



# INSTITUTE FOR THE

# ARTS

SUMMER PROGRAM FOR RISING 7<sup>TH</sup> - 12<sup>TH</sup> GRADE STUDENTS

JULY 8 - JULY 26, 2024 • LAKE BRADDOCK SECONDARY • 8:30 a.m. - 2 p.m.

## THE PROGRAM

Institute for the Arts (IFTA) is a 2 or 3-week arts enrichment program for students in rising 7th-12th grade who like to express themselves through the study of dance, fashion, music, theatre, and visual art.

With almost 60 classes to choose from, students can immerse themselves in their favorite arts subjects or explore something new. A daily schedule at IFTA consists of four 70-minute classes and a half-hour lunch. Classes are taught in a supportive environment by teachers who are dedicated to high achievement and success.

Course offerings are subject to sufficient enrollment. For additional program information, visit the IFTA website or social media pages.

## ELIGIBILITY

IFTA is open to students currently in grades 6-11 who will enter grades 7-12 during the 2024-25 school year. Fairfax County Public School (FCPS) students, county residents who are enrolled in private schools or home schooled, and non-Fairfax County residents are encouraged to register.

## LOCATION, DATES, & TIMES

Lake Braddock Secondary School  
9200 Burke Lake Rd. Burke, VA 22015

Monday, July 8 - Friday, July 26,  
2024(M-F) 8:30 a.m. - 2 p.m.



## TUITION

Session 1: (July 8-19) \$530

Session 2: (July 8-26): \$795

Tuition waivers are available for students who qualify for free and reduced lunch. Students MUST have a Consent to Release form and paperwork on file with their base school completed.

Non-FCPS students must provide a copy of the following documentation:

- birth certificate
- medical evidence of immunization
- a most recent 2023-24 school report card

## REGISTRATION & CLASS SELECTION

Online registration opens Feb 1<sup>st</sup> at 8 am. Students should create their desired schedule by selecting 1 class and 1 alternative class per period. Students should choose 4 classes from the schedule based on the grade level being entered in the fall of 2024-25. The classes you sign up for is what you will take unless a class is canceled, in which case you will be notified via the email address you registered with. Do not sign up for a level 2 class without taking a level 1 class first. Students may attend a single, 2 week, session or a 3 week session. Students are scheduled into 4 classes which they attend for the duration of the program.

### **Note the items needed for class:**

Students will need sketchbooks this summer if the class indicates. Also, students should keep their laptops from their base school at the end of the year if they are signed up for a class that says they need it. Please email [ifta@fcps.edu](mailto:ifta@fcps.edu) if you have issues related to your laptop.

Register at: [aceclasses.fcps.edu](https://aceclasses.fcps.edu)

## TRANSPORTATION

Bus transportation for FCPS and non-FCPS students is included in the tuition and will be provided from select middle and high schools outside of the Lake Braddock Secondary School pyramid. Transportation to these schools is the responsibility of the parent/guardian. The bus schedule is included in the confirmation email received after registration.

## LUNCH

FCPS Food Services provides lunch for students or they may bring a lunch from home.

## ATTENDANCE & CONDUCT REQUIREMENTS

Any student absent from IFTA should notify the IFTA office. Check in the Student Handbook for the IFTA office phone number and email.

Students are expected to follow the rules outlined in the FCPS Student Rights and Responsibilities. To successfully complete IFTA coursework, students must be able to work independently and in large groups, follow teacher directions, and maintain positive relationships with peers and adults.

## REFUND POLICY

A Request for Refund must be received by 11:59 p.m. on June 14 and will incur a \$50 withdrawal fee. No exceptions will be made.

Visit [www.fcps.edu](https://www.fcps.edu) and search **IFTA**.



# Dance

Dance classes of similar techniques may be combined due to enrollment.

## DANCE APPRECIATION

Grades 7-12 (IFT0620)

Explore different genres of dance like social and partner dances (latin, swing, salsa), and the basics of ballet, modern, jazz, and tap. Develop an understanding of dance concepts and terminology. Ideal for students interested in taking a dance class for the first time.

