



September 2018 Workshops

WS-0908 Intro to Dragon Boating

With Charlotte Harbor Dragons

Sat. September 8, 2018 9-10:30am Member \$10 (\$13 NM)

Class meets at the Charlotte Harbor Beach Complex

Dragon Boat Paddling is a great workout for core, cardio and all-around fitness. New paddlers will learn the fundamentals of dragon boating. No previous experience required. Only a signed waiver is needed. Harbor Dragons provide the paddles and the life vests. We will go over the paddling stroke, boat etiquette, safety procedures and some basic boating commands. Then it's out on the water to try your hand at it! You will get to practice the stroke, experience a simulation of a typical race and get a feel for what it's like to be part of a dragon boat racing crew.

WS-0917 Introduction to Quilling

With Carol Berntsson, Mon. 9/17/18, 11am-1pm, Room 21, M\$20 NM \$23

Quilling is essentially the art of paper sculpture. This beautiful old art form can be mastered easily following the basic technique and using the materials provided in this introductory workshop. In this workshop, students will be provided with the materials and equipment that will enable them to develop a hobby that produces lovely accents, ornaments, and three-dimensional pictures to enhance gifts and cards. \$15.00 materials fee to Instructor. Carol loves this hobby and wishes to share it with anyone who wishes to explore an old art form with practical application. **Max 5**

(C) WS-0922 Using your iPad

With Pam Cox, Fri. 9/21/18, 1-4pm Con L \$30 (Non-members \$33)

In this 3 hour workshop, we will explore the iPad, helping the user better understand how to set it up, care for your iPad, onscreen typing tips and more. **Requirement: Must bring your iPad. Max 14**

WS-0923 Self-Confidence Now for Women

With Carolyn Jones, Sat. 9/22/18, 9:30-10:30am, Room 15, M\$10 NM \$13

If you are a woman who lacks self-confidence then this talk is for you. This talk will teach you 5 simple ways to build self-confidence while embracing who you are. You will learn the definition of self-confidence: what it is and what it is not, barriers to self-confidence, why it is important and ways to improve it. Self Confidence NOW is a talk for women who want to improve their self confidence in the workplace. The lack of self-confidence can oftentimes hinder ones professional growth. Let me show you the difference between self-confidence and self-esteem, how to improve your self-confidence immediately and help you build your confidence muscle.

WS-0928 Terra Cotta Wall Pocket

With Pam Cox, Fri. 9/28/18, 1-4pm, Room 31, M\$30 NM\$33

This is a fun hands-on workshop where we will make a wall hanging/wall pocket using slabs of clay. The resulting project is great to keep pencils, scissors, and even a bunch of dried posies on the wall. All tools are provided. **A \$6 clay and firing fee is payable to instructor day of workshop. Max 10**

