LSUISTUDENT UNION

Spring 2013

Register Now! 46 new & seasonal classes

Leisure Classes- Quality Living, Quality Learning Register online at **www.lsu.edu/leisureclasses** or **call 225-578-5119** today!





Accordion Books

Kieu Lam

Looking for a new way to present ideas and proiects? Want to make a unique sketch book? Construct an accordion book with removable covers and spine, discuss fun variations and learn methods of embellishment such as pop-outs and inserts. Ms. Lam will also discuss the basics of bookbinding, including paper qualities, tools and techniques.

Sunday, Jan 27, 1:30 p.m. - 4:00 p.m. \$39 (members/students \$34) + \$5 payable to instructor for supplies LSU Campus

One Sheet Books

Kieu Lam

These books are easy to make and are ideal for preserving and presenting those special mementos piling up in a shoe box! Let Ms. Lam guide you in creating four simple book structures and enhancing the content within. Develop your own personal style as you learn about the basics of book binding including paper qualities, tools and techniques.

Sunday, Mar 3, 1:30 p.m. - 4:00 p.m. \$39 (members/students \$34) LSU Campus

CLAY

Hand Building

Tina Ufford

Pinch, coil and roll! Learn basic techniques of coil, pinch and slab work which are the foundations of working with clay. Make functional items, such as trays, planters or vases, or decorative items, such as small scale sculpture. Handmade pots add charm to gardens and make wonderful gifts. Fee includes 12 pounds of clay, glazes, cost of firings and extra practice time.

Sec 1: Tuesdays, Mar 5 - Apr 16 (no class Apr 2), 3:00 p.m. - 5:30 p.m. or

Sec 2: Tuesdays, Mar 5 - Apr 16 (no class Apr 2), 6.00 pm - 8.30 pm

\$180 (members/students \$154) + \$20 for personal supplies

LSU Campus 👸

Wheel Throwing

Sections 1 & 2 Haeiung Lee Sections 3 & 4 Michael Lorsung

Get really muddy and sling some clay in this basic wheel throwing class. Instruction will focus on making functional pieces such as vases, cups and bowls. Make your own unique tableware or handcrafted gifts. Fee includes 12 pounds of clay, glazes, cost of firings and extra practice time. Participants should have prior experience working with clay or have taken Hand Building.



instructor for supplies - LSU Campus

Sec 1: Mondays, Jan 14 - Mar 4 (no class Jan 21, Feb 11), 10:00 a.m. - 12:30 p.m. or Sec 2: Mondays, Jan 14 - Mar 4 (no class Jan 21. Feb 11), 1:00 p.m. - 3:30 p.m. or Sec 3: Thursdays, Feb 7 - Mar 14, 6:00 p.m. -8:30 n m

Sec 4: Wednesdays, Mar 6 - Apr 24 (no class Mar 20 Apr 3) 6:00 pm - 8:30 pm or \$180 (members/students \$154) + \$20 for personal supplies

LSU Campus

DRAWING & PAINTING

Acrylic Painting

Larrv Downs

Local artist and winner of numerous regional art shows. Larry Downs will introduce you to acrylic painting methods and materials. He will also cover the fundamentals of drawing. You will learn the characteristics and handling techniques of acrylic colors, media and painting surfaces and you'll also learn how to accomplish textural effects using a knife and brush. Intermediate participants will delve into the traditional glazing method of classical realism and direct application techniques used in representational and abstract painting.

Beainnina:

Sundays, Jan 20 - Mar 3 (no class Feb 10), 2:00 p.m. - 4:00 p.m.

\$112 (members/students \$90) + \$100 for personal supplies

LSU Campus (classroom accessible only by stairs)

Intermediate:

Sundays, Mar 17 - Apr 28 (no class Mar 31), 2:00 p.m. - 4:00 p.m.

\$112 (members/students \$90) + \$100 for personal supplies

LSU Campus (classroom accessible only by stairs)

Drawing: **Portraits with Charcoal**

Isoko Onodera

Learn to draw portraits from photographs using charcoal. Isoko Onodera will teach you about facial anatomy, proportions and both physical and emotional expressions while exploring the use of line and value in drawing. Class is appropriate for both beginner and intermediate level artists. Tuesdays, Jan 29 - Mar 12 (no class Feb 12), 5:30 p.m. - 7:30 p.m.

\$115 (members/students \$93) + \$50 for personal supplies

LSU Campus



Watercolor Painting: Basic (p.1)

Drawing: **Portraits with Pencil** Yichen Chen

Working from one of your own favorite photographs, Yichen Chen, winner of international art competitions, will guide you step-by-step in creating a unique and personal piece of art. Using basic drawing pencils, you'll learn about sketching, working with the details and creating soft, life-like tones. Class is appropriate for participants at any skill level

Saturdavs. Feb 16 - Mar 23, 1:30 p.m. - 3:30 p.m. \$115 (members/students \$93) + \$35 for personal supplies

LSU Campus

Oil Painting: Portraits Isoko Onodera

Learn to paint portraits with beautiful results! Join Isoko Onodera and learn to paint portraits from photographs with beautiful results. She'll guide you in the traditional methods of oil painting using glazing and wet-on-wet techniques. She'll give you tips on underpainting, mixing paints to create flesh tones and understanding the human figure. This class is ideal for students at the intermediate level. Students should have drawing experience and some familiarity with painting.

Tuesdays, Mar 19 - Apr 30 (no class Apr 2), 5:30 pm - 7:30 pm

\$115 (members/students \$93) + \$50 for personal supplies

LSU Campus 🎧

One Stroke Painting

Cindv Rodriaue This simple and inexpensive painting technique involves blending, shading and highlighting all in one stroke! It is versatile enough to use with almost any medium, from acrylic paint to lacquers and glazes. Join Cindy Rodrigue, certified Donna Dewberry instructor, for step-by-step instructions in creating a beautiful work of art. Fleur de Lis:

Sec 1: Saturday, Feb 2, 9:00 a.m. - 12:00 p.m. or Sec 2: Saturday, Feb 2, 1:30 p.m. - 4:30 p.m. \$55 (members/students \$44) + \$40 payable to instructor for supplies

I SU Campus Roses:

Saturday, Mar 2, 9:00 a.m. - 12:00 p.m.; \$55 (members/students \$44) + \$40 payable to instructor for supplies

LSU Campus Sunflowers: New!

LSU Campus

Saturday, Mar 2, 1:30 p.m. - 4:30 p.m.; \$55 (members/students \$44) + \$40 pavable to instructor for supplies

One Stroke Painting Techniques Cindy Rodrigue

Decorate everything from candles and stemware to cabinets and tiles with acrylic paint. Even if you've never picked up a brush before, you can create beautiful designs with just a few easy strokes. Cindy Rodrigue will show you how to blend, shade and highlight and will offer encouragement and tips all along the way.

Sundavs. Feb 24 - Apr 7 (no class Mar 31), 2:00 p.m. - 4:30 p.m.

\$129 (members/students \$110) + \$118 payable to instructor for supplies LSU Campus

Watercolor Painting: Basic Roberta Loflin

Explore the materials and techniques used in watercolor painting. Roberta Loflin, an experienced and patient instructor with a dedicated student following, will lead you through a series of structured exercises designed to help you develop manual, perceptual and expressive skills. all while exploring the unique qualities of watercolor paints.

Sundays, Jan 27 - Mar 10 (no class Feb 10), 1:00 p.m. - 3:30 p.m.

\$112 (members/students \$90) + \$100 for personal supplies LSU Campus

Watercolor Painting: *New*! Flowers & Glass Roberta Loflin

Study simple still-life studies of flowers and glass

and fine tune your painting skills. Roberta Loflin will guide you in recognizing and painting all the different shapes and colors in a glass. You'll create a lovely composition using glass vases and fresh flowers

Sundays, Mar 17 - May 5 (no class Mar 31, Apr 7) 1.00 pm - 3.30 pm

\$112 (members/students \$90) + \$100 for personal supplies LSU Campus

Zentangle ®

Kathv Redmond

There's no eraser in life and there's no eraser in Zentangle® either! Considered artistic meditation, you'll allow your creativity to flow as you create beautiful, unique images on small paper tiles using simple, repetitive patterns. Zentangle® encourages relaxation, provides inspiration and increases focus. It's easy to learn, fun to do and enjoyed by artists and non-artists alike! Love the beginning workshop and want to learn more? Try your hand at eight new tangles in the advanced class and discover additional artistic and practical applications of Zentangle®

Beainnina:

Sec 1: Sunday, Feb 17, 2:00 p.m. - 4:00 p.m. or Sec 2: Saturday, Apr 13, 10:00 a.m. - 12:00 p.m. \$49 (members/students \$39) + \$5 payable to instructor for supplies

LSU Campus Advanced: New!

Sunday, Feb 24, 2:00 p.m. - 4:00 p.m. \$49 (members/students \$39) + \$5 pavable to instructor for supplies LSU Campus

Zentangle: New! White Ink | Black Paper

Kathy Redmond

Continue your love of Zentangle as Kathy Redmond, Certified Zentangle Teacher, introduces an exciting new technique. Using white pens on black paper, you'll learn new shading methods and will create a unique insert for your very own 16 ounce insulated tumbler.

