



**AUGUST 2024**

# **Cazadero Performing Arts Family Camp**

**CLASS CATALOG**

# A DAY IN THE LIFE AT CAZ

<b>7:30 - 9:00 am</b>	<b>MORNING ACTIVITIES</b>
<b>8:30 - 9:30 am</b>	<b>BREAKFAST</b>
<b>10:00 am - 10:55 am</b>	<b>PERIOD 1</b>
<b>11:10 am - 12:05 am</b>	<b>PERIOD 2</b>
<b>12:15 pm - 1:15 pm</b>	<b>LUNCH</b>
<b>1:15 pm - 2:30 pm</b>	<b>MINDFULNESS TIME</b>
<b>2:30 pm - 3:30 pm</b>	<b>FREE TIME</b>
<b>3:45 pm - 4:40 pm</b>	<b>PERIOD 3</b>
<b>4:55 pm - 5:50 pm</b>	<b>PERIOD 4</b>
<b>6:15 pm - 7:15 pm</b>	<b>DINNER</b>
<b>7:30 pm - 9:00 pm</b>	<b>EVENING ACTIVITY</b>
<b>9:00 pm - 10:00 pm</b>	<b>ACOUSTIC JAM</b>
<b>10:00PM - 12:00 pm</b>	<b>GAME TIME / LOUNGE HOUR</b>



# A LOOK AT OUR REGULAR PROGRAM

## EVERY DAY

### **Wake Up Band**

Drop in and join us for this Caz Family Camp tradition of gently waking campers to music. Bring your instrument of choice and we will meet at Kid City to warm up at 7:30 am.

### **Mindfulness Time**

This is a time to reconnect and check in with our families, ground ourselves in nature or simply take a nap. This is the quietest time of our day at Caz. It's a self-led time of calmness and re-focusing, but if you need assistance in leaning into this time for yourself or your family, you can participate in a few guided activities facilitated by Teaching Artists and Community Ambassadors that will be holding space for you during this peaceful time.

### **Free Time**

A time to hang out with friends, go for a swim in our pool, indulge in the snack bar and/or catch our daily Open Mic.

### **Open Mic**

Daily during Free Time, and hosted by Les or Ethan, with tunes spun by DJ Jedi, Open Mic is a great chance to perform whatever creative work is from your heart and soul in front of a supportive audience. Come and enjoy your fellow campers' lovely creative efforts! Monday is a special Covers & Karaoke Only Open Mic: cover your favorite song, tell your favorite story, or recite your favorite poem or joke, etc. There will be no open mic Friday as this time will be reserved for a 2 hour showcase of several class performances.

### **Acoustic Jam, Board Games/Lounge Hour**

Following evening activities. Board games will be available in the dining hall and a space to hang out and lounge around after 11pm will be available in the dance hall for ages 14+ only.

## SPECIAL ONE-TIME EVENTS BY DAY

### **SUNDAY**

5:00 PM Camper Arrival

**Evening:** Camp Kick-off, Square Dance with Evie, Staff Acoustic Jam

### **MONDAY**

Mandatory Fire Drill (following lunch)

Youth Meeting (beginning of Free Time; required for everyone aged 5-19)

**Morning:** Morning Stretch

**Evening:** Trivia, hosted by Les

### **TUESDAY**

All-Camp Photo (following Period 4)

**Evening:** Family Dance, hosted by Steve

### **WEDNESDAY**

**Morning:** Morning Stretch

**Evening:** Untalent Show, hosted by Evie

### **THURSDAY**

**Free Time:** Drop-In Classes\*\*

**Evening:** Circus Arts Performance, Cabaret Theater Performance, Radio Theater

### **FRIDAY**

Class Performances

**Morning:** Morning Stretch

**Evening:** S'mores, Adult Clowning Performance, Next In Show, Black Box Theater (Improv, Shakespeare, Bold Choice Bootcamp)

### **SATURDAY**

Final Class Performances

Lunch

Departure from Camp

## SIGN UP FOR...

### **Singing with the band at the Family Dance/Concert**

Across from the Dining Hall Monday & Tuesday at Free Time with Steve Gibson

### **The Untalent Show**

Across from the Dining Hall Monday & Tuesday at Free Time with Evie and Hannah

### **Next In Show (for High Schoolers - 26 year olds)**

With Ethan Grossman Wednesday and Thursday at Free Time (make sure you get a Teaching Staff Sponsor)

### **The Ping Pong Tournament**

Next to Ping Pong Tables until Monday at Lunch

\*\*Drop-In classes are offered by Youth Ambassadors, Teaching Artists and Crew.

# KID CITY at CAZ

(ages 2.5 – 5)

(0-2.5 with a parent)

Kid City is a place for our youngest campers ages 2.5 – 5 (0-2.5 with a parent) to recreate. Our programming is available alongside our regular programming and transition time. Kid City was created by our late, much-missed leader Rosemary Richie. Today, it is led by Rosemary's daughter Iris DeSerio, who runs a private pre-school in Berkeley with her brother John DeSerio (former Caz Camp Director). This year, Iris's Kid City team will include Iwalani Venerable and Cinthya Silverstein.

Kid City is centrally located in the shady redwood grove right across from the dining hall. Teaching Artists come to teach classes in music and dance, adult classes come to perform and present throughout the week-- the camp comes to us at Kid City. Parents are always welcome to join in, and are especially invited to share a quiet moment in the book corner before signing their children in to Kid City.

