

GUHSD-Alpine Complex

Alpine Elementary, 1860 Alpine Blvd., Alpine

ADULT CLASSES – Term 3 (Jan. - March)

Beginning and Intermediate Line Dancing

In the beginner class, students will learn the names of the steps and how to perform them. The intermediate class is for students with line dance experience that exceed the beginner level. Ages 18 yrs. and older. Instructor: P. Herrington; 8 sessions



Beginner Line Dance (#7300.32): Thursdays 2:00 – 3:30 pm, 1/30 – 3/19, Auditorium, \$30.00

Interm. Line Dance (#7301.31): Thursdays, 3:30 – 5:00 pm, 1/30 – 3/19, Auditorium, \$30.00

Yoga



Hathayasa yoga is combination of flowing and steady yoga disciplines. This style encourages proper alignment of the body. Excellent for students of all levels. Ages 18 yrs. and older. Instructor: M. Birmingham; 8 sessions

Yoga (#7365.37): Tuesdays, 1:15 – 2:45 pm, 1/28 – 3/17, Room 22, \$30.00

Quilting Potpourri **NEW!**



Have fun making small and large quilting and sewing projects with a focus on a fresh, contemporary aesthetic. This class is for all levels. Basic machine sewing skills required. Ages 18 yrs. and older. Instructor: I. Prado; 8 sessions

Quilting Potpourri (#7237.35): Tuesdays, 1:30 – 4:30 pm, 1/28 – 3/17, Room 5, \$64.00

Watercolor – Nature & Travel **NEW!**

Capture the "wish you were here" moments that connect our human spirit to nature with a small good quality watercolor travel kit and 4x6 format. The local landscape and vegetation of Alpine will be our backdrop to paint small details and big vistas. After learning a few basic principles and techniques, you will be able to take your travel kit anywhere to paint. All levels welcome. Instructor: E. Arnot; 8 sessions



Watercolor (#7260.34): Tuesdays, 10:00 – 1:00 pm, 1/28 – 3/17, Room 28, \$64.00

Painting – All Media **NEW!**



We will explore a few traditional painting techniques and combine them with an inspiring variety of materials. Together we will approach the classic principles and elements of art in ways you can adapt to express your unique ideas and discoveries. The process of working in mixed media can expand creative confidence and energy by opening the mind to possibilities at all levels. Instructor: E. Arnot; 8 sessions

Painting – All Media (#7255.32): Thursdays, 10:00 – 1:00 pm, 1/30 – 3/19, Room 28, \$64.00



Register online at adultschool.guhsd.net or visit the Foothills Adult Center office.

1550 Melody Lane, El Cajon, CA 92019 ♦ 619.588.3500