Saturday, Apr 20, 10:00 a.m. - 12:00 p.m. \$49 (members/students \$39) + \$22 payable to



Zentangle® (p. 1)

FIBER ARTS

Crochet

Charlene Bishop

Join fiber artist Dr. Charlene Bishop as she guides you through the basic stitches of crochet. Then advance to more complex designs and patterns while learning about the history of crocheting and about the multitude of fibers and patterns that are used in this unique craft. *Wednesdays, Apr 10 - May 1, 6:00 p.m. - 7:30*

p.m. \$63 (members/students \$51) + \$10 for personal

supplies LSU Campus

Knitting

Charlene Bishop Knit one, purl two. Learn the basic stitches and techniques of this versatile craft in a relaxed environment. Learning in a group setting is fun and allows you to share ideas with other members of the class and find inspiration for your next cre-

ation! Wednesdays, Mar 6 - Mar 27, 6:00 p.m. - 7:30 p.m.

\$78 (members/students \$63) + \$10 for personal supplies

LSU Campus

With options for every age, budget and schedule, Leisure Classes are IDEAL FOR YOU!

GLASS CRAFTS

Stained Glass

Kristy Keller

Bring the beauty of stained glass into your home! Local artist and shop owner Kristy Keller will guide you from start to finish in creating a pattern, cutting glass, leading, soldering, puttying, cleaning and displaying your one-of-a-kind work of art for all your friends and family to admire. Copper foil techniques will also be discussed and demonstrated.

Sec 1: Tuesdays, Jan 15 - Feb 26 (no class Feb 12), 6:30 p.m. - 8:30 p.m. or

Sec 2: Thursdays, Mar 7 - Apr 18 (no class Apr 4), 6:30 p.m. - 8:30 p.m.

\$118 (members/students \$97) + \$85 for personal supplies

LSU Campus 谷 🏷

JEWELRY

Bead Stringing Basics

Instructors from Baton Rouge Bead Company Design your own beaded jewelry! Join the inspiring staff of The Baton Rouge Bead Company and learn the basic techniques for creating unique necklaces, bracelets and earrings. Come emptyhanded and leave with handmade pieces created for you and by you! Personal supplies included in price of class.

Sec 1: Wednesday, Mar 6, 5:30 p.m. - 8:30 p.m. or

Sec 2: Wednesday, May1, 5:30 p.m. - 8:30 p.m. \$62 (members/students \$50)

The Baton Rouge Bead Company, Coursey Boulevard



Instructors from Baton Rouge Bead Company Mardi Gras is all about the bling! Leave your plastic beads behind and create Carnival-inspired earrings or a bracelet that will have your krewe purple, gold and green with envy. With available embellishments from flamingos and fleur de lis, you'll be set to parade from Baton Rouge to New Orleans!

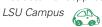
Wednesday, Jan 23, 5:30 p.m. – 8:30 p.m. \$62 (members/students \$50) The Baton Rouge Bead Company, Coursey Boulevard

Creative Wire Jewelry Tom Lorio

Design and create your own beautiful wire jewelry under the guidance of local metal smith and jewelry maker, Tom Lorio. Become familiar with the tools of the trade and learn how to twist and coil wire to create rings, earrings, pendants and technical components such as hooks and jumprings. Finishing techniques, including aging

your jewelry with patinas will also be covered. Wednesdays, Mar 6 – Mar 27, 6:00 p.m. - 9:00 p.m.

\$113 (members/students \$91) + \$20 payable to instructor for supplies



Creative Wire Jewelry Workshop

Embellish basic designs and develop your own unique style in this fun, hands-on workshop. Under the guidance of Tom Lorio, you'll expand on the fundamentals learned in his Creative Wire Jewelry class. This workshop is also ideal for those who want to create distinctive jewelry without committing to a longer class.

Wednesdays, Apr 10 - Apr 17, 6:00 p.m. - 9:00 p.m.

\$55 (members/students \$44) + \$10 payable to instructor for supplies LSU Campus

Textured Metal Jewelry

Tom Lorio

Create beautiful earrings, pendants and bracelets using thin sheets of copper and brass. Tom Lorio, local jewelry maker and metal smith, will show you the tricks of the trade. Create textures and patterns using embossing tools, hammers and a rolling mill. Learn techniques to age your handmade creations and find out how to properly finish your pieces.

Wednesdays, Jan 16 - Feb 6, 6:00 p.m. - 9:00 p.m.

\$113 (members/students \$91) + \$20 payable to instructor for supplies

LSU Campus 🙆

Textured Metal Jewelry Workshop Tom Lorio

Add a little flair to your creations! Under the guidance of Tom Lorio, you'll be encouraged to develop your unique style in this exciting hands-on workshop. This workshop is a natural continuation of his Textured Metal Jewelry class but is also ideal for those who want to create unique pieces without committing to a longer class.

Wednesdays, Feb 20 - Feb 27, 6:00 p.m. - 9:00 p.m.

\$55 (members/students \$44) + \$10 payable to instructor for supplies

LSU Campus

PHOTOGRAPHY

Digital Photography: The Fundamentals Kevin Duffy

Photography captures emotion, beauty, family and friends and a wealth of other interesting subjects. Learn about important features of your digital camera as well as tips, techniques and best practices to take better photos. Topics include optimizing workflow, improving composition, achieving proper exposure under different lighting conditions, additional equipment, trouble-shooting, an introduction to photo editing software and much more.

Wednesdays, Jan 16 – Feb 6, 6:00 p.m. - 8:00 p.m.

\$122 (members/students \$104) LSU Campus

Digital Photography: DSLR *Kevin Duffy*

Are you ready to make the jump from compact, point and shoot digital cameras to the more capable DSLR camera? Get out of auto mode and discover all the extra capabilities DSLR has to offer to make optimum, successful images. Topics include shooting modes and manual overrides, metering modes, tips to improve focus and sharpness, flash tips and capabilities (internal and external), shooting in RAW, situational examples and much more!

Wednesdays, Feb 20 - Mar 13, 6:00 p.m. - 8:00 p.m.

\$122 (members/students \$104) LSU Campus

Photoshop for Photographers *Kevin Duffy*

Learning the proper techniques to process images taken from your digital camera can be as important as capturing the image itself. Using basic and advanced tools and techniques, learn how to retouch, correct and optimize your images to give them that professional pop. Topics include streamlining your workflow, exploration and use of layers to make the right areas stand out, selection tools for localized color and contrast tweaks, sharpening techniques, retouching portraits and much more!

Wednesdays, Apr 10 - May 1, 6:00 p.m. - 8:00 p.m.

\$122 (members/students \$104) LSU Campus

SPECIAL INTEREST

Balloon Twisting

Twist (but please don't shout). Chris Pierce, twister extraordinaire, will start off with the fundamentals before moving on to more advanced creations including flowers, animals, hats and so much more! You really won't believe what you can transform a simple balloon into these days. It's more than swords and balloon dogs, folks! *Wednesdays, Feb 6 - Feb 27, 6:30 p.m. - 8:30 p.m.*

\$79 (members/students \$63) + \$22 payable to instructor for supplies LSU Campus



Drawing: Portraits with Charcoal (p.1)



Beaded Mosaics

Stephan Wanger

Turn your trash into an absolute treasure! Recycle used Mardi Gras beads to create stunning pieces of art under the guidance of award-winning artist, Stephan Wanger. Create a unique mask just in time for Carnival season in our oneday workshop and you'll be inspired to sign up for the longer free-style class where you design and complete a beaded mosaic. 🪽

Mardi Gras Mask Workshop: 🛛 🎾

Thursday, Jan 31, 6:00 p.m. - 7:30 p.m. \$29 (members/students \$25)

LSU Campus

Beaded Mosaics: New! Thursday, Feb 21- Mar 14, 6:00 p.m. - 7:30 p.m. \$99 (members/students \$79) LSU Campus

Calligraphy: Basic Italic Lettering

Sandra Pickering

Learn the fundamentals of Italic calligraphy including lower case letters and the basic structure of capital letters. You'll receive hands-on instruction and lots of tips to refine your skills. Show off your handiwork while working on several fun and creative projects!

Tuesdavs, Feb 19 - Mar 26, 6:30 p.m. - 8:30 p.m. \$101 (members/students \$82) + \$40 payable to instructor for supplies

LSU Campus

Deco Mesh Wreaths

Nadine Mann

You've seen them all over town. Now it's time to add some pizzazz to your seasonal decorations with a fun and festive deco mesh wreath! Nadine Mann of Wreaths from Me to You will guide you in creating a trendy wreath for your front door.

Mardi Gras: 🕵

Sec 1: Sunday, Jan 27, 10:00 a.m. - 1:00 p.m. or Sec 2: Sunday, Jan 27, 2:00 p.m. - 5:00 p.m. \$45 (members/students \$36) + \$30 for personal supplies

LSU Campus Spring Fling: New!

Sec 1: Sunday, Mar 3, 10:00 a.m. - 1:00 p.m. or Sec 2: Sunday. Mar 3, 2:00 p.m. - 5:00 p.m. \$45 (members/students \$36) + \$30 for personal supplies

LSU Campus

Furoshiki

Kieu Lam

Discover the Japanese art of cloth wrapping and lend a touch of elegance to everyday items! Transform ordinary cloth into chic, reusable bags and explore techniques for wrapping presents and bottles. This earth-friendly practice features clean, simple design and has many creative and practical applications.

Thursday, Jan 31, 6:30 p.m.- 8:00 p.m. \$29 (members/students \$25) + \$10 payable to instructor for supplies



Handmade Soap

Donna Hincks

Making soap from scratch is a fulfilling and fascinating craft. Make three batches of hot process soap along with various tub teas, bath oils and salts. Learn the qualities that different natural oils impart to handmade soap and learn the process of balancing these oils to produce a hard, yet mild and conditioning product.