## BALLET I/II

Grades 7-12 (IFT0111)

Develop and begin building strength, flexibility and control to execute ballet movement. Each class will emphasize barre exercises and may include a combination of center work and across-the-floor combinations. Ballet shoes required.

## HIP HOP I

Grades 7-8 (IFT0312)

Grades 9-12 (IFT0315)

Experience a high-energy class that infuses the latest styles of street, commercial, and freestyle forms. Step outside of the box by bringing your own individual style and personality to movements.

## JAZZ DANCE I

Grades 7-12 (IFT0512)

Learn proper jazz dance technique such as isolations of the body, improving performance quality, and developing complex rhythms and patterns. Broadway, street, and contemporary styles will be studied. Jazz or ballet shoes required.

## MODERN DANCE I

Grades 7-12 (IFT0612)

Explore the fundamental concepts of modern technique in this introductory class. Emphasis is placed on improving anatomical awareness and alignment, increasing strength and flexibility, and developing improvisational skills.

## STRENGTH, STRETCH & CONDITIONING

Grades 7-12 (IFT0412)

Improve fitness, coordination, strength, and flexibility with low-to high-impact aerobics, power walking, kick-boxing, free weights, and relaxation exercises. Emphasis in this class is on exercise safety and technique

## YOGA FOR THE ARTIST

Grades 7-12 (IFT0715)

Balance the mind, body, and spirit. Learn a series of physical postures as well as methods for relaxation, proper breathing, meditation, and concentration that promote health, alleviate stress, and increase muscular strength and flexibility. Students must provide a yoga mat.

## ONLINE HEALTH & PE (HPE9)

Grade 9 (IFT2035)

3 week class only

**Prerequisite:** This course is open to current FCPS students entering grade 9. Students gain knowledge and skills in a variety of individual, dual, and team sports/activities to develop competencies to promote an active lifestyle. Students begin to apply personal fitness planning concepts to individualized plans. One quarter of the course includes instruction in the health education topics of alcohol, tobacco, and other drug use prevention; personal health; injury and violence prevention; disease prevention; emotional and social health; human growth and development; and cardiopulmonary resuscitation and automated external defibrillation (CPR and AED) and first aid. Students must have a working computer, access to the internet along with access to FCPS 24-7, and valid email addresses for himself/herself and parent/guardian. This course is coordinated with Online Campus and completes the daily 1 hour virtual teacher-led instruction required for the course. Students are responsible for completing the remaining 2 1/2 hour online and 1 hour fitness portions each day on their own time. The course is for a letter grade unless students elect to take it pass/fail. **NEW: After registration please call the ACE office on or before June 7th to ask for Pass/Fail at 703.658.1201 (opt 1)** Upon successful completion students earn one credit. *There is a mandatory face-to-face assessments on July 22nd. Time TBD*



# Music

Music classes with separate grade levels indicated may be combined due to enrollment.

## ACOUSTIC COVERS **NEW!**

**Grades 7-12 (IFT1230)**

Basic guitar skills are required. Come and have fun playing the acoustic guitar, learning music from popular artists and bands. Students must provide acoustic guitar, pick, and extra strings.

## BEGINNING GUITAR

**NEW!**

**Grades 7-12 (IFT1232)**

Study the music of the silver screen, how it can add to the story, and even how to play it. You can learn to play the music of the blockbusters like Star Wars, Indiana Jones, Gladiator, Beetlejuice, and more! Open to any guitar instrument.

## FAMOUS MOVIE SCORES FOR BAND AND STRINGS **NEW!**

**Grades 7-12 (IFT1245)**

Study the music of the silver screen, how it can add to the story, and even how to play it. You can learn to play the music of the blockbusters like Star Wars, Indiana Jones, Gladiator, Beetlejuice, and more! Open to any band and strings instruments.

## GARAGE BAND

**Grades 7-12 (IFT1446)**

Learn to play cover tunes and create original songs. Put together a "set" and perform for the IFTA student body. Drums, bass, guitar, keyboards, and vocals wanted. Other instruments welcome; ukulele, saxophone, etc. To be successful, students should be more advanced than beginner level. Students must provide instruments and amplifiers.

