

COMMUNITY MUSIC SCHOOL

Have you ever wanted to learn to play an instrument? Are you looking to sharpen your performance skills in preparation for NYSSMA, All-County, or college auditions? With opportunities available for ensembles, private lessons, and other music enrichment courses, there is something for everyone at SUNY Ulster's Community Music School. All of our courses are led by SUNY Ulster music faculty, giving you the opportunity to learn from highly skilled musicians.

COMMUNITY MUSIC SCHOOL INFORMATION SESSION

Chris Earley, Associate Professor of Music and Chair of the Arts Department will be discussing this new music program. He will cover what private lessons are available, the ensembles and how to register for them. He will also talk about the A.S. Music Degree. Registration is required

NCC 2138 W 8/21 5:30-7:30pm KSU FREE

APPLIED LESSONS

Why not consider taking private lessons at SUNY Ulster's Community Music School? Private lessons are available on guitar, bass, strings, woodwinds, brass, percussion, and jazz improvisation. If there an instrument not listed that you are interested in learning or sharpening your skills on then contact Chris Earley using the email address below.

The lessons are offered in 5-lesson sessions. They meet once a week and are held at the Stone Ridge Campus in the Vanderlyn Building in the music area. Make-up lessons will only be rescheduled if the instructor misses a lesson or if you provide 12-hour notice of an upcoming missed lesson. There will be no make-ups for no-shows or late cancellations.

5-LESSONS BEGINNING ON SEPTEMBER 3

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| NCC 2115 | 30 Minutes Lesson | \$158 |
| NCC 2116 | 45 Minutes Lesson | \$236 |
| NCC 2117 | 60 Minutes Lesson | \$315 |

COMMUNITY MUSIC BUNDLE DISCOUNT

Register for an applied lesson and an ensemble for a 10% discount. This applies once per combination and semester. You must call 845-339-2025 to register for both so you can receive your discount.

If this is your first time taking an applied lessons or ensemble please email Chris Earley at communitymusic@sunyulster.edu, before registering.

He will answer any questions, help to set-up private lessons, explain how to register for additional lessons and make sure being part of an ensemble is right for you.



STRING ENSEMBLE

String ensemble focuses on playing music in a chamber setting without a conductor. Each member is important and responsible for learning their parts. We cover all periods of music from the Renaissance to the contemporary. There are 2/3 performances per semester within Ulster County. An audition is required to register for this class. This is open to students who have achieved NYSSMA level VI + audition.

Directed by A. Solberg

NCC 2119 M 8/26-12/9 6:30-8:30pm SRC \$84/semester

GUITAR ENSEMBLE

Guitar students will now have the opportunity to perform in an ensemble, featuring music from Renaissance to modern rock. This group has ranged in size from 4 to 8 performers in the past, so each participant plays an integral role in the ensemble's success. Students should have some background with reading traditional music notation to be successful in this course. Directed by G. Dinger

NCC 2130 T 8/27-12/5 2:30-4pm SRC \$63/semester

PERCUSSION ENSEMBLE

Performers will have the opportunity to further their ensemble and technical skills in an environment where percussion is the primary instrument. The percussion ensemble performs a wide range of music styles from Renaissance to Popular Music. There will be at least one performance per semester. This is open to students who have achieved NYSSMA level V or higher or by audition. Directed by C. Earley

NCC 2118 T 9/3-12/3 4-5:20pm SRC \$63/semester

WIND ENSEMBLE

SUNY Ulster Wind Ensemble is comprised of advanced high school and college students and music educators. The ensemble performs a minimum of two times per semester. The literature performed is challenging and commensurate with four-year college level music. This is open to students who have achieved NYSSMA level VI + Area All-State or by audition.

Directed by V. Izzo & M. Trees

NCC 2120 T 9/3-12/3 7-9pm SRC \$84/semester

COMMUNITY BAND

SUNY Ulster Community Band is comprised of advanced Middle School students, high school students, college students, and community musicians. The ensemble performs a minimum of two concerts per semester and draws its repertoire from standard wind band literature. This is open to students who have achieved NYSSMA level IV or higher.

Directed by V. Izzo

NCC 2121 W 8/28-12/18 7-9pm SRC \$84/semester

MUSIC & RECREATION

FIDDLE/VIOLIN LESSONS FOR THE BEGINNER

Is that violin in the corner, begging to be picked up, tuned and played? Join David Ross Mason in lessons which will teach the technical points of fiddle/violin playing. From start to finish, learning new techniques and tips for the ins and outs of the fiddle! Learn new tunes, how to play cover songs, some basic improvisation ideas and more. Students supply their own instrument for class. **Instructor: D. R. Mason**

