Jerry Frech holds a B.A. in Art from Bluefield College and is currently an MFA student in Watercolor Painting at Radford University. \$55

Saturdays, 10am-12pm, 3/24-4/21, Y Center Arts Classroom

Getting Started in Polymer Clay

This popular class is for those new to working with polymer clay. Come learn the basics along with numerous tips, techniques and ideas. We'll learn surface treatment methods using different texturing tools, stamps, foils, paints and powders and how to layer, roll and stack those vivid colors into "millefiori canes" such as spirals, bulls eye, checkerboards, herringbone, polka dots, and the famous skinner blend. You will need to bring polymer clay (PREMO brand), 2, 2oz. packages of black, 2, 2oz packages of white & 4, 2oz. packages of colors of your choosing. Instructor Teri Walters has been teaching polymer clay since 1999. She has been featured on local public TV and in the national magazine, Polymer Cafe. \$50, includes other tools and supplies.

Mondays, 2/26 & 3/5, 6-9pm, Y Center Arts Classroom

Quilt Block Beads and Accessories - ON DEMAND

Make beautiful "quilted" beads and accessories with polymer clay. We will make a quilted "millefiori cane" with different colors of polymer clay, then make squares and triangles to assemble together into a "cane" or log. We'll cut slices of this "quilt cane" to make beads or jewelry pieces, buttons, etc. These quilt blocks are fun to make, look great and are really easy! Instructor Teri Walters has been working and teaching polymer clay since 1999. In the spring of 2009, she began the area's first polymer clay guild, which meets at the Jacksonville Center in Floyd. \$30, includes all supplies and equipment. \$10 deposit required to be added to on demand list.

1 day, 3 hours, Y Center Arts Classroom



Fused Glass 101: Introduction to Glass Fusing through Art Tiles and Pendants

This class will cover the basics of glass cutting, edge trimming for safety, glass compatibility, glass assembly and development of aesthetically pleasing fused (kiln formed) glass pieces. The student should expect to leave the class with several pendants and two tiles for display. Special glass for fusing will be used and all supplies and equipment will be provided. Instructor Larry Mitchell is the owner of Ladell Kilnformed Arts and is a popular artist at the Y's Annual Crafts Fair. This class is offered in association with Blacksburg Regional Arts Association. \$90, all supplies included

Saturdays, 2/4-2/18, 1-5pm, Y Center Arts Classroom

Fused Glass 201: Art Panels and Slumping of Dishes and Bowls

This class will expand on Fused Glass basics from the Introductory Fused Glass class or permission of the instructor. Assembly and "framing" of larger art panels will be covered. Next, the basics of slumping (bending glass into a stainless steel or ceramic mold in the kiln) will be covered. The student should expect to leave the class with several art panels and several dishes. Instructor Larry Mitchell is the owner of Ladell Kilnformed Arts and is a popular artist at the Y's Annual Crafts Fair. This class is offered in association with Blacksburg Regional Arts Association. \$120, supplies included

Saturdays, 3/24-4/7, 1-5pm, Y Center Arts Classroom



Passport to Art

Boys and girls everywhere love to imagine exploring the countries of the world. Send your child on a six week art experience, or sign up for both sessions and your child can join in for the entire trip. Three week mini-session rates available. Winter Session: First Stop: India – Festive Elephants of India; Second Stop: Japan – Blakiston's Fish Owl, paint one of the largest owls on earth. Spring Session: First Stop: China - Panda Bears in the midst of their bamboo habitat; Second Stop: North America – Portrait of the North American Grizzly Bear. For Grades K-5. Cost per session is \$135, three week mini sessions, \$67.50. Materials and snacks included.

Winter Session: Tuesdays, 2/14-3/20, 5-6pm, Hahn Pavilion

Spring Session: Tuesdays 4/3-5/8, 5-6pm, Hahn Pavilion

Scratch Art

Scratch art is a unique art form using scratch board and wooden/metal tools. This class will consist of the history and development along with creation of their own scratch art piece. The original design is lightly scratched into the black ink surface using very delicate tools, concentrating on lights and darks until the desired effect is achieved. Each image is literally thousands of scratches allowing for precise detail and control of lines, enabling the artist to bring the piece to life. Instructor Jessica Stoots is an art therapist, teacher and tutor. All supplies included. \$15