## RUDIMENTS, RHYTHMS, AND ROLLS **NEW!**

**Grades 7-12 (IFT1242)**

Bucket drumming is a style of drumming that is accessible to everyone! Plastic buckets, and other objects, such as glass bottles, pots, and pans, are used to create beats – no drum set required!

## MUSIC COMPOSING **NEW!**

**Grades 7-12 (IFT1224)**

Study the elements of rhythm, melody, and harmony as you create your own compositions. Learn how the rules and relationships of music theory govern the sounds of your voice or instrument. Improve sight-reading, ear-training, and analytical skills.

## BEATLES RETROSPECT **NEW!**

**Grades 7-12 (IFT1220)**

Explore the world of "the Fab Four", what made their music unique, and even how to play some of the greats! Open to anyone who plays guitar, bass, or drums.

## PODCASTING **NEW!**

**Grades 7-11 (IFT1236)**

Learn how to record, produce and publish your own podcast! Students will choose a subject of personal interest on which to focus their podcast. Then they will learn how to format their show into popular styles or create their own unique show format. Once ready they will begin to create their content by using mics and recording equipment in the studio or out in the field. Students will learn how to digitally edit and arrange their podcast in Garageband or other popular applications. Students will learn about industry terminology, advertising streams, and audience engagement. By the end of the session, students will have produced their own podcast(s) to share with their friends, families and even the world!

## ADVANCED VOICE

**Grades 9-12 (IFT1056)**

Topics such as vocal health, performing, auditioning, and sight-reading are visited through large and small group instruction. Students will sing and perform solo repertoire in class.

## CHORAL WORKSHOP

**Grades 7-8 (IFT1012)**

**Grades 9-12 (IFT1015)**

Improve your vocal skills while singing folk, pop, Broadway, jazz, and classical styles in a large group setting.



# Theatre

Theatre classes with separate grade levels indicated may be combined due to enrollment.

## DEvised THEATRE **NEW!**

Grades 7-8 (IFT3426)

Grades 9-12 (IFT3427)

Love acting, directing, or writing? This is the class for you! Students all collaborate in their roles to produce and perform short works and scripts culminating in a showcase performance.

## STORYTELLING

Grades 7-12 (IFT3511)

Learn the art of storytelling. Develop skills in using facial expressions, gestures, and the voice to create distinct, exciting characters in solo performances.

## ACTING, AUDITION TECHNIQUES

Grades 7-8 (IFT3330)

It's all about the audition! Perfect audition skills, select material, and work on timing and structure so that your next audition is a success!

## THEATRE SPORTS/IMPROV

Grades 7-8 (IFT4313)

Grades 9-12 (IFT4316)

Learn to perform without a script or rehearsal! Develop the skills of improvisation. Use your imagination to mix and match characters, plots, props, and scenes. Play the most spontaneous games in theatre.

## STAGE MAKEUP I

Grades 7-8 (IFT3612)

Grades 9-12 (IFT3615)

Color the face. Mold the nose. Change the eyes. Basic stage makeup, old age, and monster/vampire. All participants will act as artist and model. Students must be able to work with and wear the makeup. Latex is used in this course.

## STAGE MAKEUP II

Grades 8-12 (IFT3617)

Grades 9-12 (IFT3619)

Prerequisite: Makeup I within the past three years.

Learn techniques for more advanced character and special effects makeup including advanced old age, cuts, bruises and burns, hairdressing and wig applications, and gel effects. All participants will act as artist and model. Students must be able to work with and wear the makeup. Latex is used in this course.

## CREATIVE WRITING

Grades 7-8 (IFT3513)

Grades 9-12 (IFT3516)

Capture your great ideas writing fiction, nonfiction, poetry, and other forms of descriptive writing. Become a novelist, a poet, or a journalist and explore the world of the professional writer. Students participate in readings of their works.