Sec 1: Sundays Jan 13 - Feb 17 (no class Feb 10) 1:00 p.m. - 3:00 p.m. or

Sec 2: Sundays, Feb 24 - Mar 24, 1:00 p.m. - 3:00 p.m. or

Sec 3: Sundays, Apr 14 - May 12, 1:00 p.m. -3:00 p.m

\$79 (members/students \$64) + \$30 pavable to instructor for supplies + \$30 for personal supplies LSU Campus

Leather Crafting New!

Lionel Jardell

Learn the ABCs of leatherwork, including the different types of leather for tooling and how to use the swivel knife and stamping tools to decorate leather projects. You will learn how to lace and braid leather as well as how to apply dyes and how to finish your leather projects. Several small projects will be completed in class.

Mondavs, Mar 11 – Apr 22 (no class Apr 1), 6:30 p.m. - 8:30 p.m.

\$107 (members/students \$87) + \$30 payable to instructor for supplies LSU Campus

Visual Poetry New!

Alaine DiBenedetto Benard & Angie Ledbetter Translate text into art as you work from one of your favorite poems. Using step-by-step, reverse ekphrastic methods, vou'll create up to 4 truly unique canvases under the guidance of your enthusiastic Viz-Po instructors. No art or poetry experience necessary - true story!

Thursdays, Mar 21 - Apr 25, 7:00 p.m. - 8:30 p.m. \$125 (members/students \$99) + \$40 payable to instructor for supplies Location TBD

WOODWORKING

Wood Carving:

In the Round

Lionel Jardell

Join experienced wood carver Lionel Jardell and explore the relaxing, rewarding and fun world of wood carving. With an emphasis on safety, Mr. Jardell will teach you about layout and tool sharpening and will give you tips on how to start and finish your pieces. He will also instruct you in tool care and the "poor man's" sharpening system

Thursdays, Jan 24 - Feb 28, 6:30 p.m. - 8:30 p.m. \$107 (members/students \$86) + \$20 payable to instructor for supplies LSU Campus

Woodworking

Terrv Landrv

Terry Landry, furniture maker and owner of Landry Furniture Shop, will teach you fundamental hand tool skills and will cover the basics of power tools, including the table saw and band saw. Under the guidance of Mr. Landry, you will

construct a simple project in class and be well on your way to building more complex pieces. In the intermediate class, you'll refine your skills and concentrate on the use of power tools, including the router, table saw, jointer and band saw

Beainnina:

Sundays, Jan 20 - Feb 17, 2:00 p.m. - 4:30 p.m. \$107 (members/students \$86) + \$12 payable to instructor for supplies

Landry's Furniture, Clinton, LA (40 miles north of LSU)

Intermediate:

Sundays, Feb 24 - Mar 24, 2:00 p.m. - 4:30 p.m. \$107 (members/students \$86)

Landry's Furniture, Clinton, LA (40 miles north of LSU)

Email is our primary method of communication. Add leisure@lsu.edu to your address book today!

WRITING

Blogging for Beginners Holly Phillips

Whether it's business, crafts, cooking or family fun. Holly Phillips will help vou tap into your passions and she'll guide you in creating your own blog that allows you to share that passion with the world. This class covers the blogging world from every angle, including choosing the right web host, writing and publishing entries, promoting your blog, maintaining the site and more! Tuesdays, Feb 19 – Mar 19, 6:00 p.m. - 7:30 p.m. \$58 (members/students \$47)

LSU Campus

Poetry for the Masses Charles Eaedv

There is a poet in each of us. Come discover yours as you develop a sense of expression and indulge your imagination. Work with Charles Egedy, president of the Louisiana State Poetry Society on form, content and style. You'll receive constructive feedback, get ideas on publishing and find opportunities for contests and poetic gatherings.

Thursdays, Feb 21 - Mar 28, 7:00 p.m. - 9:00 p.m. \$99 (members/students \$80)

LSU Campus

Fiction Writing 101 Chuck Hustmyre

Learn how to craft that short story, novel or script you've been hoping to complete! Chuck Hustmyre, a published author and produced screenwriter, will guide you in evaluating story ideas, developing plots, creating compelling characters and more

Wednesdays, Jan 16 - Feb 20, 6:00 p.m. - 8:00 p.m.

\$105 (members/students \$84) + \$5 payable to instructor for handouts

LSU Campus



Conflict without Fireworks! Ted Ball, Jr. New!

"Don't find fault. Find a remedy." (Henry Ford). Learn to handle, manage and hopefully resolve interpersonal differences as you identify the types of conflict you encounter, understand how your conflict management style influences the outcome of any given conflict and test out a few approaches of conflict resolution.

Sec 1: Saturday, Feb 23, 9:30 a.m. - 12:30 p.m. or Sec 2: Saturday, Apr 20, 9:30 a.m. - 12:30 p.m. \$49 (\$39 members/students) LSU Campus

Presentation Skills for *New*! the Non-Presenter

Ted Ball, Jr.

If you don't like to stand up and talk but often find yourself doing just that, give this workshop a try! Learn how to handle nervousness, problem participants and silent audiences while mastering the use of both high and low-tech visual aids so you can confidently and effectively convey your message to your bosses, community group and anyone else!

Sec 1: Saturday, Jan 26, 9:30 a.m. - 12:30 p.m. or Sec 2: Saturday, Apr 7, 9:30 a.m. - 12:30 p.m. \$49 (members/students \$39) LSU Campus

HEALTH

The Basics of new! **Healthy Eating**

Hilary Renshaw

Take a step toward a healthier lifestyle eating food that your grandparents would recognize! Get practical information from pantry planning and food preparation to sneaking veggies into your day and adding flavor without adding fat or sugar. Prepare and try out some healthy alternatives and step away with valuable tools and go-to recipes and change your life today!

Thursdays, Jan 17 - Feb 7, 6:30 p.m. - 7:45 p.m. \$79 (members/students \$63) + \$10 materials fee LSU Campus

Fitness Yoga New!

Brooke Rialin

Push your limbs to the limit while maintaining a strong sense of inner peace and concentration. The slow and steady pace will allow you to increase your physical endurance and increase your ability to focus while moving with unity and arace.

Sec 1: Wednesdays, Jan 30 - Mar 6, 4:00 p.m. -5:00 p.m. or

Sec 2: Wednesdays, Mar 13 - Apr 17, 4:00 p.m. - 5:00 p.m.

\$59 (members/students \$47)

Karmady Yoga & Massage, Spain Street near River Center

Hatha Yoga New!

Brooke Riglin

Strengthen your mind and body with experienced yoga instructor, Brooke Riglin. Ms. Riglin will lead you through a series of postures designed to build on your strength and improve your balance with a focus on backbends, inversions and arm balances

Sec 1: Mondays, Jan 28 - Mar 4, 3:00 p.m. - 4:00 nm or

Sec 2: Mondays, Mar 22 - Apr 15, 3:00 p.m. - 4:00 p.m.

\$59 (members/students \$47)

Karmady Yoga & Massage, Spain Street near River Center

Partner Yoga New!

Brooke Rialin

Grab a partner and meet up for a Valentine's Day class that builds flexibility and strength and creates balance and calmness in our lives. This uplifting and challenging class offers you the chance to benefit from the support and energy of each other. Space is limited so register today! Thursday, Feb 14, 1:30 p.m. – 2:30 p.m. \$29 per couple (members/students \$25) Karmady Yoga & Massage, Spain Street near River Center

Relaxation & Meditation *New*! Brooke Rialin

Relax, let go and come back with a clear, focused mind. Learn the basics of meditation, including posture, breathing and concentration techniques as Brooke Riglin guides you through a series of simple yoga poses designed to encourage relaxation of the body and mind. Get practical advice on creating your own meditation space at home so that you can continue to relax the stresses of modern life away.

Sec 1: Wednesdays, Feb 13 - Feb 20, 8:15 a.m. - 9:00 a.m. or

Sec 2: Wednesdays, Mar 20 - Mar 27, 8:15 a.m. - 9.00 a m

\$25 (members/students \$21)

Karmady Yoga & Massage, Spain Street near River Center

T'ai Chi Ch'uan

Instructors from T'ai Chi Health Association, led by Michael Chow

Learn this ancient Oriental art of moving meditation. The gentle, slow, energizing movements of T'ai Chi increase concentration and awareness. improve balance and flexibility and provide greater vitality and overall health.

Sec 1: Thursdays, Feb 21 - Mar 28, 7:00 p.m. -9:00 p.m. or

Sec 2: Thursdays, Apr 11 - May 16, 7:00 p.m. -9.00 p m

\$73 (members/students \$57) LSU Campus

Transition to Vegetarianism *Mew*! Brooke Rialin

Thinking of making the switch? Vegetarianism has so many benefits, including a less fatty diet and weight loss so come learn how to transition without too much difficulty. Get suggestions and tips on finding good recipes, making substitutions, getting adequate protein and making

healthy snacks.

Mondays, Feb 4 - Feb 18, 7:00 p.m. - 8:00 p.m. \$49 (members/student \$39)

Karmady Yoga & Massage, Spain Street near River Center



PERSONAL GROWTH

Boost Your Creativity Sue Froeba

Flip your creative switch using the principles of Feng Shui, an ancient Chinese practice that seeks to harmonize and bring balance to your home or workplace. Sue Froeba, a certified Feng Shui professional, will guide you in applying these principles to your environment to help you generate innovative ideas and maximize creativitv todav!

