



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Little Artists: Indoor/Outdoor Creative Arts Program 🎨🌿

Instructor: Natalie Russel

Ages: 4-6

When: Mondays, April 21 – June 16 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio + Outdoor Locations in Downtown Nyack

Let your child's creativity shine in **Little Artists**, an engaging indoor/outdoor arts program designed for young creators! Each week, children will **explore new artistic outlets**—from painting and sculpture to movement and collaborative projects.

☀️ **What to Expect:**

- 🎨 Hands-on art activities in our vibrant studio
- 🌳 Outdoor creative sessions in local parks
- 🖌️ Exploring murals & public art as inspiration
- 👧 Playful, process-based learning led by Natalie Russel

This workshop encourages self-expression, sensory exploration, and a love for the arts in a fun and nurturing environment.

Up to 15 participants



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Culinary Juniors: Indoor/Outdoor Culinary Arts Program 🧑🍳🍴

Instructor: Empress Polonia

Ages: 4-6

When: Mondays, April 21 – June 16 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio + Culinary Adventures in Downtown Nyack

Calling all budding chefs! Culinary Juniors is

a deliciously fun indoor/outdoor culinary arts program where young food lovers will embark on weekly culinary adventures and hands-on cooking experiences.

🍷 **What to Expect:**

- 👤 Visits to local restaurants, bakeries, and eateries in downtown Nyack
- 🔪 Hands-on cooking skills and beginner culinary techniques
- 🧑🍳 Special trip to RCC Hospitality & Culinary Arts Center
- ☀️ Exploration of flavors, ingredients, and kitchen creativity

Led by Empress Polonia, this workshop blends food, fun, and learning—encouraging curiosity and confidence in the kitchen while connecting with our local food community.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Girls Justice Group: Youth Empowerment Program ✨💪

Instructors: Amari Weinstock + Weekly Guest Teachers, Artists, and Visionaries supported by Maggie White

Ages: 7-11

When: Mondays, April 21 – June 16 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio + Outdoor Community Spaces in Downtown Nyack

Girls Justice Group is an inspiring indoor/outdoor empowerment program designed to foster knowledge, equity, and equality. Led by Maggie White and a dynamic lineup of guest teachers and visionaries, participants will engage in meaningful discussions and creative projects that explore themes of justice, self-expression, and community action.

☀️ **What to Expect:**

- 💡 Engaging conversations on social justice and current events
- 🎨 Creative projects with local artists and change-makers
- 🌳 Outdoor activities connecting with the community and public spaces
- 🚀 Empowerment through knowledge, leadership, and self-expression

This program provides a safe, supportive space for girls to develop their voices, expand their understanding, and become thoughtful advocates for positive change.



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Artists Loft: Art Making & Exploration Program 🎨 ✨

Instructor: Maija Kupris

Ages: 7-11

When: Mondays, April 21 – June 16 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio + Outdoor Inspiration in Downtown Nyack

Step into the Artists Loft, where creativity knows no bounds! This hands-on art-making and exploration program invites young artists to discover and create while drawing inspiration from a new woman artist each week. Led by Maija Kupris, participants will experiment with a wide range of materials and techniques, bringing their artistic visions to life.

🌟 **What to Expect:**

- 🎨 Weekly focus on a groundbreaking woman artist and her style
- 🎨 Hands-on exploration with paint, mixed media, pencil, collage, and more
- 🌳 Outdoor sessions using local murals and public spaces as creative inspiration
- 🖼️ A supportive, open studio environment for self-expression

This program encourages young artists to explore, experiment, and express themselves while learning from the masters of creativity.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Play and Arts Studio: The Art of Playful Creativity 🎨🧸

Instructor: Natalie Russell

Ages: 4-6

When: Tuesdays, April 22 – June 17 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

In **Play and Arts Studio**, the magic of **natural play** meets **creative exploration**! Led by **Natalie Russell**, this workshop encourages young artists to discover how **play**—with toys, games, and imagination—can spark **art-making** and self-expression. Through hands-on activities and open-ended exploration, children will **play, create, and learn** in a joyful and supportive environment.