**SCHOOL LAPTOPS ARE TO BE KEPT FOR THE SUMMER FOR THIS COURSE**

## ACTING MS

Grades 7-8 (IFT3312)

Learn to take the stage with confidence and style. Make your voice heard and understood. Use improvisation, scripts, and theatre games to develop an actor's tool box. Work on audition material and presentation. No previous experience required.

## MUSICAL THEATRE I

Grades 7-8 (IFT3715)

Grades 9-12 (IFT3717)

Sing, dance, and act scenes from famous musicals, past and present. Strengthen your singing, dancing, and acting skills.

## MUSICAL THEATRE II

Grades 8-12 (IFT3719)

Prerequisite: Musical Theatre I.

Master advanced musical theatre skills and work on becoming a "triple threat" - singer, dancer, and actor.

## STAGE COMBAT I

Grades 7-12 (IFT3811)

How do the slap, the fall, and the fight look so real on stage? Learn the fundamentals of safe, hand-to-hand combat in performance.

## STAGE COMBAT II

Grades 8-12 (IFT3854)

Prerequisite: Stage Combat I.

Behold the dagger and the sword! Advance your techniques in stage fighting and stage weaponry.

## TECHNICAL THEATRE

Grades 7-8 (IFT3730)

Learn behind the scenes applications of the working theatre. Emphasis will be on the process of page to stage in the design journey of costumes, settings, lighting, sound, marketing, and stage management. Students will be given project-based learning models to envision and build. Hands on training with stage equipment may be limited due to site specific schools.



# Visual Art

Art classes with similar techniques or with separate grade levels indicated may be combined due to enrollment.

A personal sketchbook is recommended for students taking any visual art class.

## FIGURES AND PORTRAITS PAINTING **NEW!**

Grades 7-12 (IFT6613)

Demonstrate various techniques strengthening your skills in figure and portraiture artwork. Students will become familiar with the use of tempera, watercolor and acrylic paints while working in the different drawing and painting styles. **A sketchbook is required for this class.**

## FIGURES AND PORTRAITS DRAWING **NEW!**

Grades 7-8 (IFT2020)

Grades 9-12 (IFT2021)

Prerequisite: IFTA Foundations of Drawing, MS Art Expressions, or HS Studio Art. Explore unusual solutions to drawing problems by combining or using dry/ wet media, and collage. Works created will represent the authenticity of each individual as a reflection of the creative work and process. **A sketchbook is required for this class.**

## WATERCOLOR LANDSCAPES **NEW!**

Grades 7-12 (IFT6611)

Whatever you love about the outdoors can be best captured with Watercolor Painting Techniques! Students will create a VA landscape painting such as the Blue Ridge Mountains, the seashore, or even horse country with cows and sheep. A second painting will be student choice. Advanced techniques including pen and ink will be taught. **A sketchbook is required for this class.**

## CARTOONING FUNDAMENTALS

Grades 7-12 (IFT5112)

Learn the basics of drawing human and animal figures using pencil, pen, and ink, and develop your own personal cartoon style. Emphasis is on using expressive lines to render facial expressions and full body gestures to communicate simple and complex ideas and emotions. Students learn traditional and contemporary cartooning techniques. Good for beginners and cartoonists who want a refresher course. This class may be taken in conjunction with Cartoon Storytelling or Cartooning Professionally. **A sketchbook is required for this class.**

## CARTOON STORYTELLING

Grades 7-12 (IFT5115)

Create illustrations, comic strips, web comics, or graphic novels telling your story. Learn to visually plot a story, set up a joke, or create an illustration to accompany text. Use pacing and dynamic page structure to create visual interest in stories, gags, characters, and settings. **A sketchbook is required for this class.**

## CARTOONING PROFESSIONALLY

Grades 7-12 (IFT5117)

Catch a glimpse into professional cartooning with fun, real world projects, and learn about the variety of jobs from street caricature to advertising illustration. Students are exposed to traditional and contemporary tools and techniques used by professional cartoonists. **A sketchbook is required for this class.**

## DIGITAL ART AND DESIGN

Grades 7-8 (IFT5312)

Grades 9-12 (IFT5315)

Art meets technology! Explore various techniques to create and manipulate images with Adobe Photoshop. Create logos, graphics, and composite images. Students should have a digital camera or may use their personal device. A limited number of cameras will be available to share. A USB flash drive is recommended.

