

September High School and the YMCA of Boulder Valley have joined together to bring Boulder Valley teens the most comprehensive offering of free after school art classes available. "After Hour Arts" and "BreakThrough Arts" provide a safe, drug-free place for teens to spend their afternoons exploring their creativity, connecting with caring adults and creating lasting relationships with their peers. With classes that are designed by teens, all youth have the opportunity to find their passion, build developmental assets and reawaken their love of learning.

NATURAL HIGHS PRESENTS
Alternative "420"
April 20th 2010
At September High School
Community Arts Building
Acupuncture, yerba mate,
live art, philosophy circle,
music, dancing, and more...
www.naturalhighs.us

Teen Creek Fest 2010

The 2009-2010 BreakThrough Arts Program year will culminate at the Teen Creek Fest, the teen area of the Boulder Creek Festival. BreakThrough Arts will showcase the spring session's dance and artwork, as well as celebrate the 11th year of the program. Teen Creek Fest is where the community's teens have the opportunity to organize their own activities and events. Sponsored by the YMCA of Boulder Valley and organized by it's Teen Advisory Board, The Teen Creek Fest, plans activities and events throughout the entire weekend. The festival runs over Memorial Day weekend, Saturday, May 29th through Monday, May 31st. Each day will start around 11:00am and end around 5:00p.m. Teen Creek Fest features three days of music and dance, a young artists' tent, screen printing, a Twinkie eating contest, a twister tournament, a photo booth, a nighttime Hip Hop bash, teen organizations, and so much more. Don't miss out!

SPRING 2010 REGISTRATION FORM

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

Questions?

Joy A. Eisenhauer, Director of Arts
 joy@septemberschool.org
 or

Jessica England, Breakthrough Arts Program Coordinator
 jessica.england@ymcabv.org
 303.443.4474 ext. 4650
 www.ymcabv.org

Registration can be faxed, emailed, or mailed to Alexis Valentine:
 Office: 303-443-9933
 Fax: 303-444-5027
 alexis@septemberschool.org

Go to www.septemberschool.org to download registration form.



September
 high school
 1902 WALNUT ST.
 BOULDER, CO 80302
 303.443.9933
 WWW.SEPTEMBERSCHOOL.ORG




BreakThrough Arts
After HOUR ARTS
FREE
 After school classes for teens ages 13 - 18

- FIGURE DRAWING
- HIP HOP MUSIC PRODUCTION
- POTTERY
- NATURAL HIGHS
- YOGA
- HIP HOP 101
- HIP HOP DANCE
- CONTEMPORARY DANCE
- ART OF BILLIARDS
- COOKING WORKSHOP
- SCREEN PRINTING & TYE DYEING
- HEMP & HENNA
- IT'S ALL FUN & GAMES



September
 high school
 1902 Walnut Street
 Boulder, CO 80302
 303.443.9933

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



September
 high school
YMCA
 BOULDER VALLEY

Spring 2010 CLASS SCHEDULE

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 4/5 to 5/17 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 levels. Participants will learn to make functional and sculptural pieces. Space is limited so please call and reserve your space in the class!

John Hansen & Emily Parker

DATES: Mondays 4/5 to 5/17 4:00 to 6:00 pm
LOCATION: Mudslingers Pottery Studio, 820 Main St. #1, Louisville

FIGURE DRAWING

The human body, with its wonders of beautiful mechanics, is the ultimate challenge for the visual artist. Few subjects so easily express such life, energy, meaning, and empathy. 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 4/5 to 5/17 3:30 to 5:30pm
LOCATION: Boulder High School

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.

Catherine Doudglas & Avani G. Dilger, MEd, MA, ADTR., Certified

Addiction Counselor, Licensed Professional Counselor and the Natural Highs Team

DATES: Tuesdays 4/6 to 5/18 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 willingness 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 4/6 to 5/18 4:00 to 5:30 pm
LOCATION: Group X 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 4/6 to 5/18 4:00 to 5:00 pm
LOCATION: Arapahoe Center, YMCA, 2800 Dagny Way, Lafayette

WEDNESDAY

SCREEN PRINTING & TYE DYING

This class will take you through the basics of tie-dyeing 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 4/7 to 5/19 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 4/7 to 5/19 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 4/7 to 5/19 4:00 to 6:00 pm
LOCATION: Project Yes, 1306 Centaur Village Dr, Lafayette

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 4/8 to 5/20 4:00 to 6:00 pm
LOCATION: Kitchen; Mapleton Center YMCA

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CONTEMPORARY DANCE

Ballet, Jazz, Lyrical, and Athleticism...what do you get??... Contemporary Dance. This class will include challenging floor work, inversions reminiscent of break dance, and the use of pop music and culture to create fun choreography. We do recommend that students come with loose fitting apparel for comfort. This class will be culminating with a performance in the teen area of the Boulder Creek Fest!

Mimi Ferrie

DATES: Thursdays 4/8 to 5/20 3:45 to 5:00 pm
LOCATION: Group X Studio; Mapleton Center YMCA

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 4/8 to 5/20 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 4/9 to 5/21 3:30 to 5:30 pm
LOCATION: Community Arts Building / September High School

FREE After School Classes for Teens!

Sign up today