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|--------------|---|-------------|----------|----|-------|
| PG210-0923CT | M | 9/23-11/4 | 7:30-9pm | CT | \$119 |
| PG210-1118CT | M | 11/18-12/23 | 7:30-9pm | CT | \$119 |
| PG210-0127CT | M | 1/27-3/9 | 7:30-9pm | CT | \$119 |

GUITAR WORKSHOP FOR ADULTS

Guitar and music in all styles will be taught along with general knowledge of the instrument, including proper technique and learning the fingerboard of the guitar. The objective is for each student to get comfortable with their own instrument and enjoy the aspects of playing chords and melodies while improving their technique. Students supply their own guitar for class. **Instructor: D. R. Mason**

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| PG192-0923CT | M | 9/23-11/4 | 5:30-7pm | CT | \$119 |
| PG210-1118CT | M | 11/18-12/23 | 7:30-9pm | CT | \$119 |
| PG210-0127CT | M | 1/27-3/9 | 7:30-9pm | CT | \$119 |

AMERICAN MAHJONG

Seasons, Flowers and Winds are just a few of the suits found among the 152 tiles shuffled for a game of Mahjong. Join this exploratory class where you will learn the history of the game and play etiquette for a traditional table of 4. This exciting game is one of luck, wit and will as you decide the hand to play, draw, discard or call as tiles are cast until the lucky one cries Mahjong! **Instructor: P. Gordon**

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| PG203-0917CT | T/R | 9/17-9/26 | 6-8:30pm | CT | \$99 |
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BEGINNER GOLF CLINICS

A program for adult players new to the game of golf or those who have played for a year or two but have not had formal instruction. You will be taught how to grip, swing, drive, pitch, chip and putt. In addition, learn golf etiquette and how to properly "address the ball". This program will be offered at Fallsview Golf Course, Ellenville. **Instructor: Golf Pro., M. Girardi**

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| HF110-0924FV | T | 9/24-10/22 | 5:30-6:30pm | FV | \$129 |
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COMPLEMENTARY HEALTH & WELLNESS



REIKI I & CHAKRA

Learn self-healing reiki 1, called SHODEN in Japan, the beginning teachings. Self-healing, quick healing in chairs, healing on tables covered with a focus on the meaning and important information about each chakra as it pertains to your own healing while you learn to help others to heal. **Instructor: L. Salluzzi**

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| NCC 1750 | M | 9/16-10/7 | 6-8pm | KSU | \$95 |
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REIKI II

Receive the ancient initiations; the three Reiki II ancient symbols for healing. Learn and practice distance and hands-on healing using these symbols. In Reiki I you learned to align and channel 10% of the Reiki healing energy. In Reiki II you are ready to channel 90% of the energy through the ancient initiations passed on by the Reiki Master. **Instructor: L. Salluzzi**

Instructor: L. Salluzzi

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| NCC 1738 | M | 10/21-11/18 | 6-8pm | KSU | \$95 |
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No class 11/11

ADVANCED REIKI

Learn level I and II of the six levels to Reiki Master/Teacher, the highest level of Reiki healing but is not exclusively for those wishing to go on to the master level. This class will enhance the Reiki energy with the Kundalini energy from within and you will learn breathing techniques to facilitate this. You will also receive two more ancient symbols for healing yourself and others. **Instructor: L. Salluzzi**

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| NCC 1730 | M | 11/25-12/16 | 6-8pm | KSU | \$95 |
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UNDERSTANDING SHAMANISM

Shamanism is a practice from indigenous cultures around the world. It bridges the divide between humanity, spirit, and nature. You will explore the origins of shamanic practices, its cosmology, and how shamanic traditions connect to the creative powers of the cosmos. **Note:** Bring a notebook and pen for notes and a pillow or blanket to sit on. Chairs are available for anyone who does not wish to sit on the floor. **Instructor: A. Kane**

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| NCC 2081 | W | 10/2-23 | 6-8pm | KSU | \$89 |
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INTRO TO FOOT REFLEXOLOGY

This is to introduce anyone to an overview and history of Reflexology. You will receive a Foot Map, experience a hands-on demonstration along with learning self-care techniques that you can bring home and use on yourself and family members. Also covered is knowing when using Foot Reflexology is appropriate. **Instructor: L. Hughes**

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| NCC 2039 | S | 9/21 | 10am-1pm | KSU | \$39 |
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NEW! BALANCE, STABILITY & POSTURE TRAINING FOR EQUESTRIANS

In this mini workshop, you will learn how to become a stronger, healthier, injury-free rider. We will perform strength/flexibility tests to help identify any musculoskeletal imbalances, core weakness or lack of flexibility & range of motion. You will learn several exercise techniques that will help you improve your posture and increase core strength.

Intro to Exercise Science for Strength Training, Healthy Knee workshop and Core & Lower Back Stabilization workshop will be offered in the spring of 2020.

Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS

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| NCC 2145 | R | 11/7 | 6-8pm | KSU | \$39 |
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M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY