

Adult Group Music

Guitar I (Ages 16 & up)

Pull that guitar out from under your bed! Learn how to tune, strum a few basic chords and read tab (a simple method for reading single notes). We'll apply what you've learned to a few favorite tunes.

17W741.1

Wednesdays, 5:00 –6:00 PM

January 18 – March 8 (8 weeks)

Duncan Webster, Instructor

\$90 or two payment of \$45

17SP741.1

Wednesdays, 5:00 –6:00 PM

March 29 – May 17 (8 weeks)

Duncan Webster, Instructor

\$90 or two payment of \$45

Guitar 2 (Ages 16 & up)

For those who have experience with guitar and would like to take their skills further. Come join this fun intermediate level class and advance your skills with the guidance of our instructor.

17SP742.1

Wednesdays, 7:00-8:00 PM

March 29 – May 17 (8 weeks)

Duncan Webster, Instructor

\$90

Ukulele

Learn the basics on this great little instrument, one of the easiest to play. You'll learn how to tune and play a few simple chords for favorite tunes, all in a supportive environment with a fun teacher. This class is for all levels of ukulele players.

17W744.1

Wednesdays, 6:00-7:00 PM

January 18 – March 8 (8 weeks)

Duncan Webster, Instructor

\$90

17SP744.1

Wednesdays, 6:00-7:00 PM

March 29 – May 17 (8 weeks)

Duncan Webster, Instructor

\$90

Songwriting for Everyone

Think you can't write songs? Or you've written a few but need a boost? Maybe you're a journal writer or a poet who'd like to branch out? Whatever the case, you'll enjoy this fun class. With easy exercises and discussion, we'll explore finding inspiration, writing lyrics, and making up melodies. For beginning songwriters or more experienced writers who want a slow paced class. Formal background in music is NOT required although you must have a beginning knowledge of guitar or piano. Piano provided.

17W743.1

Wednesdays, 7:00 –8:30 PM

January 18 – March 8 (8 weeks)

Duncan Webster, Instructor

\$115

Mindfulness and Stress Reduction

KORU MINDFULNESS

We can be more effective if we learn to use our minds. Do You Want to Manage Stress and Lead a Healthier Life?Koru Mindfulness offers skills in Mindfulness and Meditation. A koru, the spiral shape of the unfurling fern frond, represents the balance between perpetual growth and stability. In four classes, a little over an hour each, we learn simple, quick techniques which can fit easily into our day. The skills ground us and bring deep stability, helping us manage life in times of rapid growth and change. Beyond simply decreasing your stress, this course offers an approach to increasing satisfaction in your daily life. Developed locally at Duke University, KORU MINDFULNESS is a unique, evidence-based program, scientifically proven to be effective to help manage stress, enrich lives, and bring deeper meaning. Koru Mindfulness classes will be offered for a limited time in downtown Durham at the Durham Arts Council.

17W761.1

Tuesdays, 12:30 PM- 1:45 PM

March 7 – March 28 (4 weeks)

Erica Alexander, Instructor

\$70

Adult Theater

NEW! Improv Theater: Scenework

Scenework is the keystone of improvisation. Be prepared to advance your scenework skills to a new level. Our focus will be on building relationships in situations that rock for you. You will learn to live more in the moment, discovering what is present right now and how to work off that. No need to think ahead or plan or 'script' a scene. You already have everything you need to make a scene 'work.' It's a matter of discovering what is in you and in front of you (in your partner) and learning what to do from there. Experience the true collaboration that makes improvising wonderful. Background: You should have completed a beginning improvisation class in either long or short form improvisation. All level of skills welcome.

17W801.1

Wednesdays, 7:00 PM-9:00 PM

January 11- Feb 8 (5 weeks)

Carolyn Cole, Instructor

\$100

Improv Theater Basics

Want to have fun with others while expanding your creativity and sense of joy? Improv is the popular theater art form where you 'play' with others and create spontaneous scenes. In this class you will learn improv fundamentals using specially tailored games and exercises. Experience the accepting environment of 'Yes...and.' Be prepared for self-discovery. Live more in the current moment. Listen and respond more spontaneously. Boost your social confidence. All this while building scenes in the here and now. This class is for people new to improv, but anyone who has already taken an improv course is welcome (and encouraged) to revisit the fundamentals, work those improv muscles and have some fun.

17SP800.1

Wednesdays, 7:00 PM-9:00 PM

April 26 – May 24 (5 weeks)

Carolyn Cole, Instructor

\$100