<b>9:30 AM</b> Kid City Opens. Please come in early with your children to sign them in, play, and help them feel at home before your run off for your first period class.	
<b>Morning Program</b>	
<b>10:00 am - 10:50 am</b>	PERIOD 1 - Clowning with Christie
<b>10:50 am - 11:00 am</b>	Snack time (provided by Kid City Staff)
<b>11:00 am - 11:50 am</b>	PERIOD 2 - Kid City Music with Iwalani
	Pick up by 12pm for All Camp Lunch.
<b>3:30 PM</b> Kid City opens for afternoon program.	
<b>Afternoon Program</b>	
<b>3:45 pm - 4:40 pm</b>	PERIOD 3 - Kid City Art with April
<b>4:40 pm - 4:50 pm</b>	Snack time (provided by Kid City Staff)
<b>4:50 pm - 5:50 pm</b>	PERIOD 4 - Kid City Movement
	Pick up by 6pm for All Camp Dinner





## KEY

**BEG** Classes for beginners.

**HIGH SCHOOL AGE +**

Classes for classes for campers ages 14+.

**INTERMEDIATE** Classes for people who have some proficiency.

**ALL SKILL LEVELS**

Beg, int. and adv. skill levels all welcome.

**ADV** Classes for people who are fully fluent in their instrument or art practice.

**FUN FOR THE WHOLE FAMILY** Classes that are suitable for participation by the whole family.

**EXCLUSIVELY FOR KIDS** Classes structured for your younger campers only.

# Performing Arts & Creative Writing

## Adult Clowning

**ALL SKILL LEVELS**

**Class size: 12 | Ages: 16+**

Inside of each of us is a ridiculous character just waiting to come out! Join us in discovering and exploring who that might be...Using improv games and Clown exercises, we will uncover and reveal our inner Clowns and play in the land of make believe. There will be a small, Clown/improv showcase at the end.

INSTRUCTOR: CHRISTIE LEWIS + JILL FJELDHEIM

## Bold Choice Bootcamp

**ADV**

**Class size: 16 | Ages: 16+**

Campers will practice making those 'bold choices' that get you hired and re-hired. Have you ever been stumped in the audition room when the director has asked you to "make a different choice"? How about on set or in rehearsal? Bold Choices come from growing your abilities and trusting your gut - that takes practice. We will use action verbs, given circumstances, and the power of your imagination to interpret open ended scenes with feedback in real time. Build your confidence and get out of your own way. Even if you're not working on a current project, this is a class for any actor who is looking to strengthen their acting skills, build confidence and commit to choices on stage, on camera or wherever your acting journey may take you.

INSTRUCTOR: BROOKE ASTON HARPER

## Circus Arts

**BEG**

**ALL SKILL LEVELS**

**FUN FOR THE WHOLE FAMILY**

**Class size: 15 | Ages: 6-adult**

This is a class for all levels, though especially good for beginners. Students will learn to ground deeply, improve core confidence, spatial awareness and practice integration of body/mind through very fun circus activities such as juggling, plate-spinning, stilts, rolling globe, ribbons and more. Students collaborate and develop acts for the final evening's Circus Extravaganza!!

INSTRUCTORS: JILL FJELDHEIM + CHRISTIE LEWIS

## Clowning Around

**BEG**

**ALL SKILL LEVELS**

**FUN FOR THE WHOLE FAMILY**

**Class size: 12 | Ages: 6-adult**

Did you ever feel that there was a ridiculous character inside of you just dying to get out? Then this is the place for you! Through improvisation and creative play, we will create silly characters and wacky stories to perform at the Cazadero Clown and Circus Extravaganza. This is your big chance to run away and join the circus!!!

INSTRUCTORS: JILL FJELDHEIM + CHRISTIE LEWIS

## Heroes and Villains, a musical theater Cabaret

ALL SKILL LEVELS

HIGH SCHOOL AGE +

### Class size: Open | Ages: High School to adult

Ages high school to adult , sign up for EITHER 3rd or 4th period, or both if you'd like to work on more than one song. Work on musical theater solos and duets as you dive into your favorite hero and villain characters from the music theater canon. We'll weave together a Cabaret style performance to be performed on Thursday night. We'll be working on character development, vocal technique, performance style and storytelling. All levels welcome. When you sign up, please include your vocal range, a little about your musical theater experience (if any) and the type of character or song you'd like to work on.

INSTRUCTORS: KIMBERLY DOOLEY + DENISE BLASE

## Improv In The Woods

BEG

### Class size: 12 | Ages: 16+

Scared to try improv? I was. But this class isn't scary. Improvisational theater was born out of the need to play, to connect with people, and to tap into that creative spirit we all had when we were young. In this class, we will explore theater games that help you connect with each other, and with an audience. But most of all, we'll have fun.

INSTRUCTOR: JOSH WILLIS

## Kids and Family: Poetry is for everyone | Everyone has a story to tell

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

### Class size: Open | Ages: All ages

For "Poetry is for everyone" We invite our youngest poetic voices to take part with family and friends alike. Poetry is all about being honest, "What's your favorite food?" "What's a moment you made yourself laugh out loud?" In this class there is no trivial place to write from. Students will explore the spaces where poetry may not always be the first to come to mind. With exercise in drawing, movement and of course writing, join this class meant for all ages and family and find out how poetry is everywhere and for everyone!