Wednesday, 2/22, 6-8pm, Y Center Arts Classroom

Introduction to Precious Metal Clay

Create your own jewelry designs in silver with Precious Metal Clay (PMC). In this workshop, beginners will learn all the basics of working with PMC. Forming, surface texturing, firing and finishing techniques will be covered. Students will have the opportunity to complete a pendant with bail or a pair of earrings. The class fee includes use of all studio tools and 9 grams PMC3. Since the size of each individual project varies, extra clay will be available for purchase during the workshop. Instructor Anne Armistead is a Certified Instructor through PMC Connection and has been creating jewelry for the last 7 years. \$90, includes \$35 materials fee

Saturday 3/17, 9am-3pm, Y Center Arts Classroom

Stone Carving

This workshop will cover the entire process of creating a sculpture, starting with stone selection, carving and refining, then sand and polish to finish. Design is your option; you may have something in mind or you can see what develops as you work. Tools are covered by the supply fee which is payable to the instructor. Stone used will be either alabaster or soapstone your choice and costs \$2 - \$4 a pound. \$75, plus \$30 supply fee payable to instructor. Students should bring work gloves to class.

Mondays, 3/26-4/23, 6-9pm, StoneWitch Studio, Catawba

PHOTOGRAPHY

Digital Photography Basics

Instructor Kirk Keith offers this class for those who have more camera than time on their hands. Learn what all those fancy settings are for, how to improve your photos and the advantages/disadvantages of film vs. digital photography. The emphasis here is on having more fun with your camera purchase and greater satisfaction with your prints. Bring your camera and manual to class. \$35

Tuesdays, 4/17 & 4/24, 7-9pm, Torgersen 3080

How to Photograph Intuitively

Train your photographic intuition by focusing on each of the formal tools of photography like framing, vantage point, etc. Through conscious practice, you'll internalize these basic methods of photographic communication. In weekly assignments, students learn to use each formal tool to serve the content of their work and improve their photographs. You'll need a digital camera with wide-angle and telephoto options, basic post-processing software and USB drive. This is an intermediate/advanced class, camera settings will not be discussed. Instructor Kirk Carter has published 2 books of photography and shown his work in galleries across southwest Virginia. See http://kirkcarter.com/about_kirk_carter.shtml \$60

Mondays, 4/16-5/21, 7:30-8:30pm, Y Center Conference Room

Introduction to Off-Camera Flash Photography

This is an ideal workshop for those ready to improve their photography by moving beyond the pop-up flash and available light. This workshop will provide a hands-on introduction to understanding and using the varieties of off camera flash to light indoor scenes and outdoors as well. The key areas covered are: camera functions, equipment, triggering and synchronization, light modifiers and shaping tools. Prerequisite: basic knowledge of proper exposure ie: ISO, shutter speed and aperture. \$25

Thursday 4/5, 6:30-9:30pm, Meadowbrook Center Shawsville

Introduction to Adobe Photoshop Lightroom

For digital photographers who could use an end-to-end tool to manage ever-increasing numbers of digital photos. Learn to quickly and easily perfect each photo for tone, color and sharpness. Add keywords and other metadata without slowing down your workflow. Adobe Photoshop Lightroom was developed specifically to meet the needs of digital photographers. It has all the essential tools you need to organize, process, output and share your photos within a single software application. In this workshop, you will learn about the most important aspects of the Lightroom workflow. Instructor Curt Warwick is a professional photographer in the Roanoke/New River Valley. \$25

Wednesday 3/21, 6:30-9:30pm, Meadowbrook Center Shawsville

DANCE, MUSIC & THEATRE

Beginning Hip Hop

Learn hip hop and other urban styles of dance from Bamboom, one of Virginia Tech's hip hop dance crews. No experience necessary and all ages are welcome. You'll learn the basics plus unique choreography to dance to all kinds of music. Every class is guaranteed to teach you something new and also be a lot of fun. Lead instructor Larry Franco has been Artistic Director, choreographer and is currently Executive Director of Bamboom Dance Crew. \$30 per session.