Tuesdavs, Mar 5 - Mar 19, 6:30 p.m. - 8:30 p.m. \$89 (members/students \$72) + \$10 pavable to instructor for handouts

LSU Campus

Feng Shui for Love & Happiness New! Sue Froeba

Happiness is an integral part of a well-balanced life. And Feng Shui, the study of arranging your environment to enhance your life, is all about happiness. Whether you are married, in a relationship, looking for love or just interested in Feng Shui. Sue Froeba will help you attract and maintain the types of supportive relationships that help you achieve greater happiness. Hurray for love!

Tuesdays, Feb 19 - Feb 26, 6:30 p.m. - 8:30 p.m. \$59 (members/students \$49) + \$5 payable to instructor for handouts LSU Campus

Genealogical Research Anne Ulentin

Piece together your family history and discover what's up your family tree. Whether you are just getting started or are searching for suggestions on how to progress further, you'll learn about traditional research methods, new developments in technology and get tips on documenting your findings and keeping it organized to share with future generations

Wednesdavs, Feb 6 - Feb 27, 5:30 p.m. - 7:00 p.m.

\$89 (members/students \$72) + \$5 payable to instructor for handouts

LSU Campus

DEVELOPMENT

Deejaying: New! **Two Turntables & a Microphone**

Anthony Moore Join professional DJ, Anthony Moore, for handson experience in one of today's hottest

businesses. Learn the original stylings of wax and vinyl records as well as the digital applications of today. Create playlists, participate in contests, make a demo, get onair personality prep and more as you learn about the creative and technical aspects of deeiaving for fun or for profit!

Sundavs, Feb 17 - Mar 24, 3:00 p.m. - 5:00 p.m.

\$139 (members/students \$119) LSU Campus

Music Business 101 New! Johnny Palazzotto

"Music is spiritual. The music business is not." (Van Morrison). Johnny Palazzotto of Pal Productions Co. presents an overview of the business aspects involved in recording. producing, publishing, tour management and concert production in this multi-billion dollar industry. Follow the money and discover how royalties are earned in today's world. You'll also discuss new developments in digital technology and how it's changing the way music is promoted and distributed. Tuesdays, Jan 22 - Mar 5 (no class Feb 12), 7.00 pm - 9.00 pm

\$139 (members/students \$119) I SU Campus

Sell Yourself: Build a **Professional Online Portfolio** Kimberlv Bouraue

Discover why it's more important than ever to develop a professional online presence. Learn how to market yourself to a new audience by creating a website designed to supplement your resume. Get tips for building a good portfolio, learn basic design concepts and find out what files should be included to give you the advantage in today's job market. No web design background or coding experience necessary.

Wednesdays, Feb 20 - Mar 20, 6:00 p.m. -7:30 p.m.

\$67 (members/students \$54) LSU Campus

Voiceovers: **Getting Paid to Talk**

Instructors from Voicecoaches Ever been told you have a great voice? Put that voice to work and explore numerous aspects of voiceover work for television, film, radio, audio books and documentaries. Instructors will cover the basics, including how to prepare the all-important demo and how to be successful in this exciting field. You will even have a chance to record a commercial script under the direction of a Voicecoaches producer! You can find more information at this link: http://www.voicecoaches.com/gptt Tuesdays, Apr 9, 6:30 p.m. - 9:00 p.m. \$49 (members/students \$39)

LSU Campus

Check online for the most **UP-TO-DATE LISTING!**



CULTURE

Budget European Travel Skills Richard Robisor

Learn to travel independently and inexpensively through Europe in this information-packed class! Richard Robison will lead you through a series of videos, slides and lectures that cover the basic skills needed to travel around Europe, including planning your itinerary, packing light, finding hotels, traveling by train and safety. He will also cover some of Europe's top sites and famous attractions. Saturdays, Mar 2, 9:30 a.m. - 3:30 p.m. \$47 (members/students \$38) I SU Campus

European Art and History for Travelers

Richard Robison

Designed for travelers who want to get the most out of their European sightseeing adventures, this class concentrates on the major cities, famous museums and impressive cathedrals of Europe. Using a series of slides, lectures and videos, Richard Robison will cover the art and history of the ancient Greeks and Romans as well as the Gothic, Renaissance. Baroque and Impressionism periods. Saturdays, Feb 9 - Feb 16, 9:30 a.m. - 12:00 p.m. \$47 (members/students \$38) LSU Campus

FOOD & DRINK

King Cakes

Instructors from Party Time Make a cake fit for royalty! Celebrate the crown jewel of Mardi Gras as you learn how to create the dough, filling and icing for a King Cake. And last, but certainly not least, learn how to sugar it. Limited

space available so register today! Friday, Jan 25, 6:00 p.m. - 8:00 p.m.

\$35 (members/students \$29)

Party Time, Bluebonnet Boulevard near Airline Highwav

Mardi Gras Cookies

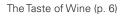


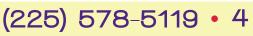
Learn how to make and bake a cut-out cookie that will hold its shape from start to finish. Create a plate full of beautiful Carnival-inspired cookies to add to your table or make a scrumptious cookie bouquet decorated in gold, purple, green (or even pink for the Spanishtown krewes) in celebration of parade season!

Thursday, Jan 31, 6:00 p.m. - 8:00 p.m. \$35 (members/students \$29) Party Time, Bluebonnet Boulevard near Airline High-

way







SEASONAL SELECTIONS

Beaded Jewelry: Mardi Gras Style p. 1

Instructors from Baton Rouge Bead Company

Mardi Gras is all about the bling! Leave your plastic beads behind and create Carnival-inspired earrings or a bracelet that will have your krewe purple, gold and green with envy. With available embellishments from flamingos and fleur de lis, you'll be set to parade from Baton Rouge to New Orleans!

One Stroke Painting:Fleur de Lis pg.1

Cindy Rodrigue

This simple and inexpensive painting technique involves blending, shading and highlighting all in one stroke! It is versatile enough to use with almost any medium, from acrylic paint to lacquers and glazes. Join Cindy Rodrigue, certified Donna Dewberry instructor, for step-by-step instructions in creating a beautiful work of art.



Balloon Twisting p. 2

Chris Pierce

Twist (but please don't shout). Chris Pierce, twister extraordinaire, will start off with the fundamentals before moving on to more advanced creations including flowers, animals, hats and so much more! You really won't believe what you can transform a simple balloon into these days. It's more than swords and balloon dogs, folks!

Mardi Gras Cookies p. 4

Instructors from Party Time

Learn how to make and bake a cut-out cookie that will hold its shape from start to finish. Create a plate full of beautiful Carnivalinspired cookies to add to your table or make a scrumptious cookie bouquet decorated in gold, purple, green (or even pink for the Spanishtown krewes) in celebration of parade season!

Deco Mesh Wreaths:

Mardi Gras

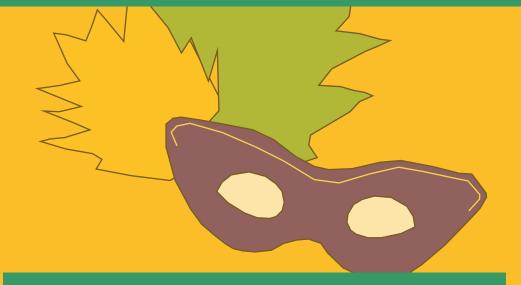
Nadine Mann

You've seen them all over town. Now it's time to add some pizzazz to your seasonal decorations with a fun and festive deco mesh wreath! Nadine Mann of Wreaths from Me to You will guide you in creating a trendy wreath for your front door.

Beaded Mosaics and

Mardi Gras Mask Workshop p. 3

Stephan Wanger Turn your trash into an absolute treasure! Recycle used Mardi Gras beads to create stunning pieces of art under the guidance of award-wipping artist. Stephen W guidance of award-winning artist, Stephan Wanger. Create a unique mask just in time for Carnival season in our one-day workshop and you'll be inspired to sign up for the longer free-style class where you design and complete a beaded mosaic.



King Cakes p. 4

Instructors from Party Time

Make a cake fit for royalty! Celebrate the crown jewel of Mardi Gras as you learn how to create the dough, filling and icing for a King Cake. And last, but certainly not least, learn how to sugar it. Limited space available so register today!

Mediterranean Wines

Stephen Staples

Discover and explore the wines of Southern Europe. Stephen Staples, local wine expert, will guide you through reds and whites, as well as ports and sherries of Spain, Italy and the Rhone region of southern France. Accompanying hors d'oeuvres will be served at several classes. Eat, drink and be merry! The "Taste of Wines" class is a suggested prerequisite.

Wednesdays, Feb 20 - Mar 27, 7:00 p.m. - 8:30 p.m.

\$79 (members/students \$63) + \$75 payable to instructor for supplies The Chimes, Highland Road

Scotch Tasting New!

Kevin Paul

Join us for a spiritual experience and taste test your way through Scotland! Each evening, Mr. Kevin Paul will guide you through a proper tasting of several types of Scotch as you learn how it's made, aged and bottled. Uncover the warmth and complexities of this age-old malt, learn what to look for and, most importantly, discover which style suits you best! Accompanying hors d'oeuvres will be served at each class.

Thursdays, Jan 17 - Feb 28 (no class Feb 14), 6:00 p.m. - 8:00 p.m.