INSTRUCTOR: MATTHEW "CUBAN" HERNANDEZ + ALYESHA WISE

## Puppetry Primer

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

### Class size: 20 | Ages: 10+

Explore a few different puppetry styles over the course of the week. We'll learn glove puppet movement and storytelling; moving mouth puppet lip sync, eye focus, character development; working as a team with table top puppetry. All materials will be provided. We will take our newfound puppetry skills to the Caz stage and demonstrate the emotional depth of puppets with live musical accompaniment. All materials will be provided.

INSTRUCTOR: ALISSA HUNNICUTT

## Suspense Radio Theater

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

**Class size: 12 | Ages: 16+**

Suspense Radio Theater returns once again to Caz. This year we will produce Ray Bradbury's chilling tale, The Whole Town's Sleeping. "The Lonely One" is roaming the night, strangling women out after dark. Two women find a friend's body in the ravine but are determined to take their minds off it by going to the movies. When one walks home alone, she fears the killer may be following her. Will she make it through the ravine safely? Denise will send out a casting survey to students and parts will be assigned before camp.

INSTRUCTOR: DENISE BLASE

Check out last year's broadcast [HERE](#)

## The Art of Getting to know yourself | Poetry 101

BEG

**Class size: 12 | Ages: 10+**

For "The Art of getting to know yourself" students will gain a brief understanding of contemporary poetry and how to use their art to better understand and shape who they are becoming. Students can expect to write poetry using forms like Hip-hop, Odes and other methods to strengthen their vocabulary and love for poetry. If you're just finding your footing or want to improve your current understanding of your craft and voice, we can't wait to work with you!

INSTRUCTOR: MATTHEW "CUBAN" HERNANDEZ

## The Young Stars

BEG

EXCLUSIVELY FOR KIDS

**Class size: 16 | Ages: 8-12**

Campers who participate in this youth ensemble can expect to learn group singing techniques, movement, and performance habits that will set the foundation for the rest of their careers. Our youngest campers, (8+), will learn musicality and movement by participating in this youth show choir with an end of the week final performance for all participants to enjoy. The foundations of this class will be rooted in peer to peer responsibility and the joy of working together to create live entertainment.

INSTRUCTOR: BROOKE ASTON HARPER

## To Be or Not To Be: Exploring Shakespeare Scenes and Soliloquies

BEG

**Class size: 16 | Ages: 13+**

Explore language, rhythm, meaning and performance skills working on a short Shakespeare scene, soliloquy or sonnet. When you sign up, please email Kimberly your preference or if you have a Shakespeare piece you are interested in.

INSTRUCTOR: KIMBERLY DOOLEY

## What's your Purpose Poet? | Why and When Do We Speak?

ADV

**Class size: 12 | Ages: 13+**

For "What's your Purpose Poet" Students will be pushed to answer the questions why do we write and who or what do we write for? We'll explore classic and contemporary poets and how their work shaped themselves and the world around them. Students can expect to study many forms of poetry including Exrastic, Contrapuntals and After poems. If you've been writing for years and want to sharpen your skills as a communicator on the page and stage this is the workshop for you!

INSTRUCTOR: ALYESHA WISE

## Visual & Nature Arts

### Adv. Life Painting

ADV

**Class size: 15 students | Ages: 13+**

We will learn about the 7 elements of art with a major emphasis on still life, color, perspective, texture and light sources. The first 2 days, we will learn how to paint a landscape and a still life portrait. The last 3 days of camp, you will focus on painting your final landscape or portrait using real life subjects from camp. Your art will be displayed in the art show at the end of the week. Students will be provided with all supplies, acrylic paints, canvas and apron.

INSTRUCTOR: APRIL SCOTT

### Art: It's Not What You Think It Is

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

**Class size: 10 | Ages: 5-8 (Parents also welcome to participate)**

What are artists really doing? How do you think like an artist? Why are art and science best friends? Why does it matter? If you think you're not good at art (most people do think this!), this might be the perfect class for you. We will make art, and we will look at art, but more than anything we will unpick the idea of what art is and who gets to do it. This class is intended for the littlest campers, 5/6/7/8 years old but parents who wish to attend with their kids will get their minds blown too! Real art for real kids.

INSTRUCTOR: CORY REISBORD

### Caz Masks

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

**Class size: 15 students | Ages 7+**

Everyone has the option to make 1-3 masks for the week.

We will also need volunteers from class to help create a very large life size mask to display in the art show at the end of the week. Your individual masks will also be on display in the art show at the end of the week. Students will be provided with all supplies, paints, and pre-cut materials to create their own masks.

INSTRUCTOR: APRIL SCOTT



## Confetti Creatures

ALL SKILL LEVELS

**Class size: 12 | Ages: 13+**

This low-sew class uses wire armatures and colorful scraps to create a posable doll or animal. Each student will create 1-2 pieces of their choice, using the myriad scraps, threads, beads and bobs from a working artist's studio. I will teach you how to take this glorious fabric confetti (scraps) to cover and stitch your sculpture. Skills covered: sewing, mending, patchwork, embroidery, wrapping, beading! While no sewing experience is necessary, it does require a bit of dexterity to create.

INSTRUCTOR: AMY BROWN

## Curlicues, Cursive & Calligraphy

ALL SKILL LEVELS

**Class size: 15 | Ages: 8+**

Swoops and swooshes and beautiful handwriting? Yes, please! Join Maiz as she shows you a series of warm-ups and exercises that loosen your hand and arm and help you to write in beautiful cursive or calligraphy. Beginners are welcome as we learn to write cursive letters and different hand fonts using brushes, chalk, and pencils. In this class, we won't have rigid drills like you may have experienced in school, but instead we'll let go of tension and embrace experimentation and mistakes! Through playful movement, your handwriting and drawing will become more relaxed and expressive.

