

**September**  
high school

These innovative after-school classes are brought to you by September High School, the

longest running independent high school in the city of Boulder. We are conveniently located downtown, just a few blocks from the Walnut Street bus station. Our extensive on-site facilities include: a photo processing lab, a dark room, a mixed media art studio, a ceramic studio, a dance and performing arts studio, and a fully equipped music room. All of our classes have been carefully designed to appeal to teens—and our class size maximizes individual attention. We offer a healthy and creative space for all young adults in our community that are interested in reawakening their love of learning ... even after school.

**BreakThrough Arts**

is a program of the YMCA of Boulder Valley,

providing a safe, drug-free environment for teens during the high-risk after-school hours. We help teens find their passion, develop their creativity, build developmental assets, and create lasting connections with their community by offering free after-school arts activities five days a week on an ever-growing variety of youth selected topics. Over 4000 youth have been directly impacted by the BreakThrough Arts program since its inception in 1998.

**The YMCA**

of Boulder Valley is an association of people of all ages, abilities and ethnic groups who are united in a common effort with a worldwide fellowship, putting the principles of caring, honesty, respect and responsibility into practice to enrich the quality of spiritual, mental and physical health for all. Providing quality programs that are affordable and value based, that embrace the concepts of physical, spiritual and emotional health and that dramatically improve the lives of young people is a vital part of the YMCA's mission. Originally chartered in 1874, and re-chartered in 1955, the YMCA of Boulder Valley has been serving the youth of Boulder County for over 50 years.

## WINTER 2010 REGISTRATION FORM

STUDENT NAME \_\_\_\_\_ M / F  
GRADE \_\_\_\_\_ AGE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_  
SCHOOL \_\_\_\_\_  
PARENT'S/ GUARDIAN'S NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_, APT # \_\_\_\_\_  
CITY, STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
EMAIL \_\_\_\_\_  
HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_  
CLASS NAME(S) \_\_\_\_\_

## Questions?

Joy Chapman, Director of Arts  
[joy@septemberschool.org](mailto:joy@septemberschool.org)

Alexis @ 303-443-9933

or

Jessica England, Breakthrough Arts Program  
Coordinator

[bta@ymcabv.org](mailto:bta@ymcabv.org) / 303.443.4474 ext. 4650

**Class Information Hotline:  
303.443.4474 x4651**

### Join the BreakThrough Arts Teen Advisory Board!

Do you want to organize teen events, fundraisers, and workshops? Wouldn't it be fun to hang out with teens that have varying interests? When you join the Teen Advisory Board you will work with other teens to arrange a fundraiser for teen programs, work with the Boulder Skate Team to help run events at the Boulder Skate Park, create a haunted house for the YMCA's Halloween Party, and organize the teen area of the Boulder Creek Festival. Looks great on your college applications and resumes! You must be 14-18 to join the board. If you are interested please call 303-443-4474 ext. 4650 or email [bta@ymcabv.org](mailto:bta@ymcabv.org).

**Mail or email this completed registration form to Alexis Valentine:**  
[alexis@septemberschool.org](mailto:alexis@septemberschool.org)

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1902 WALNUT ST.  
BOULDER, CO 80302  
303.443.9933  
[WWW.SEPTEMBERSCHOOL.ORG](http://WWW.SEPTEMBERSCHOOL.ORG)



**September**  
high school  
1902 Walnut Street  
Boulder, CO 80302  
303.443.9933

Helping students  
reawaken their love  
of learning  
...even after school.

# BreakThrough Arts

After  
HOUR  
ARTS

**FREE**  
After school classes  
for teens ages 13 -18

- FIGURE DRAWING
- HIP HOP MUSIC PRODUCTION
- POTTERY
- HOW TO BE A ROCK STAR 101
- NATURAL HIGHS
- YOGA
- HIP HOP 101
- HIP HOP DANCE
- DANCE FUSION
- ART OF BILLIARDS
- AFRICAN DANCING
- COOKING WORKSHOP
- SCREEN PRINTING & TYE DYEING
- HEMP & HENNA
- IT'S ALL FUN & GAMES



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## MONDAY

### HIP HOP MUSIC PRODUCTION

In this class, we will be learning the basics of turntablism; going over terminology, cutting and scratching, beat matching and blending, as well as how to look for records to use. We will also be programming loops from these records, along with sampling sounds, recording live instruments, drum pattern programming, random sound recordings, vocals, editing and mixing. We culminate with a final project of rhymes and Hip Hop songs.

*Mike White*

DATES: Mondays 1/25 to 3/15 3:30 to 5:30 pm

LOCATION: Music Building / September High School

### POTTERY

Learn hand building exercises as well as wheel pottery. This workshop is open to individuals of all skill level. Participants will learn to make functional and sculptural pieces. Space is limited so please call and reserve your space in the class!!

