

Kensington Community Council Adult Classes:

NEW!!

Art for the Closet Artist

Have you always wished that you had the “artistic gene?” Have you always thought that art was for other, more talented folks, but wished it wasn’t so? Then these adult art workshops are for you. Instructor Carolyn Holm is a collage and assemblage artist and the author of Everyday Art for Kids, a book that has inspired both children and adults to roll up their sleeves and “do art.” She has been teaching KASEP classes for twelve years and has taught at the Richmond Art Center. Over the years, Carolyn has worked with many children, teens, and adults who didn’t consider themselves artists, helping them find their person path to creativity and artistic satisfaction.

The Art of Collage

February 26 and March 5, 7:30 – 9 pm, \$30 (non-residents, \$33)
Room B, Kensington Recreation Building (Building E)

In two 1 1/2 hour sessions create two beautiful collage pieces, including a self portrait, using tissue papers, gift wrap, art papers, photocopies of photos and documents, fabric scraps, shells, leaves, and more. *Bring to the first class:* a clean, large bottle with an appealing shape (wine bottle, square olive oil bottle, etc.) and label removed.

The Art of Drawing

March 19 and 26, 7:30 – 9 pm, \$30 (nonresidents, \$33)
Room B, Kensington Recreation Building (Building E)

In two 1 1/2 hour sessions gain tangible drawing skills, learn about color, and create a colorful piece you’ll want to frame and hang in your home. *Bring to the first class:* One or more of your favorite shoes.

BACK BY POPULAR DEMAND!

Swing Dance

East Coast swing is one of the most popular and easiest to learn of all swing styles. Instructor Nick Lawrence will start with the basic steps and have everyone dancing by the end of the first class. The classes will build on the basics to create a repertoire of steps by the end of the session.

Nick Lawrence started swing dancing 22 years ago and has been teaching for the past 15 years. He teaches at Ashkenaz in Berkeley and is committed to making dance accessible to everybody. Please call Nick at 524-2546 for more information about the class.

Session runs 4 weeks, Fridays, March 2, 9, 16, and 23, 8 – 9 pm. Session fee for the four classes is \$48. Nonresidents please add 10 percent. No partner is needed to sign up for the session. Classes will be held at the Community Center. Please register for the classes at the KCC office, 59 Arlington Ave., Kensington, (510) 525-0292.

Yoga for Health

Harmonize your body, mind, and spirit. This class involves basic Yoga poses, correct body alignment, breathing techniques, and relaxation. Develop strength, flexibility, endurance, and grace. Therapeutic concerns such as wrist, knee, neck and back pain, and stress reduction will be addressed. No prior experience required – all ages welcome. Please bring a mat to the class.

Instructor Nicole Becker, a registered Yoga teacher, was trained in Anusara Yoga and has studied acupressure and Qi Gong. She describes her teaching style as light-hearted and welcoming and strives to make each student feel cared for in his or her practice of yoga. For more information about the class, please contact Nicole at (510) 527-6443.

Classes are Tuesdays, 9:15 – 10:15 am.

Fees for residents: \$12 for drop-in; \$50 for 5 classes. Nonresidents please add 10 percent (\$13.20 per class/\$55 for five classes). To register, call the KCC office at (510) 525-0292. Classes are held in the Community Center.

Hatha Yoga

Enjoy a hatha yoga practice that will calm, restore, and revitalize you each Monday and Thursday. Classic yoga postures and quiet attention to the nuance of movement help create a satisfying personal practice. This class draws on the instructor's knowledge of dynamic yoga styles (such as ashtanga or vinyasa) and subtly challenging yoga styles (like Iyengar, Integral and Yin yoga) to help students find their own perfect balance. Yoga postures, breathing techniques, and philosophy are covered. All levels of experience welcome. Instructor Claire Lavery has been practicing and teaching yoga since 1988. She focuses on breathing, alignment, and adjustment to help students enjoy the journey. To speak with Claire about the class, please call (510) 681-3077. To register, call the KCC office at (510) 525-0292.

Classes are Monday, 6:15 – 7:15 p.m., and Thursday, 5:30 – 6:30 p.m.

Fees for residents: \$12 for drop-in

One-month pass (4 classes) for \$40

Non-residents please add 10% (\$13.20 per class/\$44 for one month pass).

Classes are held in Room A in the Recreation Building (Building E).

Acrylic Painting

Stan Cohen leads this informal but professional workshop for established and serious beginning artists. Mornings are devoted to developing painting, with assistance available. Afternoons are reserved for class critique. Enrollment is limited.

Instructor approval required.

Instructor: Stan Cohen (533-3003)

Wednesdays, 9:45 a.m.-1:30 p.m.

\$32 per month for Kensington residents; \$36 for nonresidents

COMMUNITY CENTER

Tennis

Alex Brown, USPTA tennis pro, offers classes to a minimum of four students.

To register, call Brown at 524-5495.

Tuesdays and Thursdays, 9-10 a.m.

5 classes/\$40 per resident; \$45 per non-resident

TENNIS COURTS (West Court)