Fridays, 1/27-2/24, 7-8pm, Y Center Dance Room

Fridays, 3/2-4/6, 7-8pm, Y Center Dance Room

Fridays, 4/13-5/18, 7-8pm, Y Center Dance Room

Beginning Ballet for Adults II

This course will build on the basics of classical ballet in the Vaganova technique, and is designed for students who have had some ballet experience. You'll learn the five fundamental positions, simple combinations, and epaulement (direction and position of the body). The class will warm up with combinations at the barre. After a short time for guided and independent stretching, we'll practice combinations which include: adagio (slower movements), turns, allegro (quicker movements jumps), and combinations across the floor. Prerequisite: Beginning Ballet for Adults from Fall 2011 is recommended. Hannah McMillan has a Minor in Dance from Radford University. \$65

Tuesdays & Thursdays, 1/24-3/1, 12-1pm, Y Center Dance Room

Tuesdays & Thursdays, 4/24-5/31, 12-1pm, Y Center Dance Room

Bellydance Fundamentals

Introduction into the theory, style, and fundamental moves used in belly dance. Participants will learn slow, smooth moves, as well as fast, rhythmic isolations that will help improve flexibility, strength, coordination, body awareness and confidence -- all while dancing and having fun. Students should bring a bright hip scarf, if possible. Come dressed in comfortable clothes (that will also allow for floor stretches). Taught by Jennifer Speiden. \$60

Tuesdays, 1/24-2/28, Y Center Dance Room

Tuesdays, 3/13-4/17, Y Center Dance Room

Tuesdays, 4/24-5/29, Y Center Dance Room

Hoop Dance Basics

Hoop Dance is a low impact, high energy, core busting way to achieve physical fitness! Using oversized, weighted hoola hoops, instructor Becca Imbur will guide students through a series of exercises on the waist, hips, chest and legs as well as hand hooping, tosses and jumps. If you are looking for a fun and creative way to blast calories (100 calories burned for every 10 minutes) hoop dance is for you! Hoops will be available to borrow for class. \$60

Tuesdays, 2/21-3/27, 7-8pm, Y Center Dance Room

Tuesdays, 4/3-5/8, 7-8pm, Y Center Dance Room



Swing Dance Lessons

Progressive lessons will get you dancing on the first day, and build a repertoire of moves and skills to dance the night away. No partner needed. Please wear comfortable clothes and shoes. Show up to class a bit early to register at the first class meeting, or come by our practice sessions. More Information @ www.blacksburgdance.org, \$25/person/series, \$20/person/series if sign-up before 1st day of class.

1. Lindy 1

This beginners series teaches you all the basics, focusing on the original swing dance the Lindy Hop while also covering Charleston and 6 count jitterbug.

Tuesdays, 1/24-2/28 (no class 2/14), 8-9pm, Y Center Dance Room

2. Lindy 2

This series builds on the basics of the Lindy Hop with new moves and techniques. If you've already completed our 5 week Lindy 1 series, this is the next step. And if you're new to SVSDS, but you already know swing outs, basic six count and basic side-by-side Charleston, then you're also good to go.

Tuesdays, 3/13-4/10, 8-9pm, Y Center Dance Room

3. West Coast Swing

West Coast Swing is a smooth dance, with its origins in Lindy Hop. This series starts with the basic footwork and moves of West Coast and progresses to more complex patterns. By the end of this series, you will be able to strut your stuff to many popular songs on the dance floor

Tuesdays, 4/17-5/15, 8-9pm, Y Center Dance Room

Theatre for Children and Young Adults

Come join Miss Sarah's Stage. Students will build confidence, make new friends, enhance communication skills, develop focus and have a great time. Sessions conclude with a performance to showcase student's talents. To register, call 757-472-5722 or email miss.sarahs.stage@gmail.com. \$50 per 6 week session.

Wednesdays and Fridays, starts 1/25, 4-5pm, Y Center Dance Room



Harmonica For Absolute Beginners

Learn how to play campfire favorites ("straight harp") as well as beginning blues ("cross harp"). Standard 10-hole harmonica in key of G required (purchase online or from local store). Ages 12 and up. Eight week program. Instructor Randolph Walker has been playing harmonica for over 30 years. He performs professionally and has recorded three albums featuring harmonica among other instruments. His Harmonica For Absolute Beginners is a popular class for Roanoke County Parks and Recreation. \$55

Wednesdays, 3/14-5/2, 5:15-6:15pm, Y Center

Guitar For Absolute Beginners

Students will acquire a basic foundation in guitar including tuning, playing chords, reading tablature, flatpicking and playing simple folk and blues songs. Required materials: acoustic guitar (steel string or classical), pick, tuner. Ages 12 and up. Instructor Randolph Walker plays guitar, piano, bass, drums and harmonica. As a soloist he has performed on WDBJ-7's Mornin' Show and at many churches and coffeehouses. More information at www.randolphwalker.com \$55

