

Belly Dancing

Facilitator: Rachel Glaza

Ongoing: Tuesdays 7pm to 8:30pm, beginning on Tuesday October 6th

Price: \$6 per class, or \$30 for 6 weeks

Ladies! (sorry guys, ladies only) Find your inner goddess and connect with your movements. Class will start with slow stretching and a meditation component. Next we will work on basic belly dance movements with emphasis on isolation and strengthening your core. Expansion will take place from there.

Circus Saturdays

Facilitator: Jeff Zelnio

On-going: Every 2nd and 4th Saturday of the month, 2 to 6pm, starting October 10th

Price: Free but donations to the hat are appreciated to support space costs.

Calling all circus folk! Novices and experts get together to provide a center for practice, trading tricks, finding gigs, and sharing your passion for the circus performing arts. Including: hoopers, jugglers, poi/staff spinners, belly dancers, and more with hopes for future facilities to be installed for silk artists and slack-liners. All welcome.

Acting Fundamentals

Facilitator: James Serpento

8 sessions: Saturdays 12pm to 3pm, October 3rd – November 21st

Price: \$20 per class

The job of the actor is "simple but not easy," regardless of whether you're working on stage or on screen. This class focuses on the basic ideas, exercises and scene work designed to bring the actor, step-by-step, to work that is authentic, dynamic and varied.

Writing for Stage and Screen

Facilitator: James Serpento

8 sessions: Tuesdays 7:15pm to 10:15pm, October 6th – November 24th

Price: \$15 per class

There may be many reasons why people come to a play or movie; but there is only one *valid* reason why they pay attention: *to find out what happens next*. This course delves deeply into creating the sort of compelling story-structures your audience craves, and does so through roundtable discussions as well as focused, weekly writing assignments.

Creative Movement

Facilitator: Jamie Olerich

6 sessions: Wednesdays 3pm to 4pm, October 7th – November 11th

Price: \$10 per class or \$50 for six weeks

This class (geared for 18-months to 4 years) is a time for child and parent to interact while learning the basics of movement with sounds and music. Also learn basic dance and tumbling steps! Most of all this class is about having fun, moving, and making friends.

Club Jazz

Facilitator: Jamie Olerich

Ongoing: Tuesday 8:30pm to 9:15pm, beginning October 6th

Price: \$5 per class

Club Jazz is for the not so talented adults that want to get out in a relaxed setting to learn to move their bodies like the ladies at the club! ;) Plus a little exercise and networking. (Ladies Only!)

Interactive Italian

Facilitator: Domenico D'Alessandro

5 sessions: Tuesdays 7:30pm to 8:30pm, October 6th – November 3rd

Price: \$25

Learn the basic skills of the Italian language with an interactive method. In each class the teacher will explain basic notions of the language and then guide the students in practicing these skills in real life situations. This introduction to the language is for everyone 6+ who is interested in the Italian culture, or planning a trip to Italy!

Beginning Push Hands

Facilitator: Jim Betts

8 sessions: Wednesdays 7:30pm to 8:30pm, October 7th – November 25th

Price: \$15 per class

Push Hands is a form of body connectivity and sensitivity training for traditional Chinese martial arts systems. This form of training can be both an introspective, casual expression of balance and breath as well as a more rigorous, challenging exercise of yielding and advancing. All levels of skill are welcome.

Photography 1 – An Introduction

Facilitator: Joe Crimmings

8 sessions: Wednesdays 7:30pm to 9pm, October 7th – November 25th

Price: \$100

This class will introduce and refresh those who are interested in using their cameras for creating art and pushing their cameras to new limits. Own a camera but not quite sure how to get past the fully automatic settings? Have a camera for taking snap shots but looking to have more fun with them? Come expand your comfort zone and get your work seen by others.

Systema

Facilitator: Lance Rewerts and Matt Mciver (substitute)
Ongoing: Saturdays 10:30am to 12:30pm, beginning October 10th
Price: \$10 per class or \$30 per month

Systema is a Russian martial art which places a strong emphasis on free movement in all situations and at all levels. Students will work on breathing, relaxation, posture and movement while standing, squatting, sitting and on the ground. Strikes, grappling and escapes are taught at all levels, from the beginner to the advanced.

Principals of Drawing 1

Facilitator: Robert Reeves
8 sessions, 2x/week: Wednesdays 5:30pm to 7:30pm -&- Saturdays 11am to 1pm,
October 7th – November 28th
Price: \$5 per individual class or \$30 per month

With a focus on the concepts of Line, Perspective, Gesture, Values, and Proportion, this class will show students how to draw what they see vs. drawing their ideal of a given subject. In-class drawing assignments will be limited to simple objects to begin and moving to more complex objects and figure drawing as sessions continue.

