

CLASSES

All are at Gualala Arts Center unless indicated otherwise.

AEROBICS

**Mondays, Wednesdays, Fridays, Saturdays,
8 a.m.**

Debbie Langwell: 884-5021

Classes are \$8 each on a drop-in basis, or you can purchase a multiple-pass at a discount. On Mondays and Fridays there are forty-five minutes of cardio, with a half-hour of stability training. On Wednesdays and Saturdays the classes consist of aerobic and strength training.

LIFE DRAWING

Wednesdays, 3 – 6 p.m.

Tom Warnock: 785-3668

At these informal sessions artists bring their own supplies, and a model is provided for a small fee.

WEDNESDAY CLAY STUDIO

**Held every Wednesday from 10 a.m. to 2:30 p.m.
Drop-In-Open Enrollment.**

**For GA Members: Single Session \$20, or 6
Session Card for \$100. Non-members Single
Session: \$28. Maximum: 8 students. Age:
Persons under 16 must be accompanied by an
adult during class.**

Jan Maria Chiappa: 884-3825

Try out that clay project you've wanted to do, have an experience with a grandchild in clay, see if ceramics is for you. Bring a bag lunch; beverages will be provided. Clay, tools and teaching support will be available. All skill levels are invited.

KARATE CLASSES FOR CHILDREN

Tuesdays 4:15 – 5:15 p.m.

Cost \$40 per month.

Lini Lieberman-Erich: 785-2288

North Coast Martial Arts will be resuming Tang Soo Do Martial Arts classes for kids. These are on-going martial arts classes for children five years and up. Here they will learn discipline, respect, coordination, and gain self esteem. Call for more information.

TAI CHI YANG STYLE

Ongoing class every Thursday, 10 - 11 a.m.

**Members: \$10 per class or purchase a 6 class
card for \$50.**

Minimum: 5 students; Maximum: 20 students.

Instructor: Linda Reno: 884-4715

There are many health benefits to the slow dance movements of Tai Chi. They improve balance, decrease falls, improve circulation, and activate the meridian system. Tai Chi aids in memory, improves breathing, relieves stress, and improves joint movements. Tai Chi is taught in comfortable clothing and socks or fabric soled tai chi shoes. The dance can be performed sitting, standing, or even lying down. No prior martial arts training is required. People with disabilities can do it. Linda J. Reno is a certified teacher in Tai Chi and has taught at medical facilities in the Bay Area and locally for a number of years.

 Wrap-up to Art in the Redwoods Festival

Gualala Arts Art in the Redwoods festival was able to put over 15% more money than last year into the artists' pockets. The amount given to artist winners, sellers, and vendors was \$67,300 and with 62 works in the show sold. Net profit was up five percent from last year.



Checking over the gross sales of the outdoor artist vendors alone it was found that their sales were up 25% from last year! It is hard work making all those items and staying out in fog and sun the whole weekend to make the sales, so it is good to know that their efforts were rewarded by visitors' purchases.

One of the goals for the Fine Art Exhibit is to encourage new artists to show their work. For that reason, the limit for submitted work was changed from three works per artist to two. This year that policy paid off with more new artists than ever before taking part. There were 369 registrations submitted by 205 artists with 349 pieces making it into the show.

David 'Sus' Susalla, Executive Director said, "Our thanks go to the volunteers and community for supporting us in this on-going effort!"