

ADULT CLASSES

PLEASE NOTE: 1:1 classes will stay the same as they are now - no need to re-register for those. Below are group classes.

Classes are also listed on our website: <https://www.musicforlifecenter.com/classes>

ADULT CLASSES

Monday April 21 - June 23 2025 (9 weeks - closed Memorial Day)

UPDATED!!! 9:15-10:30am Video Editing Class - Music Video Focus

Create stories based on popular music, record dances and scenes—including band performance recordings, and edit videos to be released on MFL's music and video webpages.

Goals: teamwork, storytelling, camera/video editing skills,

Teacher: Jeffrey/Autumn FEE: \$41 per person per class (\$410)

LOCATION: NYACK

NEW! 10:45am-12noon From Van Gogh to Basquiat/Artists and Styles Art Class

Learn about different artists through making art like them! Each class will start with a short overview of an individual artist and the style(s) in which they worked. The bulk of the class will be spent in learning how to make art in similar styles. Participants will paint, draw, make collage and 3D art.

Goals: Knowledge of art history, art making skills and communication

Teacher: Lindsay FEE: \$41 per person per class (\$410)

LOCATION: NYACK

12:45-2pm Group Music Skills Class

Continue to build percussion skills as you learn to sing in a variety of formats. Participants will learn how to play percussion parts while singing, sing call and response songs and have multiple percussion parts playing at same time. This is a great class to reinforce skills needed to play in a band!

Goals: Music skills, communication and listening skills

Teacher: Brandon & Michael FEE: \$41 per person per class (\$410)

LOCATION: NYACK

5 - 6pm Small Band Class - POP Band

Learn how to play in a band in this small class. Learn how to start and stop a song, play in same tempo with others and share your music with the world! NOTE: Some prior musical skills required for this class so please check with Jeffrey.

Goals: Music skills, self expression and creativity.

Teacher: Autumn & Brandon \$60 per person per class (\$600)

LOCATION: NYACK

5:45-7pm Pre-Professional Musical Theater Class (NOTE: approximately 16 classes)

Mondays 5:45-7pm, Jan 6th - June 22nd (22 weeks)

*Participants must also sign up for Session 2 on Thursdays

PERFORMANCE June 19 - 22 (4 shows - class fees apply for performances)

**NOTE: This class is limited to participants with prior training at Music For Life. We also have a Saturday musical theater class for participants who are still building their theater skills. See above.

Goals: Singing and acting skills and working together

Teacher: Terese & Rick FEE: \$50 per person per class

***NOTE: If additional rehearsals are needed prior to show, class fee will apply

LOCATION: TAPPAN

NEW! 6 - 7pm Drum Line Class - Teen/Adult - DAVE/BRANDON

Build your drumming and rhythm skills as you learn how to play in a drumline. Learn to play a variety of common "drum line" beats, how to play together AND how to march and play the drums. The goal is to get the group ready to march in an actual parade.

Goals: Drum skills, movement/coordination and working together

Teachers: Dave & Brandon \$60 per person per class (\$600)

LOCATION: NYACK

Tuesday April 22 - June 24 2025 (10 weeks)

9:15-10:30am Spring Moves Dance Class

Let's warm up up with some dancing! Learn some new dance moves as you start the day with some moving and grooving. Build skills in coordinating your body to music and build your repertoire of fun dances. This always popular class is fun, educational and exercise!

Goals: Dance skills, exercise and cooperation

Teacher: Autumn FEE: \$41 per person per class (\$410)

LOCATION: NYACK

10:45am-12noon Open Art Studio Class

Learn to work with a variety of art mediums in this ever popular class. Paint, draw, make collage and sculpture! Each class starts with a short art lesson on an artist, medium or theme. Participants will build skills and then have opportunity to continue working on their projects.

Goals: Art skills, self expression & communication

Teacher: Lindsay FEE:\$41 per person per class (\$410)
LOCATION: NYACK

11am-12noon Small Group Music Making Class

Nothing is better than playing music together! Participants will learn the basics of making music in a group including playing together with a steady beat, group singing and movement to music. A variety of songs and musical activities will reinforce skills learned. Participants will learn to play bongos, congas, maracas, rhythms sticks and more. No prior skills necessary.

Goals: Music skills and self-expression

Teacher: Brandon & Sarah FEE: \$41 per person per class (\$410)
LOCATION: NYACK

12:45-2pm MFL TV Show Class

This season of MFL's own TV show will focus on the "Funny Commercials" and "Voices Overs" this semester. Learn how to write, act, shoot video, edit and produce a TV show. Participants will share their talents in front of and behind the camera. Participants will learn technology that they can use at home to make their own videos.

Goals: Videography, creativity and cooperation

Teacher: Autumn, Michael, & Rick FEE: \$41 per person per class (\$410)
LOCATION: NYACK

2 - 2:45pm Small Band Class - Whatta Band

Learn how to play in a band in this class with 3 - 4 participants. Learn how to start and stop a song, play in same tempo with others and share your music with the world!

NOTE: Some prior musical skills required for this class so please check with Jeffrey.

Goals: Music skills, self expression and creativity.