Wednesdays, 3/14-5/2, 6:20-7:20pm, Y Center

Keyboard For Absolute Beginners

Have fun with your keyboard as you learn to read music. No previous musical knowledge needed. Required materials: portable keyboard (AC outlets available), extension cord, method book (\$13, will discuss at first class). Ages 12 and up. Instructor Randolph Walker plays guitar, piano, bass, drums and harmonica. He has recorded two albums featuring mostly original compositions and currently performs as a guitar/vocalist. For more information, please visit www.randolphwalker.com

Wednesdays, 3/14-5/2, 7:25-8:25, Y Center \$55

Instant Piano for Hopelessly Busy People

This is a fun 3-hour course in beginning chord piano: how to play with chords, like the pros--no pile of scales, exercises, note-reading, theory. User-friendly & effective class saves time & money - then learn @ home with workbook & CD: chords, "speed read" sheet music, all major/minor/7th chords, keys/time signatures, easy "counting," navigate complex chords. Play your favorite songs soon after this 1 class! Free pamphlet to read treble clef: send #10 SASE to SMI, 31 Killian Road, Asheville NC 28804. \$49, \$25 materials fee to instructor.

Thursday 3/1, 6-9pm, Y Center Arts Classroom

Shakespeare 101

An introduction to the world and works of William Shakespeare. This course explores the world in which Shakespeare lived, and introduces students to two of his more easily understood plays - Julius Caesar and Much Ado About Nothing. Instructor Andrew Keller is an adjunct professor of Theatre at Ferrum College and Virginia Tech and received his BA in Theatre from Southwest Baptist University and MA in Acting from the Liverpool Institute for Performing Arts. Ages 13 and up. \$30

Saturdays, 1/28-2/24, 10am-noon, Y Center Conference Room

GARDENING & OUTDOORS

Introduction to Animal Tracking

Discover the many mysteries of the creatures that inhabit nature. This class will increase your awareness of and ability to find and interpret tracks, scats and disturbances left behind by mammals and birds. This day-long course including fieldtrip (be prepared for the weather) will help you better understand and appreciate the environment by learning how to identify animal families by their prints and signs. Rob Speiden is certified by Cybertracker as an animal track and sign interpreter. Bring a note pad, pencil, a bag lunch and a camera (optional). \$40

Saturday 5/5, 8am-2pm, Instructor's house, Christiansburg

Really Natural Foods and Medicine

The world of tasty, edible plants includes more than what you can find in the grocery store – some of them are growing right outside your door! Join us if you're interested in issues of health and sustainability or you'd enjoy a themed hike. There will be an inside class portion and an outside walk so be prepared for the weather. Rob Speiden will guide this exploration of the wild edible and medicinal plants you can pick to eat or treat symptoms of common illnesses. Poisonous look-alike plants will also be identified. Rob teaches survival and tracking skills to Search and Rescue volunteers and the public. \$20

Saturday 5/5, 3-6pm, Instructor's house, Christiansburg

Huckleberry Trail Geology Walk

Stroll 2 miles of the Huckleberry Trail from the New River Valley Mall through the Coal Miners Heritage Park and learn about the geology under your feet! We'll cross three faults and outcrops with rocks from 500 million-year-old shales through 300 million-year-old coal beds. Wear comfortable shoes, bring your camera, a sturdy bag for rock samples, and your curiosity. Nancy Brauer is a Jill of all trades with a Master's degree in geology from Virginia Tech. FREE, part of the Y Hikes Schedule

Sunday 4/1, 1-3pm, Meet at trailhead at NRV Mall parking lot

Backyard Geology

Thanks to the Pulaski and Salem Faults crisscrossing the New River Valley, there's a wealth of geology in our backyards. After a brief overview of the kinds of rocks in our area, we'll talk about how they got here and how they affect where we live, work, and play. Nancy Brauer has a Master's degree in geology from Virginia Tech and flexes her geology muscles when hiking. \$30

Thursdays, 2/2-2/16, 5:30-7pm, Y Center Conference Rm.

Principles of Solar Greenhouses

The principles for designing and building a solar greenhouse will be discussed. Examples of neighborhood, backyard and residential lean-to solar greenhouses will be shown. The last hour of the course will be a tour of the Roper Solar Greenhouse at the Hale-YMCA Community Gardens. \$10, all proceeds go to the Y.