\$92 (members/students \$74) + \$125 payable to instructor for supplies

Location TBD

Sushi

Marie Hla

Roll your own! Learn how to cook and prepare sushi including Maki Zushi (rolled sushi) and Nigiri (pressed sushi). Led by one of LSU's own sushi chefs, you'll master the fundamental skills of preparing this healthy and popular Japanese cuisine and be able to create delicious and attractive sushi dishes at home.

Sundays, Mar 17 - Mar 24, 3:00 p.m. - 4:30 p.m. \$49 + (members/students \$39) + \$25 payable to instructor for supplies LSU Campus

The Taste of Wine

Stephen Staples

Learn the basics of wine with Stephen Staples. Explore wine regions from around the world and variations within grape varietals. Discover new and exciting wines and trends. Accompanying hors d'oeuvres will be served at several class meetings.

Tuesdays, Feb 19 - Mar 26, 7:00 p.m. - 8:30 p.m. \$79 (members/students \$63) + \$75 payable to instructor for supplies

The Chimes, Highland Road

GARDENING

Bonsai Workshop: Getting Started

Lowell Tilley

Cultivate a living work of art! Get hands-on training and start your own bonsai as Lowell Tilley, local bonsai buff, shows you how to prepare the soil and guides you in watering, fertilizing, pruning and styling your bonsai. You don't want to miss this information-packed workshop! Saturdays, Feb 2, 16, Mar 2, 9:00 a.m. - 12:00 p.m.

\$66 (members/students \$53) + \$10 payable to instructor for supplies LSU Campus

Ronsai Workshon: Ir

Bonsai Workshop: Improving & Repotting Lowell Tillev

Continue to develop and build your bonsai collection in this hands-on workshop. Learn techniques for wiring and pruning and use your new skills to create beautiful and unique designs. You and your bonsai will receive lots of individual attention and you'll also get tips for watering, fertilizing, and controlling pests. *Saturday, Mar 2, 12:00 p.m. - 2:00 p.m. \$25 (members/students \$21) LSU Campus*

Bonsai Workshop: *New*! Root-over-Rock

Grow your bonsai collection! Lowell Tilley, local bonsai expert, will show you how to start a unique bonsai using a simple root-over-rock technique. You'll love watching your bonsai develop into an intriguing showpiece as its exposed roots grow over a textured rock for years to come. *Saturdays, Feb 2 & Feb 16, 12:00 p.m. - 3:00 p.m. \$49 (members/students \$39) + \$20 payable to instructor for supplies LSU Campus*

Louisiana Landscapes

Dan Hebert & Martha Sealy

Learn how to use trees, shrubs, ground covers, annuals, perennials, vines and more to create the landscape of your dreams! Dan Hebert, licensed landscape architect, contractor and horticulturist, will discuss aesthetics, survivability and concepts of design in this fun and informative class. Plant lovers, home gardeners and beginning contractors and landscape designers welcome! *Saturdays, Mar 23, 8:30 a.m. - 12:30 p.m. \$79 (members/students \$63) LSU Campus*

HOME IMPROVEMENT

Basics of Home *New*! Maintenance & Repairs *Ken Ward*

Gain the confidence needed to tackle those home projects yourself! This fun and informative class will cover a range of topics such as kitchen and bathroom plumbing and fixtures, central air and heat, and hot water heater care. Ken Ward will also cover the basics of doors, locks, and hinges, as well as discuss roofing, gutter and foundation problems. Feel free to bring a list of current and/or past home maintenance problems.

Thursdays, Jan 31 - Feb 28, 6:00 p.m. - 8:30 p.m. \$94 (members/students \$76) + \$5 for supplies LSU Campus

Faux Show New!

Cindy Rodrigue

Don't have enough money for an extreme home makeover? No problem. Learn fun, easy techniques for giving cabinets, furniture and even

walls a quick, easy makeover without spending a fortune. You won't believe the effects you can create with everyday household items like sponges, brushes, rags and bags! *Saturday, Mar 23, 9:00 a.m.* - *4:00 p.m. \$49 (members/students \$39) + \$50 for supplies LSU Campus*

Get Your House in Order Jenny Hay

Clear out that clutter, simplify your life and create the well-ordered home of your dreams. In her down-home, friendly manner, Jenny Hay will guide you in deciding what to get rid of and how to manage what is left. She will give you common sense advice and practical tips to help you keep that clutter under control. *Tuesdays, Feb 19 - Mar 5, 7:00 p.m. - 9:00 p.m. \$62 (members/students \$50)*

LSU Campus 🚑

Interior Decorating Basics Stacy Naquin

Learn how to decorate like a pro by learning basic design principles. From defining your style and selecting the right paint color to understanding floor plans and furniture placement, Stacy Naquin of Stacy Naquin Interiors will help you create a signature design. Learn about lighting types, how to repurpose what you may already have, finishing touches - artwork, accessories and window treatments - and much more! *Thursdays, Jan 24 - Feb 7, 6:30 p.m. - 8:00 p.m. \$122 (members/students \$98) + \$10 payable to instructor for handouts LSU Campus*

The Road to Your New Home Marcus Brister

Building a new home may seem like an insurmountable task but with tips and strategies from an industry insider, the job will be easier! Marcus Brister will cover all steps of building a home from the planning stage to moving in. Learn how to make the permit process easier, how to understand your blueprints and where to save money along the way!

Wednesdays, Jan 23 - Feb 20, 6:30 p.m. - 8:30 p.m.

\$81 (members/students \$65) + \$10 payable to instructor for handouts

LSU Campus 🍋

LANGUAGE

French: Beginning

Brigitte Delzell

Whether you are planning a visit to a Frenchspeaking country or simply want to learn the language for personal enrichment, this class is for you. Madame Delzell, an instructor with over 20 years of experience, will lead you in developing oral skills, learning basic grammar and building a practical vocabulary for this Romance language. *Mondays, Wednesdays, Feb 18 – Mar 13, 7:00 p.m. - 8:30 p.m.*

\$116 (members/students \$94) + \$3 payable to instructor for handouts



French: Conversation & Culture Anne Ulentin

Experience the best of France's culture, cuisine and history without leaving LSU's campus! As you take a virtual tour through France, you'll increase your fluency and comprehension of the French language. Anne Ulentin, a native of France, asks that you have knowledge of basic vocabulary and grammar rules before enrolling in this class.

Wednesdays, Mar 20 - May 15 (no class Apr 3), 5:30 p.m. - 7:00 p.m.

\$116 (members/students \$94) + \$5 payable to instructor for handouts

LSU Campus

Hebrew: Beginning

Marina Rubin

Marina Rubin will guide you through an overview of one of the world's oldest languages. By learning easy songs and poems in class, you'll learn the Hebrew alphabet, the rules of reading and the basics of grammar, all while broadening your vocabulary.

Sundays, Jan 27 – Mar 24 (no class Feb 3, 10), 2:00 p.m. - 3:50 p.m.

\$112 (members/students \$90) I SU Campus

Italian Conversational

Fara Mabrey

Learn one of the world's most beautiful languages from Fara Mabrey, a native of Italy. Ms. Mabrey will introduce you to basic conversation, grammar structure and vocabulary in the Beginning class and help you become more proficient and confident with your conversational skills in the Beginning Plus class. The Intermediate class will be tailored to your needs and interests but additional vocabulary and language structure are guaranteed to be covered! Whether you are planning an excursion to Italy or just want to learn more about the language and culture, Ms. Mabrey's classes are the place to be!

Beginning:

Mondays, Jan 28 - Mar 18 (no class Feb 11), 6:00 p.m. - 7:30 p.m.

\$116 (members/students \$94)

LSU Campus

Tuesdays, Mar 19 - May 7 (no class Apr 2), 6:00 p.m. - 7:30 p.m.

\$116 (members/students \$94)

LSU Campus

Intermediate:

Wednesdays, Jan 30 - Mar 13, 6:00 p.m. - 7:30 p.m.

\$116 (members/students \$94) LSU Campus



Russian: Beginning

Marina Rubin

Who better to teach a Russian language class than a native speaker? Marina Rubin will guide you through the Russian alphabet, help you to broaden your vocabulary and explain the rules of reading and the basics of grammar through the use of easy songs and poems.

Sundays, Jan 27 - Mar 24 (no class Feb 3, 10), 4.00 pm - 5.50 pm

\$112 (members/students \$90) LSU Campus

Spanish

Beginning: Emma Caldwell Intermediate: Liliana Lopez

Ready to learn Spanish? Si! The Beginning class is perfect for those with little or no experience with the Spanish language. It will give you the foundation and understanding of basic grammar, all while building a basic vocabulary. Build on the basics and emphasize conversation and reading skills in the intermediate class through interactive, songs, cultural activities and simple games. Beginning:

Fridays, Jan 18 - Mar 1, 6:00 p.m. - 8:00 p.m. \$116 (members/students \$94) + \$5 pavable to instructor for handouts

LSU Campus

Intermediate: New!

Tuesday, Mar 12- Apr 23 (No class Apr 2), 6:00 p.m.- 8:00 p.m. \$116 (members/students \$94) + \$5 payable to

instructor for handouts LSU Campus



DANCE

Kris Cangelosi

Ballet

Learn the basics of ballet from Kris Cangelosi, artistic director of the esteemed Cangelosi Dance Project, while improving coordination and increasing your muscle tone! You will learn to move to beautiful music with grace and style. Challenge your strength and coordination in Ms. Cangelosi's Intermediate class as you learn more complex exercises and refine your technique.