INSTRUCTOR: MAIZ CONNOLLY

## Environmental Arts: Aquatopia

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

**Class size: Open | Ages: All**

The creek is our canvas, inspiration, and co-creator as we incorporate things that move—waterwheels, windmills, leaf-boats, and the like—with roads, bridges, buildings, and other sculptural creations. As we create a miniature city—Aquatopia—we will also discover the rich history of the Aquatopians—Stewards of the Stream. Budding and master artists, artisans, architects, adventurers, and Aquatopian city planners of all sizes are welcome!

INSTRUCTOR: PHIL WORMAN

## Knotless Netting

ALL SKILL LEVELS

**Class size: 10 | Ages: 8+**

As little as a thimble or as large as a hammock, folks use knotless netting all over the world for purposes both decorative and functional. You can use any kind of string, you can add beads for bling. It's easy to get started and weirdly addictive; we'll make netted slings for carrying water bottles, and then branch out into whatever takes our fancy once we've got the basics down. Kind of like making lanyards but actually useful and not made of plastic!

INSTRUCTOR: CORY REISBORD

## Macro Phone Photography - Using Nature for Art, Storytelling, and Science

BEG FUN FOR THE WHOLE FAMILY

### Class size: 15 | Ages: All

Did you know that your phone is capable of taking high-quality nature photos that can be used for art and science? In this class, we will spend some time exploring and connecting with the natural world around camp by slowing down and looking closer than we usually do at our surroundings. You will learn new techniques for safely finding and observing wildlife, even in unlikely places—techniques that you can use anywhere from the deep woods to busy city sidewalks. Using your own phone, a clip-on macro lens (provided during class), and the free iNaturalist app, you will learn how to identify wildlife, and make and share nature observations that can be used by science. You will also learn techniques that take your phone photography skills to the next level, creating art and images that tell visual stories.

INSTRUCTOR: MAIZ CONNOLLY

## Nature All Around!

ALL SKILL LEVELS FUN FOR THE WHOLE FAMILY

### Class size: 15 | Ages: All

Nature is truly EVERYWHERE. In this class, we will explore our beautiful campus together, looking for signs of nature and wildlife, and taking time to reflect on how we observe and feel about the wildlife around us. You will learn some new techniques for safely finding and observing wildlife, even in unlikely places. Be prepared to say, “WOW!” when you look through a magnifier at some of the wild wildlife that we will find together. People of all ages, physical abilities, and comfort with nature are welcome, and some aspects of the class will be adapted to meet the needs of the students who enroll.

INSTRUCTOR: MAIZ CONNOLLY

## Needle Felting Cacti

BEG

### Class size: 12 | Ages: 8+

Learn a poky-poky technique to create a very poky plant. Needle felting uses a special barbed needle to poke poke poke and compact loose wool into defined shapes. We will take a cloud of green wool and make it into a barrel cactus or a nopal (prickly pear). You choose- make it simple and cartoony or detailed and scientific. No experience necessary-- needle felting is a relaxing and rewarding craft. The transformation of formless fluff to a solid object will amaze you.

INSTRUCTOR: AMY BROWN

## Recyclophonics: Traditional Instrument Making

ALL SKILL LEVELS

### Class size: 15 | Ages: 10+

In this class we will make instruments with both recycled and traditional natural materials and designs, relying heavily on the humble gourd as our muse and portal to a long, rich history. Gourds have been used for thousands of years to produce instruments of all kinds: idiophones (rattles, shakers, guiros, mbiras, xylophones, and the like), membranophones (drums), chordophones (anything with plucked or bowed strings), and aerophones (horns, flutes, recorders, aeolian instruments powered by the wind, and more). Come join us at any level, from beginner to skilled craftsperson, and return home with a musical creation at once rooted in tradition and uniquely your own. INSTRUCTOR: PHIL WORMAN

## Reimagining Style: Harmonizing Nature, Zero Waste, and Creative Upcycling

BEG

**Class size: 10 | Ages: 8+**

In this innovative course, embark on a transformative journey where fashion meets sustainability. Discover the power of nature as the ultimate muse, guiding your design choices towards eco-conscious and nature-inspired creations. With a needle and thread, and your imagination, this hands-on workshop will delve into the principles of zero waste fashion and creative upcycling. Each day we will embark into a creative challenge to add into your fashion piece creating a layered story starting with you, and flowing with nature. No sewing experience necessary. Basic Mini Travel Kits Provided. One per person. Bring 1-2 pre-loved items to upcycle.

INSTRUCTOR: Elle Ralli

## Stay and Stitch For A While

ADV

**Class size: 10 student minimum | Ages: 16+**

Love to sew but never find the time? Bring your unfinished projects to this low-key sewing salon. Have a pile of mending? Unfinished cross stitch? Stuck on a problem and need a helping hand? Let's sew together. Fabrics, thread, notions, reference books and beads are provided to jazz up your own ideas, or I can get you started on a small project you can finish at camp. For lovers of hand sewing, visible mending, embroidery, fashion design and creative problem-solving. This is a class for sewists with experience and the will to get started! (No sewing machines, as this is an outdoor class.)