Teacher: Molly & Matt \$60 per person per class (\$600)
LOCATION: NYACK

4:30-6pm The Rock 'n' Rollers - Rock Band Class

Learn how to play in a rock band! This fun class will help you learn how to sing and play instruments with other people. Bring your voice, guitar, bass, keyboard or other instrument and let's rock!

Goals: Group music skills and working together

Teacher: Jeffrey and Matt FEE: \$66 per person per class/ongoing
LOCATION: NYACK

5:30-6:30pm Teen/Adult Chorus at the Rockland Conservatory of Music

Build your group singing skills in the ongoing RCM CHORUS. This class takes place and is billed through the Rockland Conservatory of Music in Pearl River. This is an always popular class!

Goals: Group singing skills, self expression and working together

Teacher: Molly FEE: \$43 per class/ongoing

LOCATION: PEARL RIVER/Rockland Conservatory of Music

NEW! 5:45-6:30pm Intro To Musical Theatre Class

Work together to sing, dance, and act in a musical revue! We will build a show based on preferred stories and songs. This class is geared towards participants who are new to performing, and want to begin their theatrical journey in a smaller, supportive environment.

Goals: Singing, dancing, acting skills, and working together as a group.

Teachers: Sarah M and Terese G \$60 per person per class (\$600)

LOCATION: TAPPAN

Wednesday April 23 - June 25 2025 (10 weeks)

NEW! 9:15am-10:30am Web Design Class - Original Music Channel

Create a page on the MFL website for songwriters at Music For Life to promote their original songs. Learn how to write biographies about our talented musicians, descriptions of their music, and promote their achievements on social media. Explore website design using the WIX platform and the world of social media marketing.

Goals: website design, marketing, writing, teamwork, cooperation,

Teacher: Autumn FEE: \$45 per person per class (\$450)

LOCATION: NYACK

UPDATED 9:15-10:30am Film Making Class - Short Documentary Focus.

Build your video editing and story telling skills through making short documentaries. This class will focus on telling a story with a beginning, middle and end about something that's important to you! Use footage you take outside of the class or use found footage and tell a story about something happening in the world.

Goals: Video editing skills, storytelling skills and technology skills

Teacher: Pascal/Autumn FEE: \$41 per person per class (\$410)

NEW! 9:15-10:30am Mindfulness and Art Class

Learn to use art to relax your mind and body. This class will focus on making art that helps you connect with the "here and now". Art mediums used will be painting, drawing, 3D and performance art. Skills will include art making and meditation.

Goals: Mindfulness and relaxation skills and art skills

Teacher: Lindsay FEE:\$41 per person per class (\$410)

LOCATION: NYACK

10:45am-12noon Spring Chorus Class (10 weeks)

Build your group singing skills in the ongoing MFL ADULT CHORUS. This is an always popular class! Focus this SPRING will range from unison singing to 2 part singing to using percussion instruments during singing.

Goals: Group singing skills, self expression and working together

Teacher: Molly FEE: \$41 per person per class (\$410)

LOCATION: NYACK

11am - 12:15pm Small Group Performance Lab Class (10 weeks)

NOTE: This class is for participants with advanced skill on a musical instrument.

Participants will learn how to set up and perform in professional environments including farmer's markets, senior centers and restaurants.

Goals: Performing skills, sound system set up and working together

Teacher: Dave FEE: \$60 per person per class (\$600)

LOCATION: NYACK

UPDATED! 12:45-2pm Podcast Class/Voices Are Heard

This class will continue to focus on interviewing interesting people in our community in-person and around the world on zoom! BUT we will add a "podcast" business component as we try to get our podcasts on actual podcast platforms AND find local sponsors and advertisers for our interviews. We will also add a "debrief" discussion to each podcast in which participants will discuss the interview with each other and include this as part of the published podcast.

Goals: Interviewing skills, business skills and communication skills

Teacher: Molly G and Sarah M FEE: \$41 per person per class (\$400)

LOCATION: NYACK

NEW! 12:45-2pm Piano Lab Class

The piano keyboard is the foundation of Western music and important for every musician to have basic skills on. Learn to play melodies and chords together. Build your music reading skills. Learn how to play solo and with others. The teacher of this class, Matt, has extensive professional experience playing piano professionally.

Goals: Piano skills, fine motor skills and working together

Teacher: Matt C FEE: \$41 per person per class (\$400)

LOCATION: NYACK

3-3:45pm Small Group Art Class (10 weeks)

Express yourself with a variety of art mediums in this ever popular class. Paint, draw, make collage and sculpture! Each class starts with a short art lesson.

Goals: Art skills, self expression & communication

Teacher: Lindsay FEE: \$60 per person per class (\$600)

LOCATION: NYACK

4-4:55pm Spring Moves Dance Class (10 weeks)

It's time to get down to some exciting dance songs! Dancing is good exercise and it's also a great social activity. Knowing the moves to a couple of dances will make every party so much more fun!

Goals: Dance skills, balance and coordination and fun!