Tuesday 2/7, 6:30-8:30pm, Start at Y Center

Introduction to Fly Fishing, with Casting

Have you wanted to try fly fishing but been put off by the unfamiliar jargon and bewildering array of gear? This class will provide 8 hours of classroom instruction, plus a casting lesson and a guided trip to one of our local streams. No equipment required. Text (highly recommended) Dave Whitlock, L.L. Bean Fly Fishing Handbook, 2nd ed. (Lyons. Press, 2006). Instructor Bruce Cantrell, a retired college English professor, has been enjoying fly fishing for 25 years. \$75

Wednesdays, 3/7-3/28, 7-9pm, Y Center

Saturday 3/17 - Casting workshop; Saturday 3/31 - Stream Trip

Growing Great Tomatoes

Learn which tomatoes have really great flavor and reliable production and are able to hold up under regular garden conditions. You will learn trellising methods, soil preparation, and how to avoid the brown crispy foliage blues so a bountiful harvest will be yours until frost. You'll even take home some tomato seedlings to get you started. Instructor Johanna Cricenti has been growing organically certified vegetables since 2002 and Jenny Schwanke is the Y's Garden Coordinator. \$15

Sunday 5/6, 1-4pm, Hale-YMCA Gardens

Sustainable Urban Agriculture Series

This series will cover the essentials in sustainable urban agriculture; Food, waste processing (reuse/recycling), energy, and materials used will be covered. Sessions 1 and 2 will cover primarily raised bed gardening, Session 3 will wrap up the series by connecting the components into a useable urban system. Instructor Jay Boggess has a Master of Landscape Architecture degree from the University of Oregon. \$15 per class or \$40 for all 3.

1. Raised Bed Gardening I: Discussion on topics such as sustainability in the big picture, soil and plant science, and design and construction of a raised bed.

Thursday 2/2, 7-9pm, Y Center

2. Raised Bed Gardening II: This second class will continue to focus raised bed gardening specifically: fertilizer, earthworms compost and plants.

Thursday 2/9 7-9pm, Y Center

3. Connecting the garden and house: Discussion on do-it-yourself water catchment, solar active and passive design and other aspects of sustainable urban living.

Thursday 2/16, 7-9pm, Y Center

Worm Composting Workshop

Vermiculture or worm farming is an easy and productive way to create organic compost for gardening while processing home food waste. Learn about the process, how to create an easy system and how to keep the critters happy. Includes a hands-on demonstration building a compost system. Instructor Jay Boggess has taught composting and vermicomposting for the Y for 2 years.

Saturday 4/28, 10am-12pm, Hale-YMCA Gardens

Composting Workshop

Basic introduction to making compost. Composting is an important part of sustainable urban agriculture. We'll learn how composting works, how to build a simple bin and layer a pile to create a fast, hot decomposition of food and yard waste. We'll also learn about two types of composting with worms (vermiculture). Taught by Jay Boggess. \$15, plus \$5 supply fee to instructor.

Saturday 3/31, 10am-12pm, Hale-YMCA Gardens

Growing Small Fruits in the Garden

Grow your own favorite fruits! This 2-evening class will be a crash course in growing strawberries, blueberries, brambles, gooseberries, currants, persimmons, and pawpaws. We'll discuss growing conditions, soil, diseases, insect problems, maintenance, ideas for dealing with the fruit and when and where to purchase. Instructor Erica Jones has been gardening since she was 12 and is chief designer and maintainer of a public garden in Craig County. She is also a Master Gardener. \$25

Mondays, 2/6 & 2/13, 6:00-8:00pm, Y Center

Landscape Solutions

Have a problem in your yard? Want to share knowledge with other gardeners? Join us for discussion for the first class and then we'll travel to your yards to look at problems and solutions to those problems. Class will have one lecture covering common landscaping mistakes, pruning, selecting plants; yard trips will be arranged for the following week. Bring photographs of your problem areas to the first class. Instructor Erica Jones does landscaping and yard work for individuals, has gone through the extension master gardener program and has worked at two garden centers. \$20

Mondays, 2/6 & 2/13, 11am-1pm, Y Center Conference Room

Sustainable Vegetable Gardening Series

Take one session or all three. Each class builds upon prior classes for full season information. Barry Robinson has 40 years of gardening experience and a BS in Horticulture. \$15 per class, \$40 for all 3.