INSTRUCTOR: AMY BROWN

## The Huldufólk (“Hidden People”) of Cazadero

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

**Class size: 15 | Ages: All**

Come join us as we search for the Cazaderian descendants of the Icelandic “Huldufólk” or “Hidden People”. They are small and secretive, but they do often leave clues as to their whereabouts—you just have to know where to look. If (when?) we find their secret hideaway, we will gather natural materials to construct miniature summer houses for them—known to bring them happiness. Along the way we will discover known and newly unearthed Huldufólk history and stories. In the spirit of the Huldufólk, Eclectic Experimentation will be encouraged; Insane Ideas will be welcomed; and Freewheeling Fun will be had. INSTRUCTOR: PHIL WORMAN





## Movement Arts

### Adult Movin' and Groovin'

ALL SKILL LEVELS

HIGH SCHOOL AGE +

#### Class size: 15 | Ages: 14+

An adult dance class! We will primarily focus on improvisation and rediscovering your innate pathways of movement in a judgement-free zone. No mirrors—just the music, me, and you! Using a sensation-based (rather than “how do I look?”) approach will allow everyone to find their own unique Movin’ and Groovin’ selves. We’ll mostly use improvisation with a little bit of Jazz and ballet. Prepare to feel funky, serious, silly, sweaty, and totally you. Please bring a water bottle and clothes that are comfortable for active movement and be prepared to either wear socks, tennis shoes, or be barefoot. There will not be a performance at the end of the week. Note: If you have any injuries, please let me know ahead of time so that I can modify the class as needed.

Please still sign up if you’re interested, there are so many different approaches to movement!

INSTRUCTOR: AURORA VAUGHAN

### Ashtanga Yoga

INTERMEDIATE

HIGH SCHOOL AGE +

#### Class size: 15 | Ages: 14+

Come try a vigorous yoga practice linking breath with movement. This practice works on purifying the body and mind through strong postures and yogic breath. This class is most suitable for students with prior yoga experience. If you are completely new to yoga, I’d suggest one of my other classes.

INSTRUCTOR: MELANIE GREEN

### Breaking Boundaries on the Floor

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

#### Class size: 20 | Ages: 6+

Learn the basic movements of Breaking including toplocks, go-downs, footwork, freezes, and powermoves and develop your own original style! This class is designed for complete beginners and is open to students of all abilities, ages 6 and up. Kids younger than 10 years are welcome if accompanied by a parent. Students will learn foundational Breaking vocabulary and will explore how to develop a unique style in the tradition of Hip-Hop Culture. This class will be tailored to the abilities and interests of participating students. Students will learn a short choreographed routine and be guided in creating their own short freestyled (improvised) solos for an optional final performance. Sneakers required (no bare feet please!)

INSTRUCTOR: AMY “CATFOX” CAMPION



## Capoeira: A Dance-like Afro-Brazilian Martial Art

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

**Class size: 20 | Ages: 6+**

In Capoeira, two people “play” together in the roda (circle). They use kicks, escapes, upside down movement, and trickery to play a beautiful “game” to music played on the berimbau (musical bow). This class is designed for complete beginners and is open to students of all abilities, ages 6 and up. Kids younger than 10 years are welcome if accompanied by a parent. Students will learn basic Capoeira movements (including kicks, escapes, handstands and cartwheels) along with some Capoeira songs, music, and strategy. This class will be tailored to the abilities of participating students and will be taught with mindfulness towards safety and care of our bodies.

INSTRUCTOR: AMY “CATFOX” CAMPION

## Dancing With Others: Skills for Partner and Social Dancing

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

**Class size: Open | Ages: 12+ (under 12 check in with instructor)**

Swing dance, square dance, two step, waltz, more - basic skills for dancing with a partner is not something people generally learn anymore, and yet gives so much juice to any style in which you'd want to dance with others. Basic weight sharing, leading, following, turns, footwork - it's easier than you think! No experience needed.

INSTRUCTOR: EVIE LADIN

## Fierce Fitness

ALL SKILL LEVELS

**Class size: 16 | Ages: 10+**

This dance fitness class combines dance along with cardio to empower, burn, and sculpt the body. Class is cardio centered, with sculpting after and a cool down stretch to close. Drawing upon hip hop, vogue, groove and other street dance styles, this open level class will leave you feeling fit, fabulous, and fierce! Please bring your own mat.

INSTRUCTOR: GERY MOORE

## Kiddos Movin' and Groovin'

ALL SKILL LEVELS

EXCLUSIVELY FOR KIDS

**Class size: 10 | Ages: 6-9**

A children's dance class! Using techniques based in ballet, Jazz, creative movement and improvisation, we will explore how our bodies move and how it makes us feel. Kids can expect to learn basic dance steps, improve coordination, make body rhythms, and do a whole lot of Movin' and Groovin'. Starting with a warmup, each class will break down simple steps, and we might even put together a little combination by the end of the sessions. We will not have a performance at the end of the week, so there is no pressure for anything to “look” a certain way! Please bring a water bottle and clothes that are comfortable for active movement and be prepared to either wear socks, tennis shoes, or be barefoot. Come join the dancing fun!

INSTRUCTOR: AURORA VAUGHAN



## Queering Movement

ALL SKILL LEVELS

HIGH SCHOOL AGE +

**Class size: 20 | Ages: 14+**

Dance can become queer, when the person is intentionally disrupting the status quo or the norm. This can only be achieved going into spaces with refined intentions. This class will teach you the philosophy, symbolism, and meaning behind the movement and gestures of dance from a place of queerness, more so than the dance itself.