Teacher: Autumn FEE: \$41 per person per class (\$410 per class)

LOCATION: NYACK

5:15-6:15pm The AMPS - Rock Band Class (10 weeks) - CLASS IS CURRENTLY FULL
Learn how to play in a rock band! This fun class will help you learn how to sing and play instruments with other people. Bring your voice, guitar, bass, keyboard or other instrument and let's rock!

Goals: Group music skills and working together

Teacher: Molly FEE: \$45 per person per class (\$450)

LOCATION: TAPPAN

5:15-6:00 pm SMALL BAND CLASS - OFF THE RAILS (10 weeks)

Learn how to play in a band in this class with 3 - 4 participants. Learn how to start and stop a song, play in same tempo with others and share your music with the world!

NOTE: Some prior musical skills required for this class so please check with Jeffrey.

Goals: Music skills, self expression and creativity.

Teacher: Brandon \$60 per person per class (\$600 per class)

LOCATION: TAPPAN

Thursday April 24 - June 26 2025 (10 weeks)

NEW! 9:15-10:30am Job Readiness

Ready to join the workforce, but unsure of where to start? Learn how to find open positions, create a resume, and sit for an interview. Prepare for interviews by practicing answering common interview questions, speaking clearly and confidently, making eye contact, and talking about your skills.

Goals: Self-advocacy, communication, social skills, integration, role playing, writing

Teacher: Autumn \$60 per person per class (\$600 per class)

LOCATION: TAPPAN

NEW!!! 10:45am-12noon Screenwriting & Movie Making Class

Let's learn how to make a movie! Participants will start rehearsing the movie they wrote in Winter Session Screenwriting Class. Build your acting skills AND learn how to write storyboards, plan costumes and props and get ready to film. Participants will then film the movie in Summer Session!

Goals: Filmmaking skills, acting and working together

Teacher: Rick A and Molly G FEE: \$41 per person per class (\$410 per class)

LOCATION: NYACK

11:15am-12:15pm Small Band Class (10 weeks)

Build your band skills as you learn how to play music in a group! This fun class will help you learn how to sing and play instruments with other people. You'll play songs from a variety of styles and bands. Focus will be on steady beat, playing rhythms, learning about melody and building a repertoire of songs.

Goals: Group music skills and working together

Teacher: Dave FEE: \$60 per person per class (\$960)

LOCATION: NYACK

1-2pm Building Group Music Skills Class (10 weeks)

Work in-depth on a variety of fun songs in the Building Group Music Skills Class! Have fun playing many different songs with each other. Try out songs as a duo, trio or quartet! This is a great class to experiment with different instruments.

Goals: Band skills, self expression and working together

Teacher: Jeffrey FEE: \$41 per person per class (\$410)

LOCATION: NYACK

5:45 - 7pm Pre-professional Musical Theater Class (approximately 16 weeks)

*Participants must also sign up for Session 1 on Mondays

PERFORMANCE June 19-22 (4 shows - class fees apply for performances)

- *The ADDAMS FAMILY* will be the focus from December to June, and show performances will take place June 19-22, 2025 at Elmwood Playhouse.

Goals: Singing and acting skills and working together

Teacher: Molly, Terese & Rick FEE: \$968 (\$60.50 per class)

***NOTE: If additional rehearsals are needed prior to show, class fee will apply

LOCATION: TAPPAN

Thursdays 5-5:45pm Teen/Young Adult Intro Rock Band Class (10 weeks)

Learn how to play in a rock band! This fun class will help you learn how to sing and play instruments with other people. Bring your voice, guitar, bass, keyboard or other instrument and let's rock!

Goals: Group music skills and working together

Teacher: Dave & Autumn FEE: \$45 per person per class (\$450)

LOCATION: NYACK

Friday April 25 - June 27 2025 (10 weeks)

4:30-5:30pm Beach Down - Teen/Adult Band

Learn how to play in a rock band! This fun class will help you learn how to sing and play instruments with other people. Bring your voice, guitar, bass, keyboard or other

instrument and let's rock!

Goals: Group music skills and working together

Teacher: Dave & Autumn FEE: \$45 per person per class (\$45)

LOCATION: NYACK

Saturday - SPECIAL DATES: May 3 - June 21st (not class May 17th) (7 weeks)

Note: Please reach out to Jeffrey to determine which class is best fit for your musician.

11 - 11:55pm Social Music Saturdays Class - BAND FOCUS FOR INTERMEDIATE MUSICIANS

Build your group music playing skills in this fun class. Learn how to use a variety of percussion instruments and sing together. You will learn fun rhythms, songs and musical activities. This class will help prepare you to join a band someday!

Goals: Group music skills and working together

Teacher: Matt FEES: \$60 per person per class (\$420)

LOCATION: NYACK

12 - 12:55pm Social Music Saturdays Class - TEEN/ADULT CLASS FOR BEGINNER INSTRUMENTALISTS

Build your group music playing skills in this fun class. Learn how to use a variety of percussion instruments and sing together. You will learn fun rhythms, songs and musical activities. This class will help prepare you to join a band someday!

Goals: Group music skills and working together

Teacher: Matt FEES: \$60 per person per class (\$420)

LOCATION: NYACK