*Emilie Parker & John Hansen*

DATES: Mondays 1/25 to 3/15 4:00 to 6:00 pm

LOCATION: Mudslingers Pottery Studio, 820 Main St. #1, Louisville

### HOW TO BE A ROCK STAR 101

Taught by former rock star, Greg Baker, this class will have an emphasis on guitar lessons and vocal harmonies. There will also be important lessons in song writing, marketing your band or yourself, finding and managing gigs, the important elements of a good band, and effective stage performance techniques. Take this class and you will have all the tools to become a millionaire rock superstar! **You must reserve your space in this class. There are 6 guitars available for registration, after that you must provide your own.**

*Greg Baker*

DATES: Mondays 1/25 to 3/15 3:30 to 5:00 pm

LOCATION: Community Arts Building / September High School

### FIGURE DRAWING

As a foundational skill, figure drawing develops the technical facilities while captivating the imagination; it exercises the entire range of skills needed by the visual artist. This workshop will teach you the basics of drawing the human figure from life. We will begin with a focus on drawing the portrait, and later move into studying the entire figure. Topics include: Proportions and volumes of the figure, conveying gesture, artistic anatomy, foreshortening, perspective, and light and shade. This workshop is recommended for intermediate-advanced students, though all levels are welcome.

*Jason McPhillips, local artist*

DATES: Mondays 1/25 to 3/15 3:30 to 5:30pm

LOCATION: Boulder High School

### HIP HOP 101

This is a class that will teach kids about the 4 basic elements of Hip Hop, as well as how they shape and create the Hip Hop culture. They will also be taught about the history and influence Hip Hop has had on America as well as the world. Kids will learn through the teachers recalling their memories of Hip Hop and how it's changed their lives, in a way that positively affects those around them. The other method of teaching will be through actually taking part in learning from these teachers the fundamentals of B-Boying/B-Girling, Graffiti/mural art, Deejaying, and Emceeing/spoken word. The objective of these classes is to give our youth a positive creative outlet, and the tools to pursue it.

*Sam Moritz, Troy Burrell*

DATES: Mondays 1/25 to 3/15 4:00 to 6:00pm

LOCATION: Project Yes, 1306 Centaur Village Dr, Lafayette

## TUESDAY

### NATURAL HIGHS: HEALTHY ALTERNATIVES TO DRUGS & ALCOHOL

In this class you can learn about healthy alternatives to drugs and alcohol that work intelligently with our body, mind, and emotions. We will discuss the brain chemistry of substance abuse, recovery, and sobriety so you can make informed choices and learn how drugs and alcohol are only substitutes for healthy ways to experience "the real thing". This class will introduce "Natural Highs Strategies" that support rather than destroy our brain chemistry, and will show how meditation techniques, challenges, creativity, and rituals can serve to access altered states in healthy ways. The class includes a free optional weekly AcuDetox treatment which is an innovative acupuncture treatment to the ears that promotes stress management, natural relaxation, and decreases cravings for drugs and alcohol. We invite both beginners and experienced "Natural Highs" students to this class since we will also include advanced "Natural Highs" techniques this winter.

*Avani G. Dilger, MEd, MA, LPC, ADTR, CACIII, Certified Addiction*

*Counselor, Licensed Professional Counselor and the Natural Highs Team*

DATES: Tuesdays 1/26 to 3/16 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

### HIP HOP DANCE

Use your mind, body, and soul. This class will teach you the elements of Hip-Hop dance. All you need to bring is yourself and a willness to be the best that you can. "Without movement, there is no life. Without life, there is no movement. So get up and dance!" Please wear moveable clothing and shoes.

*Troy Burrell*

DATES: Tuesdays 1/19 to 3/9 4:00 to 5:30 pm

LOCATION: Spirit, Mind, Body Studio; Mapleton Center YMCA

### YOGA

Are you feeling a little stressed and looking for a safe exercise to give you the energy you need to get through your week? Come join Melisa in this fun teen yoga class! You will learn the basics of yoga poses and breathing, gain flexibility and a sense of relaxation.

*Melisa Slythe*

DATES: Tuesdays 1/19 to 3/9 4:00 to 5:00 pm

LOCATION: Arapahoe Center, YMCA, 2800 Dagny Way, Lafayette

## Final Fridays! Free monthly events for teens.

**Art-making Night January 29th at September High School**

**Natural Highs Arts Show February 12th at BMOCA**

**Alternative "420" April 20th at September High School**

## WEDNESDAY

### AFRICAN DANCING

Work with the world renowned Mensah brothers as they share the dances, drumming, and culture of West Africa. In this class you will come to understand the symbiotic nature of music and dance as you learn the beautiful and athletic form of West African Dance and the energetic percussion that accompanies it. Maputo will show you the aerobic, exciting and beautiful movement while Mawuenyega will help you to gain an understanding of the marriage of drumming, rhythm, and music to African dance.