INSTRUCTOR: GERY MOORE

## Yoga Flow and Stretch

ALL SKILL LEVELS

FUN FOR THE WHOLE FAMILY

**Class size: Open | Ages: 10+ (8 and 9 yr with an adult).**

Treat yourself to a yoga class with slow flow style movements and yummy stretches that work on all parts of the body. This class is a great complement to your day at Caz. You will love it. We begin each class with a few minutes of meditation and finish with savasana. All levels welcome.

INSTRUCTOR: MELANIE GREEN

## Music Arts

### Adv. Band Ensemble

ADV

**Class size: Open | Ages: All ages, based on skill**

This is about the music, stretching our musical possibilities, and improvisation. Let's get out of our comfort zone! This class will explore arrangements of three tunes from diverse genres including Blues/Jazz, Funk, and Latin. This space is open to the more experienced vocalists, rhythmists and instrumentalists. Drummers and bass players should be proficient and have a basic understanding of grooves from these genres. Pianists and guitarists should have a good grasp of chords and scales, and horn/woodwind players should be comfortable with scales and have some harmonic knowledge as well. You'll work with master teaching artists Lorca Hart (Lead facilitator/ drums/ arrangement/ rhythm section), Bryan Bush (bass/rhythm section), Chelle Jacques (vocals) and Cal Bennett (sax).

INSTRUCTOR: LORCA HART + BRYAN BUSH + CHELLE JACQUES + CAL BENNETT

### Bass Guitar is the Star

ALL SKILL LEVELS

**Class size: Open | Ages: All ages, based on skill**

Come discover the fun of playing the electric bass guitar and learn the amazing concepts that will take your bass playing from Rock Music to Jazz and everything in between. While exploring techniques to solo you will also get to play the important, traditional roles of the instrument. Even though this class is geared towards campers who have beginning to intermediate experience with their bass guitar, all skill levels are welcome to join this class and jam along using the star power of the bass guitar's shimmering glory.

INSTRUCTOR: BRYAN BUSH

## Beg. Clawhammer Banjo

BEG

**Class size: Open | Ages: 12+ (under 12 check in with instructor)**

Old-time clawhammer banjo is a unique sound in American traditional music. Once you get the basic technique, it's pretty easy to make music, and play along with all kinds of songs. We will start from scratch with basic technique and learn some songs and tunes from the standard repertoire. We will also discuss some basic music theory that is useful for any instrument, in any genre. Deering Good Tyme Banjos available for \$25 rent for the week, and \$500 to purchase (\$600 retail).

INSTRUCTOR: EVIE LADIN

## Beg. Harmonica

BEG

FUN FOR THE WHOLE FAMILY

**Class size: 15 | Ages: 10+**

Find out how fun and easy it is to play this amazing little and powerful instrument! Join me in a class designed to teach beginners to play tunes on their own by the end of the first lesson! This is a great class for the whole family! You'll learn to play several songs and you will experience accompanying a guitar and playing along with cool recorded music. All you need to bring is a harmonica in the key of C made by Lee Oskar, Suzuki, East Top, or Hohner (avoid a Hohner product called the BluesBand). After I get the class roster, I will email you detailed info about the many excellent harmonicas to choose from in a wide range of prices. If you don't bring a harmonica, I will have some inexpensive, and quality, Suzuki Folkmaster harmonicas available for purchase. Kids younger than 10 years old are welcome if accompanied by a parent!

INSTRUCTOR: LES OGILBY

## Beg. Jazz Piano

INTERMEDIATE

**Class size: 10 | Ages: 10+**

Come learn the basics of jazz piano in a fun and supportive class! We'll cover common jazz chords and rhythms, how to play from lead sheets, and how to improvise. We'll play together on some common jam session tunes and take part in a performance at the end of the week. You'll come away knowing how to get some of that wonderful "jazzy sound" in your playing, how to play with others, and how to continue learning after you return home. Keyboards are provided, but bring your own headphones (not earbuds) and 1/4" adapter. (Jennifer Jolly; limit = # of keyboards in piano lab minus one). Prerequisite: Familiarity with major and minor chords; ability to read simple keyboard notation.

INSTRUCTOR: JENNIFER JOLLY

## Beg. Ukelele: Strum and Sing

BEG

**Class size: 15 | Ages: 8+**

This class is for ukulele beginners; those who have never picked up an ukulele before or are just starting. We'll learn how to tune, play a few chords, strum, and read chord charts. Then we'll sing and strum and have a ball — and share a song or two at the end of the week. Ukuleles will be available to use in class (or bring one).

INSTRUCTOR: ALISSA HUNNICUTT

## Bluegrass

BEG INTERMEDIATE

**Class size: 12 | Ages: 13+**

Join us and get down with this traditional American music! We will be exploring bluegrass styles to teach you the fundamentals from kick-off to ending. Instrumentalists (fiddle, banjo, guitar, mandolin, bass) should have at least a basic understanding of their instruments; vocalists welcome.

