



ASPIRE FALL/WINTER CLASSES

AT THE JCC, 15 NEIL COURT, OCEANSIDE

MONDAYS, 11 AM-11:45 PM

MUSIC CLASS

Instructor: Darcey Remetich

Fee: \$15; Members, \$10

This beginner music class will give students the opportunity to learn the notes on the keyboard, major chords, and songs - folk songs, show tunes, and music from the Beatles to Beethoven. Students will play on the keyboard, bucket drums, and other instruments.

MONDAYS, 5-6 PM

YOGA

Instructor: Liana Benson

Fee: \$15; Members, \$10

Stretch and get strong with this fun class! Our certified yoga instructor will guide participants through a series of yoga poses, sure to aid in fitness and flexibility.

MONDAYS, 6:15-7:15 PM

ART

Instructor: Linda Gottlieb

Fee: \$15; Members, \$10

The class provides instruction on different art styles including painting, drawing, claywork and collage. Students are encouraged to try different mediums and express creativity through their artwork.

TUESDAYS, 3 PM

DEFYING GRAVITY - AN INCLUSIVE INTRODUCTION TO THEATRE CLASS

Instructor: Evan Shultz (Ages 19+)

Fee: \$30; Members, \$20

In this fun class, students will learn about theatre and what goes into doing a production both on and off stage. We will explore the history of the art, jobs in the field, acting, singing, dancing, improvisation, teamwork, listening comprehension, and public speaking. At the end of our session, we will have a presentation for friends and family to see all the hard work our performers have done.

WEDNESDAYS, 10:45-11:45 AM

BEGINNER PAINTING

Instructor: Peter Lora

Fee: \$35; Members, \$25

Learn the basics of acrylic paint and composition while painting landscapes and still life subjects. Learn the fundamentals of tinting the canvas, mixing paint and color, creating value studies and underpainting. The first class is an introduction to teach students painting vocabulary and the different types of artistic pallets used in the class.

WEDNESDAYS

12-1:45 PM OR 6-7:30 PM

COOKING WITH STARS

Instructor: Paula Gottlieb Herman

Fee: \$45; Members, \$35

Join Chef Paula & Cooking With Stars to make delicious and nutritious recipes from scratch. These classes are hands-on and chefs will learn how to measure, mix, slice, chop, and sauté. Each class will feature a fun food holiday, theme, or signature recipe. More than just learning to cook & become more independent, students will learn about food hygiene, mathematics of measuring, food chemistry, teamwork, communication, plus the featured tool of the week. After cooking, our students will socialize and enjoy what they create together.

THURSDAYS, 4 PM

THEATER FOR ALL

Instructor: Ameer Feldman (Ages 13-18)

Fee: \$30; Members, \$20

This inclusive theater program helps develop valuable life skills through lessons, activities, and games, while cultivating and showcasing individual talents. This class provides a welcoming and creative outlet for all, ending the semester with a program performance!

FRIDAYS, 10:45-11:45 AM

CERAMICS

Instructor: Peter Lora

Fee: \$35; Members, \$25

This class is designed to teach students the fundamentals of ceramic arts by having the students create an aquatic ceramic design. Students will use air-dry clay to build their ceramic projects using hand-building techniques, such as slab-building and coil construction. Students will use various ceramic tools such as the rib tool, clay knife, and sponges. Once the project is fully constructed, students are able to bring it home to dry. The project should be brought back to the following class for paint design.

FRIDAYS, 12-1:15 PM

EAT-ABLE WITH POP.EARTH

Instructor: Dafna Leibel

Fee: \$30 per week; Members, \$20

Join Eatable chefs to learn to make delicious & nutritious recipes from scratch. Get hands-on and learn to slice, dice, mix, sauté, and more. Each week will feature a signature recipe and after the cooking is done we will have the opportunity to share our creations together.

FRIDAYS, 1:30-2:30 PM

PRINTMAKING ART CLASS

Instructor Peter Lora

Fee: \$35; Members, \$25

Printmaking is an exciting art form that enables the artist to take an image or idea, through several skilled printmaking techniques. In this class, students will focus on woodcut and linocut techniques. Printmaking allows students to understand composition, color, and design, in the ancient method of creating art. Students will draw their image first on paper, then transfer to either a wood panel or a Lino panel. Students will use various tools and ink to create a unique and individualized design.

To register please contact Marcy Hallerman, Senior Program Director at mhallerman@friedbergjcc.org or Fradeline Garcia at fgarcia@friedbergjcc.org

The JCC reserves the right to cancel or modify a class based on enrollment



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