*Maputo and Mawye Mensah*

DATES: Wednesdays 1/20 to 3/10 4:00 to 5:30 pm

LOCATION: Community Arts Building / September High School

### SCREEN PRINTING & TYE DYING

This class will take you through the basics of tye-dying and the screen printing process with an emphasis on textile printing. We will cover multiple methods and ideas of screen making and the printing process. The class is intended to give you the knowledge to begin making your own clothing and prints. The class will consist of preparing your own screen by hand and screen printing paper and T-shirts.

*Omi Benson, local artist*

DATES: Wednesdays 1/27 to 3/17 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

### ART OF BILLIARDS

Billiards can provide an outlet for any anyone who would like to master a cool physical skill. Learn how to line-up the perfect shot using patterns, variations, and your imagination. Join other teens after school to participate in an activity that is played in every corner of the world. The skills you learn will last you a lifetime.

*Mike Stengel*

DATES: Wednesdays 1/20 to 3/10 4:00 to 6:00 pm

LOCATION: Odd Fellows Lodge, 1543 Pearl St. Boulder

### HIP HOP 101

This is a class that will teach kids about the 4 basic elements of HIP HOP, as well as how they shape and create the HIP HOP culture. They will also be taught about the history and influence HIP HOP has had on America as well as the world. Kids will learn through the teachers recalling their memories of HIP HOP and how it's changed their lives, in a way that positively affects those around them. The other method of teaching will be through actually taking part in learning from these teachers the fundamentals of B-Boying/B-Girling, Graffiti/mural art, Deejaying, and Emceeing/spoken word. The objective of these classes is to give our youth a positive creative outlet, and the tools to pursue it.

*Sam Moritz, Troy Burrell*

DATES: Wednesdays 1/20 to 3/10 4:00 to 6:00 pm

LOCATION: Project Yes, 1306 Centaur Village Dr, Lafayette

## THURSDAY

### COOKING WORKSHOP

Learn the basic uses for certain foods, as well as help develop your imagination to create enticingly new dishes. Discover how to make handmade chocolates, bread, ice cream, and food from all around the world. Eat what you make at the end of every class.

*Peter Kelly*

DATES: Thursdays 1/21 to 3/11 4:00 to 6:00 pm

LOCATION: Kitchen; Mapleton Center YMCA

### DANCE FUSION

Do you like to dance? Have you ever wanted to try a new dance genre, but didn't know what type of dance would suit your interest? Well look no further! Fusion of dance is designed to introduce many different styles of dance that you can try out. Every week is going to be a little different by introducing a new style of dance. One week we might work on hip hop dance mixed with a little bit of lyrical dance, the next week maybe a little jazz fused with hip hop, or squeezing in some soft shoe tapping! Think of this class as a sample platter for dance; you get the chance to taste all styles of dance in the span of 8 classes!

*Kim Dobbins and Guest Instructors!*

DATES: Thursdays 1/21 to 3/11 4:00 to 5:30 pm

LOCATION: Spirit, Mind, Body Studio; Mapleton Center YMCA

### YOGA

Are you feeling a little stressed and looking for a safe exercise to give you the energy you need to get through your week? Come join Melisa in this fun teen yoga class! You will learn the basics of yoga poses and breathing, gain flexibility and a sense of relaxation. Please bring your own yoga mat or beach towel.

*Melisa Slythe*

DATES: Thursdays 1/21 to 3/11 4:00 to 5:00 pm

LOCATION: Community Arts Building / September High School

### HEMP & HENNA

This unique combination class will explore the art of Henna design & Hemp bead weaving. Both of these traditional arts forms provide students with the opportunity for personal expression and adornment. Learn how to make henna paste, apply designs, and keep them looking good. Students will also create hemp jewelry using a variety of Macramé and decorative bead knotting techniques. Once you have these basics there is no end to the creative possibilities.....

*Jacob March of Nomad Bead Merchants & Sonya Bastow-Henna Artist*

DATES: Thursdays 1/28 to 3/18 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

## FRIDAY

### IT'S ALL FUN & GAMES IN PAIR-A-DICE...

Do you have a game that you love, but never get a chance to play it? Have you ever wanted to learn a new game? Do you have a game that you'd like to teach a group of people? Well come on down to September High School on Friday afternoons between 3:30 and 5:30! We have Ping Pong tables, Chess boards, Backgammon, Cribbage, Risk, Settlers of Catan, Pente, Pentago, Hearts, Rummy, Thirteen, Rubik's Cube, and more! You can come to play, have fun, hang out, and you can even get lessons on how to become better at any of the above games! Best of all, it's free!

*Daniel Beliveau, Mathematics Teacher*

DATES: Fridays 1/29 to 3/19 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

## Winter 2010 CLASS SCHEDULE Sign up today!