INSTRUCTOR: STEVE GIBSON + LES OGILBY

## Blues Groove Ensemble

BEG INTERMEDIATE

**Class size: 12 | Ages: 12+**

Come learn the nuts and bolts of several classic blues grooves by playing and singing some great tunes! We'll emphasize listening to each other and playing together as a group. Campers will learn to hear the rhythms played by each instrument and how they all combine to create the overall groove. We'll cover intros, endings, and improvisation, and will take part in a performance at the end of the week. Prerequisites: beginner/intermediate instrumental proficiency; some experience reading charts. Max # of campers depends on equipment availability and site size. If no constraints, max 2 drums, 2 basses, 4 guitars (el. or acoustic), 2 keys, 4 winds/horns, and open number of vocals.

INSTRUCTOR: JENNIFER JOLLY

## Body Tjak

BEG

**Class size: 50 | Ages: 11+**

Body Tjak (pronounced "chock") is a hybrid form, mixing contemporary Body Music (clap, snap, step, vocalize) with Balinese Kecak (rhythmic vocal chanting), created by I Wayan Dibia and Keith Terry, since 1980. The two have created and toured several large-scale pieces, ranging from 12 to 500 performers, in Bali, Java, and in the US. Body Tjak's dynamic, fun and funky rhythms and moves create an exhilarating experience for participants.

INSTRUCTOR: KEITH TERRY

## Caz's Soul Funk Rock Family Jam Band

ALL SKILL LEVELS FUN FOR THE WHOLE FAMILY

**Class size: Open | Ages: 12+**

Whether it be a bass guitar, keyboard, saxophone or a microphone, grab your favorite instrument and head on over to the amphitheater to jam with Mike Ruby (lead facilitator/drums/bass), Brooke Aston-Harper (vocals) and Ben Thomas (horns/strings/percussion) in this twist on a classic Caz class. You'll have the opportunity to jam and sing with your fam on some soul, funk, and rock tunes each day while getting some guided tutelage from master musicians. You must have some experience with your instrument of choice. Basic music literacy is a plus, as we will be using chord charts to learn our tunes.

INSTRUCTOR: MIKE RUBY + BROOKE ASTON HARPER + BEN THOMAS

## Composing + Songwriting at the Piano

BEG

### Class size: 7 | Ages: 12+

Come learn the nuts and bolts of composition and songwriting! We'll cover topics such as common song forms, core chord progressions and why they work, key choice, tempo, groove, lyric and melody writing, creativity prompts, and more. Campers will work individually with guidance and support from Jennifer and share constructive feedback with fellow campers. We'll focus on everyone completing a draft of one song or composition apiece by the end of the week, keeping things light with ideas such as "less is more" and "that's good enough for now!"

Performance is optional and encouraged. Prerequisites: knowledge of major and minor chords, intermediate instrumental proficiency, ability to read simple notation. Keyboards provided, but bring your own headphones (not earbuds) and 1/4" adapter (e-mail Jennifer with any questions).

INSTRUCTOR: JENNIFER JOLLY

## Connections Through Music

ALL SKILL LEVELS

### Class size: 10 | Ages: 12+

In this discussion-based group, the only goal is to listen to music and talk about it. Anyone is welcome to bring in songs to share with the group. We will talk about how we connect with the songs and how they make us feel. We will also discuss the objective qualities of music, like melody, instrumentation, and production.

INSTRUCTOR: MIKE RUBY

## DJ 101

ALL SKILL LEVELS

### Class size: 10 | Ages: 12+

Come try your hand at an art at the root of Hip Hop and American music for the past 50+ years. Bring your deep knowledge of genres or begin a new chapter in your musical career. Build your skills in making a playlist, scratching, and establishing a smooth set that all crowds will enjoy. The art of DJing has shifted from analog to Digital making the artform accessible to anyone and everyone who wants to learn it. We will cover the basics from cueing and fading, beatmatching and blending, using basic effects and some basic scratching techniques. No experience necessary.

INSTRUCTOR: DJ JEDI

## Finding Your Natural Musical Resonance

ALL SKILL LEVELS

### Class size: 14 | Ages: 12+

This class will teach the fundamentals of preparing your voice and body to vocalize and create music from its most basic forms. Beginning with physical head, neck, lungs and diaphragm stretches as body warm-ups, Ben will lead students towards finding and unlocking the natural space in which they are most comfortable making music. The students and Ben will collectively create and compose music together (to be performed at the end of the week) with their desired instrument - be it voice, percussion, guitar, horn or any other instruments that resonate best for them. This class will incorporate elements of rhythm, melody and harmony with singing, chanting, body percussion, Latin and African rhythms and percussion, Tuvan throat singing, whistling and other forms. This class will be very unique!

INSTRUCTOR: BEN THOMAS

## Freestyle Sax Improvisation

ADV

**Class size: 14 | Ages: 10+**

The focus of this class will be to form free expression within the parameters of all Minor and Major key signatures. The class will delve into the structure of building a solo, listening to and reacting to sounds, sight reading, using whole tones, melodic minor scales, harmonic minor scale, the use of Blues & Pentatonic, Lydian, Dorian and relative minor scales.

\*As an added bonus, we will research the effect various tones have on the physical and emotional bodies. Also, we will explore sound as it relates to 'Chakras' and their meaning.

INSTRUCTOR: CAL BENNETT

## Hambone and Beyond - traditional and contemporary body musics from around the planet.

BEG

**Class size: 25 | Ages: 11+**

Play your body -- clap, slap, snap, step and vocalize. It's body music -- music you can see, dance you can hear. Old as dirt and still fresh. Comfortable clothes and sneakers recommended. No experience necessary.