☀️ **What to Expect:**

- 🧸 Play-centered learning to inspire creativity and storytelling
- 🎨 Art-making that evolves from natural play and joyful discovery
- 🌿 Hands-on exploration with toys, sensory materials, and art supplies
- ☀️ A nurturing environment where imagination leads the way

This workshop fosters **curiosity, confidence, and creativity**, allowing children to explore the connection between **play and the arts** while developing new ideas through fun, interactive sessions.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Sculpture and Clay: Hands-On 3D Art Exploration 🏺 🎨

Instructor: Maija Kupris

Ages: 4-6

When: Tuesdays, April 22 – June 17 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

Workshop Description:

In Sculpture and Clay, young artists will explore the world of three-dimensional art through hands-on experiences with clay, dough, and a variety of sculpting materials. This workshop encourages tactile exploration, creative thinking, and artistic expression as children learn to shape, mold, and construct their own unique pieces. Participants will develop their ideas through sculpture and design, working with their hands to bring imagination to life.

☀️ **What to Expect:**

- 🏺 Clay and dough sculpting – Experiment with texture, form, and structure
- 🎨 Multi-material exploration – Create with a variety of safe, engaging sculpting materials
- 👐 Hands-on learning – Strengthen fine motor skills through playful, artistic creation
- 🧠 Creative expression & design thinking – Encourage problem-solving and artistic confidence

This workshop provides a fun, sensory-rich environment where children can discover the joy of making art in 3D while exploring shape, balance, and form in their own way.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Culinary Chefs: Advanced Culinary Exploration Program 🍴👨🍳

Instructor: Empress Polonia

Ages: 7-11

When: Tuesdays, April 22 – June 17 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio + Culinary Adventures in Downtown Nyack

For young food enthusiasts and aspiring chefs, **Culinary Chefs** offers a **deeper dive** into the world of **cooking, baking, and culinary exploration!** Designed for children who have participated in previous culinary workshops—or simply **love food**—this exciting program, led by **Empress Polonia**, blends hands-on cooking experiences with **behind-the-scenes visits** to local culinary hotspots.

🍴 **What to Expect:**

- 🍞 Visits to **restaurants, bakeries, and eateries** in downtown Nyack
- 👨🍳 Meet and learn from **local chefs, bakers, and culinary experts**
- 🏠 Special **tour of RCC Hospitality & Culinary Arts Center**
- 🍪 Hands-on **baking and cooking** experiences in the CAW studios
- ☀️ Exploration of global flavors, cooking techniques, and kitchen creativity

This immersive program encourages **curiosity, teamwork, and culinary confidence**, offering young chefs a taste of **professional kitchens** while honing their skills through **fun, hands-on cooking projects**.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Clowning Around Town: Theatre Arts & Physical Comedy 🤡🤪

Instructor: Sara Law

Ages: 7-11

When: Tuesdays, April 22 – June 17 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

Step into the joyful world of clowning and comedy with Clowning Around Town: Theatre Arts—a dynamic workshop where young performers will explore the art of physical comedy, improvisation, and character play! Led by Sara Law, this program blends traditional clowning techniques with modern theatre games, encouraging expressive movement, creativity, and confidence.

🤪 **What to Expect:**

🤡 Cloning & Physical Comedy – Learn classic clowning techniques, body awareness, and comedic timing

🤪 Character Development – Create your own unique clown persona through expression and play

🧠 Social & Emotional Growth – Build confidence, teamwork, and storytelling skills

🎨 Costume & Prop Play – Experiment with costumes, props, and stage movement for comedic effect

This workshop encourages self-expression, imagination, and the joy of performance, providing a supportive space for children to explore theatre in a playful and uninhibited way.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Little Theatre and Music: Playful Storytelling & Musical Exploration 🎭🎵

Instructor: Maija Kupris

Ages: 4-6

When: Wednesdays, April 23 – June 18 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

Little Theatre and Music invites young performers to **play, imagine, and create** through **theatre games, storytelling, and musical exploration**. Led by **Maija Kupris**, this joyful workshop encourages children to express themselves while building **confidence, creativity,** and a love for **performance**.

☀️ **What to Expect:**

🎭 **Theatre Games & Techniques** – Fun, beginner-friendly activities to spark imagination and play

🎵 **Musical Exploration** – Discover rhythm, sound, and musical storytelling through playful exercises

📖 **Storytelling & Make-Believe** – Bring stories to life through character exploration and creative movement

☀️ **Natural Play** – Support social-emotional growth through collaborative and imaginative play

This workshop nurtures **curiosity and self-expression**, offering a **safe and supportive** space for children to **explore their creativity** while having fun with theatre and music.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Spring Harvest Culinary Juniors: A Seasonal Cooking Adventure 🌱🍓

Instructor: Empress Polonia





Ages: 4-6

When: Wednesdays, April 23 – June 18 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio + Local Culinary Field Trips

Celebrate the flavors of Spring and Early Summer in Spring Harvest Culinary Juniors! This hands-on culinary workshop, led by Empress Polonia, will introduce young chefs to the joys of seasonal eating through fun recipes, fresh ingredients, and exciting field trips.