Beginning:

Sec 1: Sundays, Jan 27 - Mar 10 (no class Feb 10), 5:00 p.m. - 6:00 p.m. or Sec 2: Tuesdays, Jan 29 - Mar 12 (no class Feb 12), 6:00 p.m. - 7:00 p.m. or Sec 3: Sundays, Mar 17 - May 5 (no class Mar 31,

Apr 7), 5:00 p.m. - 6:00 p.m. or

Sec 4: Tuesdays, Mar 19 - Apr 30 (no class Apr 2), 6:00 p.m. - 7:00 p.m.

\$71 (members/students \$57)

Cangelosi Dance Project, Perkins Road near Acadian Thruwav

Intermediate:

Sec 1: Thursdays, Jan 31 - Mar 7, 6:00 p.m. - 7:00 p.m. or

Sec 2: Thursdays, Mar 14 - Apr 25 (no class Apr

4), 6:00 p.m. - 7:00 p.m. or

\$71 (members/students \$57)

Cangelosi Dance Project, Perkins Road near Acadian Thruway

7 • www.lsu.edu/leisureclasses

Bellydance

Katie Gromlovits

Learn the beautiful art of bellydance while adding grace, poise, strength and balance to your daily life. You will learn basic posture and isolation techniques - the foundations of this centuries-old art form. From swaying hips to graceful hand gestures, come celebrate the power of the feminine.

Sec 1: Thursdays, Jan 17 - Feb 21, 6:00 p.m. -7:00 p.m. or

Sec 2: Wednesdays, Feb 20 - Mar 27, 6:00 p.m. - 7:00 p.m.

\$73 (members/students \$59) LSU Campus

Cajun Dance

Roland Doucet Dance the night away, cher! Have fun learning the traditional Cajun waltz, two-step and jitterbug as Roland Doucet shares his love and knowl-

edge of the Cajun culture. Step it up a notch in Mr. Doucet's Intermediate class as you review the basics and master this Louisiana classic! Beainnina:

Sec 1: Tuesdays, Jan 22 - Feb 26 (no class Feb 12) 7.00 pm - 9.00 pm or

Sec 2: Tuesdays, Mar 5 - Apr 16 (no class Apr 9) 7.00 pm - 9.00 pm

\$73 (members/students \$59) LSU Campus Intermediate:

Tuesdays, Apr 23 - May 14, 7:00 p.m. - 9:00 p.m. \$73 (members/students \$59)

LSU Campus

Cha Cha Mew!

Instructors from Club Dance, led by Ric Seeling With its upbeat and infectious rhythm, you're guaranteed to have a good time as you perfect this lively and flirtatious dance. Learn this light, "catch me if you can" style of dance to the music of Ricky Martin, Pink, Carlos Santana, Enrique Iglesias and more! Wednesdays, Mar 20 - May 8 (no class Apr 3, 10), 8:00 p.m. - 9:00 p.m.

\$73 (members/students \$59) LSU Campus

Dance Fitness *New*!

Kris Cangelosi

Tired of the same old workout? This new fitness program combines the best of dance with routine exercises to build flexibility and develop a stronger core with leaner and stronger abs, arms, legs, hips and back. Improve balance and overall body condition without the cardio!

Beainnina:

Mondays, Jan 28 - Mar 11 (no class Feb 11), 5:30 p.m. - 6:15 p.m.

\$71 (members/students \$57)

Cangelosi Dance Project, Perkins Road near Acadian Thruwav Intermediate:

Mondays, Mar 18 – Apr 29 (no class Apr 1), 5:30 p.m. – 6:15 p.m. \$71 (members/students \$57)

Cangelosi Dance Project, Perkins Road near Acadian Thruwav

East Coast Swing

Instructors from Club Dance, led by Ric Seeling Because it's intuitive and easy to learn, this upbeat and lively dance has been popular for decades. The twists, turns and footwork make this versatile dance suitable for all your social events from the ballroom to the clubs.

Wednesdavs. Jan 30 - Mar 13 (no class Feb 13), 7:00 p.m. - 8:00 p.m.

\$73 (members/students \$59) LSU Campus



Foxtrot Men

Instructors from Club Dance, led by Ric Seeling Come experience why the Foxtrot is known as the Rolls Royce of dancing. With smooth and sentimental movements, you'll sweep across the dance floor just like Fred Astaire and Ginger Roaers.

Wednesdays, Mar 20 - May 8 (no class Apr 3, 10) 6.00 pm - 7.00 pm

\$73 (members/students \$59) LSU Campus

Jazz Dance *New*!

Kris Cangelosi

Feel the energy and experience the fun of dancing across the floor to today's hit music. Work on basic body isolations of the head, shoulders. hips and torso. Then build on the basics in the intermediate class as you add direction change. tempo variation, floor work and longer combinations

Beginning:

Sec 1: Tuesdays, Jan 29 - Mar 12 (no class Feb

12), 7:00 p.m. - 8:00 p.m. or Sec 2: Tuesdays, Mar 19 – Apr 30 (no class Apr

2), 7:00 p.m. - 8:00 p.m.

\$71 (members/students \$57)

Cangelosi Dance Project, Perkins Road near Acadian Thruwav

Intermediate:

Sec 1: Thursdays, Jan 31 - Mar 7, 7:00 p.m. - 8:00 p.m. or

Sec 2: Thursdays, Mar 14 – Apr 25 (no class Apr 4), 7:00 p.m. - 8:00 p.m. \$71 (members/students \$57)

Cangelosi Dance Project, Perkins Road near Acadian Thruwav

Latin Ballroom new!

Instructors from Club Dance, led by Ric Seeling Put a little sizzle in your step as you learn the Rumba, the Cha Cha and the ever popular Salsa! These flirtatious and playful dances are sure to get you out of your chair and get your hips moving as you dance to some of the world's hottest music.

Beginning:

Sundays, Jan 27 - Mar 10 (no class Feb 10), 7:30 nm – 8:30 nm \$73 (members/students \$59) LSU Campus

Intermediate:

Sundays, Mar 17 - May 5 (no class Mar 31, Apr 14), 7:30 p.m. – 8:30 p.m. \$73 (members/students \$59) LSU Campus

Salsa

Instructors from Club Dance, led by Ric Seeling Fun and fast-paced, it's one of the hottest dances on the Latin circuit! Learn this flirtatious and sensuous dance composed of quick foot switches and multiple spins and turns from one of Baton Rouge's most popular instructors and spice up vour life todav!

Wednesdays, Jan 30 - Mar 13 (no class Feb 13), 8:00 p.m. - 9:00 p.m.

\$73 (members/students \$59) LSU Campus

Rhythm Ballroom new!

Instructors from Club Dance, led by Ric Seeling Come learn the fun and lively East Coast Swing / Jitterbug, West Coast Swing and the Hustle with us! Easy to learn and danced to almost any kind of music from big band to current hits, these versatile dances are perfect for parties, weddings or a night out on the town!

Beainnina:

Sundays, Jan 27 - Mar 10 (no class Feb 10), 6:15 p.m. - 7:15 p.m.

\$73 (members/students \$59)

LSU Campus

Intermediate:

favorites!

Beginning:

p.m. - 6:00 p.m.

I SU Campus

Intermediate:

LSU Campus

Guitar (p. 8)

\$73 (members/students \$59)

14), 5:00 p.m. – 6:00 p.m.

\$73 (members/students \$59)

Sundays, Mar 17 - May 5 (no class Mar 31, Apr 14), 6:15 p.m. - 7:15 p.m. \$73 (members/students \$59) LSU Campus

Instructors from Club Dance, led by Ric Seeling

Move around the dance floor with elegance and

grace as you focus on the Foxtrot, the Waltz and

the Tango. Twirl and swirl with confidence as you

perfect the romantic movements of these three

Sundays, Jan 27 - Mar 10 (no class Feb 10), 5:00

Sundays, Mar 17 - May 5 (no class Mar 31, Apr

Smooth Ballroom Mew!

Tap Dance

Kris Cangelosi

Don't keep those feet still any longer! Join Kris Cangelosi, founder of the Cangelosi Dance Project, as she teaches common tap steps to the tunes of popular Broadway shows. Learn the shuffle, the flap, pullbacks, the paddle and roll, and many, many more!

Beainnina:

Sundays Jan 27 - Mar 10 (no class Feb 10) 6:00 p.m. - 7:00 p.m.

\$71 (members/students \$57)

Cangelosi Dance Project, Perkins Road near Acadian Thruwav

Intermediate:

Sundays, Mar 17 - May 5 (no class Mar 31, Apr 7), 6:00 p.m. - 7:00 p.m. \$71 (members/students \$57) Cangelosi Dance Project, Perkins Road near Acadian Thruway

Waltz New!

Instructors from Club Dance, led by Ric Seeling With its sentimental and romantic movements, you're sure to fall in love with the Waltz. Glide around the room with grace and elegance to the rise and fall of the music

Wednesdays, Jan 30 - Mar 13 (no class Feb 13), 6:00 p.m. - 7:00 p.m.

\$73 (members/students \$59) LSU Campus 🔐

West Coast Swing

Instructors from Club Dance, led by Ric Seeling West Coast Swing is one of the hottest dances today, and it's your turn to learn this ultra chic dance! This versatile dance can be done fast and funky or smooth and slow and can be performed to many styles of music including rock, pop, hip hop, jazz, blues and country.