The Sound of Mime

Facilitator: Betsy Dopf
7 sessions: Sundays 12pm to 1pm, October 4th – November 15th
Price: \$10 per class or \$130 for 7-week session

The first 30 minutes of each class will include a lecture and demonstration by the instructor, designed to introduce students to new techniques. The discussion will focus on the elements of motion, body control and spatial awareness. During the last 30 minutes of each class, students will incorporate what they have learned through interaction with their peers. There will also be games, role play and even activities that utilize the voice. Yes, you are allowed to speak in class! At the end of the 7 week session, there will be a Night O' Mime presentation at the Des Moines Social Club where we will present our original work through short skits and audience participation.

Aikido

Facilitator: Phil St. John
On-going: Sundays 10:30am to 12pm and Thursdays 6 to 7:30pm
Price: \$5 per class or \$30 per calendar month

Aikido translates to "the way of harmony". Through the innovative teachings of this Japanese martial art you will experience a new way to resolve conflict in your life. By accepting conflict as a natural occurrence, you will learn to see more opportunity for movement and resolution. Through the practice of the physical movements, you will learn patience, acceptance and a new way to communicate. In doing so, you can

create a powerful existence with yourself and within the relationships in your life. Come experience for yourself, your first class is free!

Elemental Hoop Dance

Facilitator: Cassie Beverly

On-going: Mondays 6:30 – 7:30pm, Starting October 5th

Price: \$15 per class

Learn the fundamentals of hooping while incorporating dance and rhythm. Each class will focus on the discovery of movements that bring together the music and the hoop. Using different styles of music to exhibit alternative forms of Hoop Dance including jazz, Psy and trance. Hoop Dance is beneficial to body and soul as both a physical strengthener and a meditative art. Hoops available for in-class use and also available for sale.

Tai Chi

Facilitator: Sifu Don Walth

On-going: Tuesdays and Thursdays 12:00 – 1:30pm, Starting October 6th

Price: \$85 per month, or \$80 per month with a 6-month commitment

Tai Chi is famous throughout the world not only for its health benefits but also for its self-defense application. Learn the popular 24 Yang style with Sifu Walth, who has vast experience in kung fu and martial arts. The student can learn both health and martial applications depending on his or her desires. Revitalize your body and spirit with this popular art.

Kung Fu

Facilitator: Sifu Don Walth

On-going: Mondays, Wednesdays, Fridays 12 – 1:30pm, Starting October 5th

Price: \$85 per month, or \$80 per month with a 6-month commitment

The Eagle Claw Kung Fu classes are traditional classes in this Northern Shaolin Style. It starts with the basics, kicks, punches, stances and movement. As the student progress they learn the power and structure from the kung fu forms. The first form is a Shaolin form and then after that the Eagle Claw system, including locks, take downs, sweeps, claws, etc. Everything is a step by step process and the students learn at their own pace. Stretching and strength are gained quickly through this system, but can vary per individual according to their personal condition they come in with.

Artist's Way Workshop

Facilitator: Naima Nicholson

12 sessions: Wednesdays 8:30pm to 9:30pm, October 7th – November 25th (Location and dates for last 4 classes TBD by class)

Price: \$8 per class or \$90 for 12-week session

Plus \$16 for book (can be purchased on your own).

Everyone is creative! Discover and cultivate your creative self. Uncover your strengths, and work through personal blocks as you explore your innate artistic abilities. We will be working with the acclaimed book, The Artist's Way, by Julia Cameron. Class will work toward a final exhibition in their chosen creative medium. Professionals and beginners welcome – this class is for everyone!

Salsa Beginner Level 1

Facilitators: Luisito Cabrera and Melanie Rivera

Ongoing: Mondays 7pm to 8pm (with social dancing following), Starting October 5th

Price: \$30 for a 4-week course.

Can you feel the heat? Salsa dancing is growing in popularity in Des Moines. Come learn and join the fun with Salsa Des Moines! This beginner class will teach basic steps, basic turns, partner work and simple combinations of salsa dancing. At the end of this course, you will have a good foundation and confidence to attend any Latin dance party. No partner needed and no experience required.

Registration:

To register and for more information:

- Pre-registration is strongly encouraged as classes do fill up quickly.
- To register, email or call with the following information: Name, email address, phone number, class(s) you would like to take.
- Email us at: play@desmoinessocialclub.org, or call (515) 480-7629 to register.
- Payment is due at the first class.
- Payments accepted in cash, check, and major credit cards (Visa, Master Card, American Express, & Discover).