What to Expect:

-  Hands-on cooking with local and seasonal fruits & vegetables
-  Farm-to-table learning – understanding where our food comes from
-  Visits to local restaurants to meet chefs and taste seasonal dishes
-  Exploring nutrition, variety, and the cultural diversity of seasonal foods

Through cooking, tasting, and exploring, this workshop encourages a love for fresh, healthy food while fostering creativity and curiosity in the kitchen. Spaces are limited—reserve your spot today!



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Global Stewards Through Community Arts: Creativity for a Better World 🌍👩🎨

Instructor: Sarah Provost

Ages: 7-11

When: Wednesdays, April 23 – June 18 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio + Outdoor Community Art Spaces

Join **Global Stewards Through Community Arts**, a hands-on workshop where young artists will **explore their role as global citizens** through **art, sustainability, and community engagement**. Led by **Sarah Provost**, participants will go on neighborhood walks to visit local public art and take the inspiration back to the studio to collaboratively create our own community art projects. We'll work with **upcycled materials** to create meaningful art projects that inspire environmental awareness.

 **What to Expect:**

 **Hands-on projects using upcycled and sustainable materials**

 **Neighborhood walks to explore public art installations and murals as a form of activism**

 **Collaborative community art projects that promote sustainability**

 **Learning how artists inspire change in environmental consciousness**

This workshop encourages young artists to **think globally and act locally**, using their creativity to **raise awareness about waste, recycling, and caring for our planet**.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Music, Lyrics, and Poetry Club: Creative Writing & Musical Expression 🎵🎤

Instructor: Soren Song

Ages: 7-11

When: Wednesdays, April 23 – June 18 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

For kids who love **words, music, and self-expression**, **Music, Lyrics, and Poetry Club** is the perfect creative space! Led by **Soren Song**, this workshop blends **writing techniques, music exploration, and personal creativity**, allowing young artists to develop their own **lyrics, poetry, and rhythmic storytelling**.

🎵 **What to Expect:**

🎵 **Exploring song lyrics and poetry** as inspiration for discussion

📝 **Creative writing techniques** to craft original poetry and lyrics

🎤 **Musical expression & rhythm exploration**—words set to beats and melodies

☀️ **Building confidence and connection to self** through words and creativity

Whether participants are drawn to **songwriting, poetry, or storytelling**, this workshop encourages them to **find their voice, experiment with rhythm, and embrace self-expression** through music and language.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Legos, Clay, and Building Exploration: A Hands-On Creative Workshop 🧱🎨

Instructor: Ms. Amari

Ages: 4-6

When: Thursdays, April 24 – June 19 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

For kids who **love to build, design, and create**, **Legos, Clay, and Building Exploration** is the perfect **play-based workshop** to nurture their **architectural and artistic imagination!** Led by **Ms. Amari**, this hands-on experience allows young makers to **construct, sculpt, and experiment** with **Legos, clay, and other building materials** in an open-ended, creative environment.

🧱 **What to Expect:**

- 🧱 **LEGO® building and structural exploration**
- 🎨 **Clay sculpting techniques and hands-on modeling**
- 🎨 **A balance of guided projects and free play creativity**
- 🎁 **Two take-home sculptures created throughout the session**

This workshop fosters **spatial awareness, problem-solving, and hands-on creativity** while giving young builders the freedom to **explore their architectural ideas in a fun, engaging space.**



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Park and Arts: Play, Create, and Explore! 🌞🎨🌳

Instructor: TBA

Ages: 4-6

When: Thursdays, April 24 – June 19 | 4:30 – 6:00 PM

Where: Franklin Street Park + Creative Arts Workshop Studio

Let's **play, create, and enjoy the sunshine!** **Park and Arts** is a **total play-based program**, perfect for kids who are full of **energy and creativity** at the end of the day. Each week, children will **explore the outdoors**, engage in **hands-on art activities**, and enjoy **free play at Franklin Street Park**.

