

## CLASSES GROUPS

All classes are at Gualala Arts Center unless indicated otherwise.  
Check out the GualalaArts.org website for more details.

### AEROBICS

Debbie Langwell: 884-5021

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

### CERAMIC OPEN STUDIO

Jan Maria Chiappa: 884-3825

**Wednesdays from 10 a.m. to 2:30 p.m.**

**Thursdays 6 – 9 p.m. Drop-In-Open Enrollment.**

**Members' Single Session \$20, or 6 Session Card for \$100. Non-members' Single Session: \$28.**

**Maximum: 8 students.**

Clay, tools, and teaching support will be available. All skill levels are invited. Bring a bag lunch; beverages will be provided.

Note: **Clay Studio will be closed during the week of Dec. 26 – 31.** Beginning in January will be projects to make as gifts for Valentine's Day.

### KARATE CLASSES FOR CHILDREN

Lini Lieberman-Erich: 785-2288

**Tuesdays 4:15 – 5:15 p.m. Cost \$40 per month.**

North Coast Martial Arts is continuing the 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

Instructor: Linda Reno: 884-4715

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

**Members: \$10 per class or purchase a 6 class card for \$50. Class size: 5 - 20 students.**

Tai Chi is taught in comfortable clothing and socks or fabric soled tai chi shoes. Linda J. Reno is a certified teacher in Tai Chi and has taught for many years.

### LIFE DRAWING

Tom Warnock: 785-3668

**Wednesdays, 3 – 6 p.m.**

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

## Time to Sign Up for Classes at Santa Rosa Junior College

Did you know that every week classes administered by Santa Rosa Junior College meet here in Gualala Arts? Think of how convenient it would be for you to add on to your college credits! Classes offered here are: Art 114 – Landscape Painting; English 4A – Beginning Creative Writing; English 4B – Creative Writing Workshop; English 4C – Advanced Creative Writing Workshop; English as a Second Language 706 – English Skills Workshop; and Psychology 1A – General Psychology. On their website at <http://www.santarosa.edu/> you can look up the class outline information on the ones that interest you. It is fun to read through the different courses just to see the textbooks recommended.

Dates you need to know are:

- **December 11** Open Web & Telephone Registration for ALL students begins
- **January 8** In-Person Registration begins
- **January 15** Martin Luther King Holiday
- **January 16** Professional Development Institutional Day
- **January 17** CLASSES BEGIN
- **January 23** Last day to register/add without instructor's signature

You can easily sign up online at: <https://www.santarosa.edu/app/admissions/>

**Remember to go to the Dolphin's Holiday Boutique**



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