**SCHOOL LAPTOPS ARE TO BE KEPT FOR THE SUMMER FOR THIS COURSE**

## COMPUTER ANIMATION

Grades 7-8 (IFT5566)

Grades 9-12 (IFT5567)

Prerequisite: HS Digital Art and Design, or working knowledge of Adobe Photoshop and Illustrator.

Design your own characters and bring them to life while learning a variety of animation techniques. Techniques may include learning how to create a rotoscope animation using live video, creating a white-board stop motion animation, and creating an interactive drag and drop game. A USB flash drive is recommended.

**SCHOOL LAPTOPS ARE TO BE KEPT FOR THE SUMMER FOR THIS COURSE**

## DIGITAL ART AND DESIGN-ADVANCED

Grades 9-12 (IFT5365)

Prerequisite: IFTA Digital Art and Design or HS Digital Art and Design

Create personally expressive and meaningful digital imagery using Adobe Creative Suite. Explore motion graphics and animation. Render new 3-D realities through the introduction of Bryce or Autodesk Maya software. A USB flash drive is recommended.

**SCHOOL LAPTOPS ARE TO BE KEPT FOR THE SUMMER FOR THIS COURSE**

## STORYTELLING WITH COLOR & LIGHT **NEW!**

Grades 7-12 (IFT3914)

Explore the use of color and light to create 2-D artworks through a variety of media to tell these stories. Ignite your imagination with character development, creative worlds, and storytelling.

## JEWELRY DESIGN-ADVANCED

Grades 8-12 (IFT6016)

Prerequisite: IFTA Jewelry Making Intro

Design and create stunning jewelry from brass, copper, new gold, and wire. Create metal beaded necklaces and bracelets, metal cuff bracelets, and other interesting pieces.

## PAINTING II

Grades 7-8 (IFT6226)

Grades 9-12 (IFT6228)

Prerequisite: Painting I or HS Studio Art. Expand your knowledge and experience with water-based paint. Explore limited palettes, complex composition, and chiaroscuro. **A sketchbook is required for this class.**

## PIXEL ART **NEW!**

Grades 7-8 (IFT5017)

Grades 9-12 (IFT5018)

Explore the amazing world of 2-D sprite based art and animation. If you love the art style of Minecraft and classic video games of the early 90's then this is the class for you. Students will learn to create characters, animation scenes, dithering, and even GIFS. The tools used are accessible from any computer using the web based application Piskelapp.

**SCHOOL LAPTOPS ARE TO BE KEPT FOR THE SUMMER FOR THIS COURSE**

## PHOTOGRAPHY I

Grades 7-8 (IFT6414)

3 week class only

Grades 9-12 (IFT6416)

Enhance your creativity and visual perception through a fundamental understanding of analog photography processes and dark room techniques. Shoot, develop, and print your own analog photographs. Explore composition and basic studio lighting techniques. Students are encouraged to have a 35mm film SLR camera but will have access to cameras provided by class. Students must provide 3 rolls of Kodak TMAX or TRI-X (400 ISO) black and white film.

**SCHOOL LAPTOPS ARE TO BE KEPT FOR THE SUMMER FOR THIS COURSE**

## PHOTOGRAPHY II

Grades 8-12 (IFT6420)

3 week class only

Advance your creativity and visual perception through a more in-depth understanding of analog photographic and darkroom processes. Alternative process photography and mixed media will also be explored. Self-expression and artistic content is emphasized. Students are encouraged to have a 35mm film SLR camera but will have access to cameras provided by class. Students must provide 3 rolls of Kodak TMAX or TRI-X (400 ISO) black and white film.

**SCHOOL LAPTOPS ARE TO BE KEPT FOR THE SUMMER FOR THIS COURSE**

## PHOTOSHOP FOR PHOTOGRAPHERS

Grades 7-8 (IFT6411)

Grades 9-12 (IFT6412)

3 week class only

Develop a basic understanding of the digital photography work flow and how Adobe Photoshop can be used to help create unique, complex and imaginative imagery. Explore Adobe Photoshop layout and tools as well as become familiar with using layers and masks. Learn compositional techniques and studio lighting that will give your photos a polished look. Students are encouraged to have a digital camera for use during class. A limited number of cameras will be available to share.