🎨 **What to Expect:**

- 🖌️ **Outdoor watercolor painting & chalk art**
- 🌳 **Playtime and movement-based creativity in the park**
- 🌞 **Relaxed, open-ended exploration with friends**
- 🧒 **A fun, low-pressure way to express creativity through play**

This workshop is **ideal for young artists and active kids** who love to **run, play, and create in the fresh air**. Each session will balance **art-making with movement and free play**, making it a **fun and engaging way to end the afternoon**.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Nyack Sketch and Draw: A Guided Outdoor Drawing Experience

Instructor: Natalie Russell

Ages: 7-11

When: Thursdays, April 24 – June 19 | 4:30 – 6:00 PM

Where: Downtown Nyack & Hudson River Viewpoints

Step into the **artistic footsteps of Edward Hopper** and explore the beauty of **Nyack and the Hudson River** through drawing and sketching! **Nyack Sketch and Draw** is a hands-on, outdoor workshop where young artists will **navigate different locations** in downtown Nyack, using real-life scenes as inspiration for their work. Led by **Natalie Russell**, this program offers **on-location sketching, drawing techniques, and creative tutorials** along the way.

What to Expect:

 **Exploring downtown Nyack and the Hudson River for artistic inspiration**

 **Guided sketching and drawing exercises to develop technique**

 **Learning from history—drawing like young Edward Hopper**

 **Hands-on learning with personalized tutorials along the way**

Perfect for **young artists looking to develop their skills**, this workshop encourages **observation, patience, and creativity** in a relaxed, outdoor setting. Whether your child is a beginner or an experienced sketcher, they'll find **inspiration and guidance** in this exciting program.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Comedy Expressions: A Workshop in Humor & Performance 🤔🗣️

Instructor: Soren Song

Ages: 7-11

When: Thursdays, April 24 – June 19 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

Get ready to **laugh, perform, and express yourself** in **Comedy Expressions**—a fun and interactive workshop where kids explore the **art of comedy** through **improv, storytelling, character work, and comedic timing**. Led by **Soren Song**, this program helps young performers **build confidence, creativity, and quick thinking** while discovering their own unique sense of humor.

🗣️ **What to Expect:**

- 🤔 **Improv games and comedic storytelling**
- 🎤 **Exploring different styles of humor—from slapstick to wordplay**
- 🗣️ **Character development and performance techniques**
- ☀️ **A supportive space to express creativity and build confidence**

Whether your child is a natural comedian or just wants to **have fun and try something new**, this workshop is a **great way to explore humor, creativity, and performance in a playful environment**.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Rainbow Lab Arts: A Colorful Journey of Creativity 🌈🎨

Instructor: Natalie Russell

Ages: 4-6

When: Fridays, April 25 – June 20 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

Welcome to **Rainbow Lab Arts**, where young artists **explore the magic of color, creativity, and imagination!** Led by **Natalie Russell**, this vibrant workshop is designed to **engage little creators** in hands-on art-making inspired by the **colors of the rainbow**. Each week, children will **experiment with different artistic materials and techniques**, using **paint, collage, mixed media, and more** to bring their colorful ideas to life.

☀️ **What to Expect:**

- 🎨 **Hands-on art projects exploring colors and textures**
- 🖌️ **Experimenting with a variety of art materials and techniques**
- 🌈 **Learning how colors mix, blend, and inspire creativity**
- 💡 **A fun, play-based environment that fosters imagination and self-expression**

Perfect for young children who love to **paint, play, and create**, **Rainbow Lab Arts** provides a **joyful, sensory-rich space** where every child can **express themselves through color and art**.



CAW: AFTERSCHOOL ARTS WORKSHOPS - SPRING 2025

Make a Play Workshop: Create, Act & Perform! 🎭🌟

Instructor: Sarah Law

Ages: 7-11

When: Fridays, April 25 – June 20 | 4:30 – 6:00 PM

Where: Creative Arts Workshop Studio

Let your child's imagination take center stage in **Make a Play Program**, a hands-on theatre workshop where young performers will **create, act, and bring their own play to life!** Led by **Sarah Law**, this engaging program combines **acting, improvisation, storytelling, and stagecraft** to guide children through the process of developing and performing their own theatrical production.

🌟 **What to Expect:**

- 🎭 **Theatre games and improvisation** – Build confidence and creativity through play
- 🎤 **Character development and dialogue exploration** – Bring stories to life on stage
- 📝 **Collaborative playwriting** – Work together to craft an original performance
- 🎬 **Rehearsals and live performance** – Develop teamwork and stage presence

Perfect for both seasoned performers and first-time actors, **Make a Play Program** offers a fun and **supportive space** where children can **express themselves, build confidence, and experience the magic of theatre!**