Wednesdays, Mar 20 - May 8 (no class Apr 3, 10), 7:00 p.m. - 8:00 p.m.

\$73 (members/students \$59) LSU Campus

FITNESS & SPORTS

30 Minute Abs *New!*

Brooke Rialin

Quickly strengthen your entire core and lose those unwanted pounds! Brooke Riglin will lead you through a series of abdominal exercises designed to produce a leaner, stronger core. Throw some motivation into your bag and expect noticeable results in a matter of minutes Sec 1: Mondavs, Wednesdavs, Jan 28 - Mar 6. 2:30 p.m. - 3:00 p.m. or Sec 2: Mondays, Wednesdays, Mar 11 - Apr 17, 2:30 p.m. - 3:00 p.m. \$79 (members/students \$63) Karmady Yoga & Massage, Spain Street near River Center

Archery: Beginning

Sara Deen

Want your skills to rival those of Katniss from Hunger Games? Get hands on instruction from Sara Deen, a national competitor with over 15 years of shooting experience and you too can become a top shot. Ms. Deen will guide you through the basics of archery, including terms, types of equipment and techniques. Class will

emphasize safe, responsible shooting while improving your skills as an archer. Bring your own equipment (no crossbows permitted). Wednesdays, Jan 16 - Feb 13, 5:30 p.m. - 7:00

p.m. \$69 (members/students \$55) Highland Community Park, Highland Road

Golf: Beginning / Intermediate Clarence von Aspern

Want to lower your handicap or break 90? Learn the fundamentals and mechanics of golf, including grip, stance and posture as you develop a powerful, consistent swing. Von Aspern, a US-GTF Level III teaching pro, will show you how to sharpen your short game skills of chipping, pitching, putting, driving and long iron play. You're sure to hit more greens in regulation! Bring a set of golf clubs to class.

Sec 1: Mondays, Wednesdays, Mar 11 - Mar 27, 6:00 p.m. - 7:30 p.m. or

Sec 2: Mondays, Wednesdays, Apr 15 - May 1, 6:00 p.m. - 7:30 p.m.

\$191 (members/students \$162) + \$25 payable to I SU Golf LSU Golf Course

Longsword Fencing Fric Wiggins

Discover the art and traditions of German longsword fencing with Eric Wiggins, practitioner and trainer of Historical European Martial Arts (HEMA). Begin with an introduction to its history and study the manuscripts from which this art is being reconstructed. Move on to solo and partner drills that reinforce strategies and techniques used to efficiently overcome opponents, such as proper stance, footwork, distance, timing, cutting and parrving. Refine your cutting mechanics, improve your sense of distance and timing, and feel out your opponent when bound on his blade in the Intermediate class.

Beginning:

Tuesdays, Jan 15 - Feb 26 (no class Feb 12), 6:00 p.m. - 7:30 p.m.

\$82 (members/students \$66) + \$75 payable to instructor

LSU Campus

Intermediate: New! Tuesdays, Mar 19 - Apr 30 (no class Apr 2), 6:00 p.m. - 7:30 p.m.

\$82 (members/students \$66) LSU Campus 🚱

Pole Fitness New!

Sov Nouandv

Fitness can be fun and this class is proof! Get the ultimate workout as you use your own body weight to build core muscles and improve strength and endurance. Incorporate the pole into routine exercises and progress to spectacular spins and inversions for a fun and challenging workout.

Mondays, Wednesdays, Feb 18 - Mar 20, 6:00 p.m. - 7:00 p.m.

\$125 (members/students \$99) Teaze Fitness, Essen Lane

Tennis

Diana Weber

Learn the rules and etiquette of tennis in this fun, non-competitive class. Diana Weber, USPTA

Tennis Professional, will cover all the basics including scoring, rotations, equipment, footwork, grips and strokes such as the forehand, backhand and service. Have a good foundation for the game already but need to sharpen your skills? Join Ms. Weber in the Intermediate class as she provides direction and instruction tailored to your needs and focused on execution

Beainnina:

Saturdays, Sundays, Mar 2 - Mar 10, 9:00 a.m. - 10:30 a.m.

\$72 (members/students \$58) + \$10 payable to instructor for supplies

Fairway View Apartments, College Drive Intermediate: New!

Saturdavs, Sundavs, Mar 2 - Mar 10, 10:30 a.m. - 12:00 p.m.

\$72 (members/students \$58) + \$10 pavable to instructor for supplies

Fairway View Apartments, College Drive

GOT SKILLS?

Visit the "teach for us" section at www.lsu.edu/leisureclasses to submit a proposal.

GAMES

American Mah Jongg

American Mah Jongg is a version of the ancient Chinese game traditionally played by aristocrats. Similar to rummy and played with tiles instead of cards, this trendy game is very popular among people of all ages. Join Ms. Caplan to learn the suits and tiles, and you'll be playing after the very first class!

\$89 (members/students \$71) + \$12 payable to instructor

LSU Campus

MUSIC

Guitar

Matthew Aquilar

Learn how to strum chords on your acoustic guitar using a variety of styles and techniques such as flat-picking, rhythm and finger style. Matt Aquilar will also cover easy ways to read notes, write songs and tune your guitar. His laid-back style allows for classes to be tailored to your individual needs, whether you're new to the instrument or picking it back up after many years.

Sec 1: Sundays, Jan 27 - Mar 10 (no class Feb 10), 2:30 p.m. - 3:30 p.m. or Sec 2: Sundays, Mar 17 - May 5 (no class Mar 31, Apr 7), 2:30 p.m. - 3:30 p.m. \$70 (members/students \$56) LSU Campus

Harp

Ginna Paredes

Join Ginna Paredes in a relaxed setting and learn to play this beautiful instrument. Mrs. Paredes. an experienced instructor, encourages exploration and improvisation and provides instruction with constructive feedback. Even with no musical experience, you will be playing a tune by the end of the first lesson. Harps are provided for your use during class.

Sundays, Feb 17 - Mar 24, 3:00 p.m. - 4:30 p.m. \$199 (members/students \$169)

Instructor's Residence, Perkins Road near City Park

Piano

Sec 1: Rebecca Bellelo

Sec 2: Sarah Stoltzfus

Learn to play the piano without committing to private lessons! Come learn the fundamentals of piano plaving in a lab setting - a unique environment in which you sit at your own piano and use headphones to play privately while simultaneously listening to the instructor. Upon completion of this class, you'll be able to navigate the keyboard, read simple music and play some familiar tunes.

Sec 1: Thursdays, Jan 17 - Feb 21, 12:30 p.m. -1:30 p.m.

\$121 (members/students \$103) + \$30 payable to instructor for book

Piano Pathways, Perkins Road near Bluebonnet Boulevard or

Sec 2: Mondavs, Jan 28 - Mar 11 (no class Feb 11), 5:45 p.m. - 6:45 p.m.

\$121 (members/students \$103) + \$30 payable to instructor for book

LSU Campus 🕋

Violin: Beginning *Mew*!

Joel Willson

Begin to master the violin today! In addition to learning a classical and popular repertoire, Joel Willson will cover the basics of music theory. including scales, dynamics and tempo, and will provide instruction in technique, posture, and tuning. Please bring a violin to class.

Mondays, Feb 18 - Apr 29 (no class Apr 1), 6:00 p.m. - 7:00 p.m.

\$199 (members/students \$169) New Life Church, Staring Lane

ON STAGE

Aerial Silks

Elise Duran

Bring your sense of adventure to this class! Create dramatic drops and poses as you unwind from lengths of silk fabric hung high above the ground. Elise Duran, professional aerialist, will guide you through the basics of aerial dance, including position, control and balance, so that you will be able to use your body to create beautiful and amazing poses. Still flying high? Push vour physical and creative limits as you develop your skill and endurance and perfect your performance techniques in Ms. Duran's Intermediate class. Space in all classes is limited to give each participant individual attention and plenty of time in the air!

Beginning:

Sec 1: Wednesdays, Jan 23 - Feb 13, 6:00 p.m. - 7:15 p.m. or

Sec 2: Wednesdays, Feb 20 - Mar 13, 6:00 p.m. - 7:15 p.m.

\$149 (members/students \$127) LSU Campus

Lee Caplan

Sundays, Feb 17 - Mar 10, 2:00 p.m. - 4:00 p.m.

Aerial Silks

Intermediate:

Wednesdays, Mar 20 - May 1 (no class Apr 3), 6:00 p.m. - 7:15 p.m. \$169 (members/students \$144) LSU Campus

LOL:

An Intro to Comedy Improv Katie East

Katie East, writer, producer and star of the hit show Sick Girl, is back from NYC so come have a laugh and learn the fundamentals of long form improv from a pro! Think on your feet and create funnier scenes as you learn the all-important concepts to heightening, environment and object work to develop characters and create scenes without the use of props.

Mondays, Sept 17- Oct 8, 6:00 p.m.- 8:00 p.m.

\$119 (members/students \$99) LSU Campus

OUTDOORS

Backpacking 101

Katherine Gividen

Join experienced hiker and president of Louisiana Hiking Club, Katherine Gividen, for this fun, informational and interactive class. Discuss the "Leave No Trace philosophy", get an extensive overview of backpacking equipment and learn about land navigation and outdoor meal preparation. Test your skills on a Saturday hike in nearby Clark Creek, MS and a backpacking weekend at Louisiana's own Chicot State Park.

Tuesdays, Jan 22 - Mar 5 (no class Feb 12), 7:00 p.m. - 9:00 p.m.