INSTRUCTOR: KEITH TERRY

## Intermediate Harmonica

INTERMEDIATE

**Class size: 15 | Ages: 12+**

Are you itching to go to the next level? If you can already play some simple tunes on your harmonica, then you are ready for this course. We will be concentrating on single notes, warbling, bending, and other fun harp techniques. You'll have the opportunity to accompany the guitar and play along with blues, folk, and rock recordings. You'll also learn a few famous solos by artists such as Bob Dylan, Neil Young, Elmore James, Bruce Springsteen, and Jimmy Reed. IMPORTANT: In addition to the C harp you already own, you will need to bring three more harmonicas in the keys of G, D, and A. After I get the class roster, I will email you detailed info about the many excellent harmonicas to choose from in a wide range of prices.

INSTRUCTOR: LES OGILBY

## Joyful Noise!

ALL SKILL LEVELS

**Class size: Open | Ages: 8+**

Have you always wanted to sing gospel music? Well here's your chance! You are invited to be part of Family Camp's rockin' and soulful gospel choir! You will learn and perform spirituals, along with contemporary and traditional gospel music. Students will learn vocal and performance techniques, rhythms, and harmony. Singers from beginners to advanced, of all ages, are encouraged to join in the fun of learning and singing this exciting music. All you need is willingness, a sense of humor, commitment, a passion for making a "joyful noise!"

INSTRUCTOR: CHELLE JACQUES



## Let's Rock!!

BEG EXCLUSIVELY FOR KIDS

### Class size: Open | Ages: 6-12

All Instrumentalists and vocalists with basic proficiency on their instruments! This class will focus on two or three songs, and focus on arrangement of the song, solos, groove, playing together, and expressing the soul of the song. Drummers should be able to keep a steady groove and play a basic rock rhythm. Guitarists/pianists should know major and minor chords. Bass players should be able to find root notes and have some basic rhythm knowledge.

INSTRUCTOR: LORCA HART + IWALANI

## Mandolin

BEG

### Class size: 10 | Ages: 12+

This class will introduce single-note playing and the most common chords. We will learn songs and accompaniment styles from different genres, including bluegrass, Irish, and rock, while playing together as a group.

INSTRUCTOR: STEVE GIBSON

## Old Time Harmony Singing

ALL SKILL LEVELS

### Class size: Open | Ages: 12+ (under 12 check in with instructor)

Using the Carter Family as a jumping off place, we will work with three part harmony in this beautiful style. Finding harmony lines that sometimes weave around the melody, sometimes cross or create unisons, students will develop a better ability to hear and find parts, as well as learn what gives these harmonies their particular old-time country sound, and power. We'll also cover some basic techniques for improving singing personally and in groups.

INSTRUCTOR: EVIE LADIN

## Represent! Unleash Your Inner Lyricist - A Hip Hop Songwriting Workshop

BEG HIGH SCHOOL AGE +

### Class size: 12 | Ages: 14+

Learn the art of crafting powerful lyrics that resonate with authenticity and emotion. Whether you're a seasoned lyricist or a newcomer to hip hop, you'll gain valuable insights and techniques to enhance your lyrical abilities. Maya will guide you through the intricate process of wordplay, storytelling, and poetic expression. You will get to work on your delivery and stage presence in a supportive environment and delve into some Hip Hop History. At the end of the week you will have the opportunity to perform your songs! Don't miss this chance to unlock your inner lyricist, develop your songwriting skills, and step into the spotlight!

INSTRUCTOR: MAYA JUPITER + DJ JEDI

## Rhythm Studio

ALL SKILL LEVELS

**Class size: 30 | Ages: 13+**

Entertaining and informative, we will identify cultural and historical connections while exploring a variety of rhythmic systems and concepts from around the world, including polyrhythms, crosspulses, polymeters, phasing, half time/double time, and more. The format is an Interactive Lecture-Demonstration. Guaranteed to open ears and expand rhythmic horizons.

INSTRUCTOR: KEITH TERRY

## Swing Jazz/Swing Guitar

INTERMEDIATE

**Class size: 12 | Ages: 13+**

This class for intermediate guitarists will introduce the chord shapes needed to tackle jazz standards, as well as the scale and arpeggio positions we use to play solos and melodies. Checking out classic jazz recordings, we will investigate different rhythm and soloing concepts, and use what we hear in our own playing.

INSTRUCTOR: STEVE GIBSON

## World Music Chorus

ALL SKILL LEVELS

**Class size: Open | Ages: All**

Explore the rich tapestry of global soundscapes in our World Music class. Immerse yourself in diverse musical traditions, rhythms, and instruments from every corner of the globe. From the vibrant beats of Africa to the intricate melodies of Asia, embark on a musical journey that transcends borders and cultures. Gain a deeper understanding of the universal language that connects us all—music.

INSTRUCTOR: CHELLE JACQUES

## Young Rhymers: Collective Hip Hop Songwriting

BEG EXCLUSIVELY FOR KIDS

**Class size: 12 | Ages: 8- 12**

In this engaging and interactive workshop, young rhymers will have the opportunity to dive into the art of crafting their own hip hop song as a group. Maya will guide them through the process of finding their unique voice, expressing their thoughts and emotions through rhymes, creating catchy choruses and meaningful verses. Whether you are a budding wordsmith or just curious about hip hop, this workshop offers a safe and supportive environment for you to discover your lyrical talent and explore the world of hip hop songwriting. Join us for Young Rhymers, where creativity knows no bounds, and young artists are empowered to share their voices with the world.

INSTRUCTOR: MAYA JUPITER