1. Planning Your Garden: Learn sustainable practices and principles for vegetable gardening and how planning ahead improves the outcome of your efforts. \$15

Thursday, 2/16, 6:00-8:00pm, Y Center Arts Classroom

2. Seed Starting and Transplanting: Learn seed starting and transplanting techniques, timing and early care for the plants in your garden. Come dressed to get your hands dirty, and bring containers to take home materials donated by local garden centers. \$15

Thursday 3/15, 6:00-8:00pm, Y Center Arts Classroom

3. Garden Care and Trouble-Shooting: Learn about planting successively, maintaining crops, dealing with environmental issues and reducing & addressing plant diseases, insect pests and weed problems. A follow-up on-site garden diagnosis date to be determined at this class meeting. \$15

Thursday 5/3, 6:00-8:00pm, Y Center Arts Classroom

Fruit Tree Pruning Workshop

Learn how to properly prune fruit trees to maximize fruit production and reduce pesticide use. Basics of fruit tree physiology done indoors, then a hands-on demonstration follows at a local orchard. Dress to be outdoors. Participants can bring hand-pruners and loppers, other materials supplied. Barry Robinson has over 20 years of professional horticulture experience and has taught these techniques for several years. Two sessions offered, please choose one. \$15

Saturday 2/18, 9:30am-12:00pm, Waldron Y, Shawsville

Saturday 3/3, 9:30am-12:00pm, Y Center, Blacksburg

Fruit Tree Grafting Workshop

Learn to graft and sustainably maintain apple and pear trees for home orchard use. This will be a lecture and a hands-on class. Participants will take home 4 grafted trees, one of which can be a pear. Extra rootstock can be purchased for \$2 each. Barry Robinson has over 20 years of professional horticulture experience and has taught this workshop for several years. Two sessions offered, please choose one. \$12

Saturday 3/31, 9:00am-12:00pm, Meadowbrook Center

Thursday 4/12, 6:30-9:30pm, Y Center Arts Classroom

SPECIAL INTEREST

Training Your Puppy or Young Dog

Training for the young dog. You'll learn to teach basic manners such as sit, down, come, stay, wait, leave it, fetching, and tugging. Training is done in a positive atmosphere for both canine and human. Bring your dog on a flat collar, a leash 6ft maximum, and treats. Instructor Anne Gouiller-Moore has been a dog trainer for 6+years. The first class will be held without the dogs. \$50

Wednesdays, 3/14-4/18, 6:00-7:00pm, Meadowbrook Center Shawsville

Training or Retraining an Adolescent or Adult Dog

This course is for dogs who had training (or not) during their puppy stage or who have been re-homed, and adopted from shelters and rescue groups. This course will cover proper behavior for a dog, or basic manners. We will review the basic commands, teach focus and control to our dogs. The training will be done in a positive atmosphere for both canines and humans. Students should bring: a dog on a flat collar and maximum 6ft leash (no retractable leashes) and treats for the dog. Instructor Anne Gouiller-Moore is a professional member of the APDT Association for Pet Dog Training. The first class will be held without the dogs. \$50

Wednesdays, 3/14-4/18, 7:30-8:30pm, Meadowbrook Center Shawsville

Word 2010 – New Features

This will introduce students to the features of Microsoft Word 2010. It will be geared to creating a bridge between 2007 and 2010. Instructor Sharon Ruiz has been a teacher at Blacksburg Schools for 27 years and is adjunct faculty at NRCC. \$45

Mondays, 4/23-5/21, 5:30-7:00pm, VT Campus



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STRONG COMMUNITY



Today, we're focused. Our mission and cause are clear. We have a vision – inspired and designed by those we serve, and those that serve with us every day. Our focus on deepening a culture of philanthropy and developing principled student leaders is now at the core of our work and serves as the common thread throughout the history of the Y's service to Virginia Tech and the New River Valley.

The Y is positioned to address the most critical social needs of the community. Nurturing the potential of youth and teens, improving the health and wellbeing of individuals and families, and fostering a sense of social responsibility have become our cause – *strengthening the foundations of communities.*

We're striving for excellence. Because we are a trusted partner, communities are challenging us to do more, to respond to their changing needs quickly and with the tools needed to deliver lasting personal and social change. High quality, innovative programs begin with a commitment to excellence, and the impact the Y has in the lives of those we serve is evidence that we're making a difference.

The Y's annual Strong Communities Campaign is a collaborative effort of dedicated volunteers, staff members at all levels, donors and friends who are committed to ensuring the Y has the resources necessary to fulfill our mission – *building community through learning, leadership and service.*

To learn more about the work of the YMCA at Virginia Tech and how you can invest in our IMPACT please visit www.vtymca.org or contact Aliana Havrilla at 540-961-9622.