\$195 (members/students \$70) + \$10 payable to instructor for supplies

LSU Campus + Field Trips 🚱

Birding

Jane Patterson

Think you've seen a bald eagle fly over your house? Find out for sure as you learn about the basics of bird identification and discover how to quickly and positively identify Louisiana's most common (and even some uncommon) birds! Bring your binoculars and field guides and put your new skills into practice on several optional weekend field trips. *Mondays, Feb 18 - Mar 11, 6:30 p.m. - 8:00*

p.m. \$68 (members/students \$56) + \$2 payable to

instructor for handouts LSU Campus 🍋

Boating Safety: America's Boating Course

Instructors from Baton Rouge Sail & Power Squadron

One of the best ways to have a fun boating experience is to "know before you go." Both novice and experienced boaters will benefit from this information-packed class. Instructors certified by Louisiana Department of Wildlife & Fisheries will discuss safe boating concepts, safety equipment including light and sound signals, navigation rules and aids, federal boating laws, state and local regulations and more! Upon successful completion, participants will be provided with a temporary certificate until their state boating education card is issued 3-4 weeks later. *Wednesdays, Feb 20 - Mar 13, 6:30 p.m. -8:30 p.m.*

\$27 (members/students \$23) + \$25 payable to instructor for book LSU Campus

Boating Safety: *New*! Trailering

Instructors from Baton Rouge Sail & Power Squadron

Join experienced boaters from Baton Rouge Sail & Power Squadron as they explain how to select tow vehicles, hitches and trailers. They will also guide you in safely and securely trailering your boat, launching and retrieving it, and operating and maintaining your trailering equipment.

Wednesday, Apr 10, 6:30 p.m. - 8:30 p.m. \$19 (members/students \$16) + \$22 payable to instructor for book LSU Campus

Can You Canoe?

Kevin Paul Hop in and develop the foundation to make your outdoor adventures fun and rewarding! Learn the fundamentals of canoeing in this exciting, hands-on class. Begin by familiarizing yourself with the equipment and safety rules and then travel to Henderson Lake to learn and practice the basic strokes and maneuvers needed to paddle a canoe safely and efficiently. Come with a partner or pair off with another participant from class!

LSU Campus, Monday, May 6, 6:00 p.m. -9:00 p.m. AND

Henderson, LA, Saturday, May 11 & 18, 8:00 a.m. - 12:00 p.m.

\$79 (members/students \$63) + \$40 for canoe rental

Horse Sense

Janet Talmadge

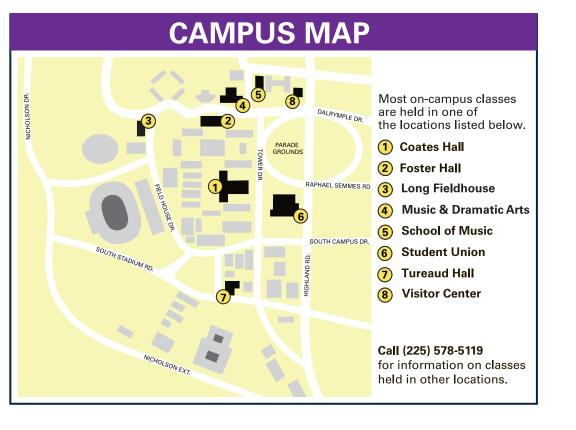
Learn the basics of English-style riding in this fun, hands-on class! Janet Talmadge, owner of Ravenwood Stables, will lead you through the proper care of horses and the techniques and equipment used to ride. Whether beginning, improving or returning to the trail, this class is for you! This course is recommended for people aged 18-58 who are moderately active and weigh less than 200 pounds. It is not recommended for those with past or present knee complications.

Saturdays, Wednesdays, Apr 13 - Apr 27 (no class Apr 20), 6:00 p.m. - 7:30 p.m. \$199 (members/students \$168) Ravenwood Stables, Prairieville, LA (15 miles

southeast of Baton Rouge)

Sac-a-Lait & Bream Fishing J. B. Salter

The versatile jigging pole combines the best features of the cane pole, the fly rod and the ultra-lite casting rod. J.B. Salter, a local fishing expert, will lecture and give you hands-on experience with the pole from a boat dock at



Register:



a nearby lake. He will also give you information on area fish, local fishing patterns, types of jigs and live bait, and how to create underwater structures to attract the big one! *Saturday, Apr 13, 8:00 a.m. - 12:30 p.m. \$53 (members/students \$42) LSU Campus*

Sailing New!

Members of the Pelican Yacht Club Catch the wind in your sails and learn the basic principles of small boat sailing, including safety considerations and knot tying. Put that knowledge to the test on the water at False River in New Roads, LA. Join active small-boat sailors for the information-packed, hands-on class today! Thursday, Apr 11, 6:30 p.m. - 9:00 p.m. LSU Campus AND Saturday, Apr 13, 9:00 a.m. - 4:00 p.m. New Roads, LA

\$125 (members/students \$99)

Mail: Leisure Classes LSU Box 25123

LSU Box 25123 Baton Rouge, LA 70803

In Person:

¹ Room 107 LSU Student Union 7:30 a.m. – 5:00 p.m. Monday – Friday

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GENERAL INFORMATION

WHO MAY ENROLL

Leisure Classes are open to everyone aged 18 years and older unless otherwise noted. Parents or guardians wishing to register students under 18 years of age should contact us at (225) 578-5119 for more information.

CLASS PRICES

Leisure Classes uses a dual-pricing structure. The first price listed for each class is our regular price. The discounted rate is available to LSU students, their parents and Leisure Class members.

REGISTRATION

Registrations are accepted only through the Leisure Classes office. Each class has an established enrollment limit, and registrations are accepted on a first come, first served basis. Please register early to ensure your seat.

Full payment is required at the time of registration. Payment may be made by MASTERCARD, VISA, AMERICAN EXPRESS, DISCOVER, cash, personal check, or LSU payroll deduction.

REFUNDS AND TRANSFERS

Enrollment is evaluated 3-5 business days prior to the start of class. If a class is cancelled due to low enrollment, you will receive a full refund of your purchase price or you may elect to the funds towards the cost of another class.

All other transfer and refund requests must be received by our office in writing before 12 p.m. (noon) 1 FULL WEEK prior to the start of class and are subject to a 10 % administrative charge. Transfers and refunds requests received after this deadline will not be honored.

EMERGENCY CANCELLATIONS & RESCHEDULING

We will make every effort to reschedule class sessions that have been cancelled due to inclement weather or other circumstances beyond our control.

If LSU closes due to an emergency situation, all Leisure Classes are suspended until further notice. Please check <u>www.lsu.edu</u> for information regarding University closures.

CLASS LOCATIONS

Many of our classes meet conveniently on LSU's campus. If your class is scheduled at another location, you'll find directions on your class confirmation and at www.lsu.edu/leisureclasses.

PARKING

Parking permits are required for all vehicles on campus Monday – Friday, 7 a.m. – 10 p.m. and are available to Leisure Class participants at no additional charge. Information on obtaining parking permits will be sent with registration confirmation.

PARTICIPANT SERVICES

CLASS WAITING LIST

If a class is full, be sure and join the waiting list. Interested participants can call us at (225) 578-5119 or follow the online registration process at <u>www.lsu.edu/leisureclasses</u>. Should space become available, students on the waiting list are contacted before registration is opened to the public.

GIFT CARDS & GIFT REGISTRATIONS

To purchase an eGift card that can be applied to a class of the recipient's choice at a later time, visit our website at <u>www.lsu.edu/leisureclasses</u>. If you wish to register a friend in a specific class as a gift, please call us at (225) 578-5119.

LEISURE CLASSES MEMBERSHIP

Purchase a membership today and receive discounted prices on all Leisure Classes! Your \$40 annual membership includes up to two adults and up to three children under the age of 18 living in the same household and is valid for 1 year from the date of activation. Leisure Classes membership is non-refundable.

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DISCLAIMERS

The LSU Student Union does not necessarily endorse the content of the classes. The views presented are those of the individual instructors. Leisure Classes makes every effort to ensure that all information in this brochure is accurate at the time of publication. Every effort will be made by the Leisure Class Office to notify registered participants of any changes.

INTERESTED IN TEACHING A CLASS?

Do you have experience in your field, a special interest or talent and are interested in teaching a class? Please call (225) 578-5119 or visit the "teach for us" section at www.lsu.edu/leisureclasses to submit a proposal.

LSU Student Union Leisure Classes **REGISTRATION FORM**

CLASS		BEGINS ON	/	/
APPLICANT'S NAME _				
	(LAST)	(FIRST)		
MAILING ADDRESS _	(STREET)	(APT. #)		
-	(CITY/STATE)	(ZIP)		
E-MAIL ADDRESS		DATE OF BIRTH	/	/
DAYTIME PHONE		ALTERNATE PHONE		
LSU Student ID #:				
Existing Leisure Classe	es Member	Class Fee	\$	
 I would like to becom (Non-Members) Facu 		Membership (\$40 enclosed)	\$	
O General Public		Total Amount Enclosed	\$	
Please sign to acknowled	ge and agree with refund policy c	letailed above.		
SIGNATURE		DATE	/	/

LSU | Leisure Classes

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Check out our new SEASONAL SELECTIONS on pg. 5!

Auxiliary Services LSU ADMINISTRATIVE SERVICES Auxiliary Services Louisiana State University 107 Student Union Building • Baton Rouge, LA 70803-2804 (225) 578-5119

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