**SCHOOL LAPTOPS ARE TO BE KEPT FOR THE SUMMER FOR THIS COURSE**

## JEWELRY MAKING-INTRODUCTION

Grades 7-12 (IFT6013)

Learn how to use traditional jewelry making tools to design and create beautiful jewelry. Get creative using a variety of techniques and materials, including polymer clay, wire, paper, and beads to create unique one-of-a-kind jewelry.

## REDFINING SPACES **NEW!**

Grades 9-12 (IFT5218)

Discover the process behind creating art for public spaces. Explore contemporary artmaking practices and media to create a site specific transformation of a space. Subject matter for installation pieces changes from year-to-year.

## CERAMICS I

3 week class only

Grades 7-8 (IFT5215)

Grades 9-12 (IFT5217)

Experience working with clay in this introductory class. Learn coil, slab, and pinch hand building techniques. Use the pottery wheel to create original works.

## CERAMICS II

3 week class only

Grades 8-12 (IFT5254)

Prerequisite: IFTA Ceramics I or HS Ceramics

Refine your technique in hand building in this advanced level course. Expand skills on the wheel to develop larger, more graceful forms and approaches to create functional and decorative ceramic objects.

## STONE CARVING **NEW!**

Grades 7-12 (IFT5216)

Want to get dusty? How about a little sweaty? In stone carving class students have the opportunity to carve and shape a piece of stone into a personal sculpture. Students will learn how to use a mallet, chisels and files to shape and refine a piece of soapstone. Carving is a process you learn by doing and by having the ability to adapt and discover. If you are the type of person that likes to get their hands dirty while learning this is the class for you!

## PLASTER CASTING **NEW!**

Grades 8-12 (IFT5213)

This class explores the process of casting and mold making. This process was used by ancient civilizations and is still being utilized today. Students will explore some different ways casting can be used for the making of personal artworks. Students that enjoy this class will like to get their hands dirty and like to be surprised by the results of their efforts.

## FIBER ART

3 week class only

Grades 7-12 (IFT5021)

Students learn Amigurumi- Japanese trend of crochet in the round to create 3-D forms and stuffed animals. Students will learn how to crochet using the single stitch and the double stitch and will learn to read and follow patterns for fun and exciting 3-D characters, including Marvel, Harry Potter, My Little Pony, and Star Wars figures. Included in this course is Felting & Weaving- Traditional techniques used in needle felting will be explored to create sculptural felt animals. Students will also learn how to turn raw wool into colorful felt for jewelry through the nuno (wet) felting process. Hand weaving wool yarn on table looms will be covered for those students wishing to make woven belts or bag straps.

## FASHION CONSTRUCTION & SEWING

Grades 7-8 (IFT5815)

Grades 9-12 (IFT5817)

Develop fashion construction skills in reading and creating patterns, using a sewing machine. Students will have the opportunity to design and construct practical everyday items on the machine.

## FASHION DESIGN & ILLUSTRATION

Grades 7-8 (IFT5719)

Grades 9-12 (IFT5721)

Learn the process necessary to design a fashion collection from creative conception to a finished presentation. Students will explore an in-depth creative and technical process in fashion illustration and fashion design. No drawing experience necessary.

## MODERN BUTTERCREAM TECHNIQUES

(FIRST SESSION ONLY - JULY 8-19)

Grades 7-8 (IFT5530)

Grades 9-12 (IFT5531)

Learn many techniques for decorating with buttercream to achieve a beautifully finished cake that tastes as good as it looks! Each class begins with a brief discussion of recipes and techniques. Then, you'll roll up your sleeves and get to work, learning how to create and tint buttercream, then level, fill, layer, and crumb coat cakes like a professional. Experiment with cake dripping, fault lines, and creating flowers. It's bound to be a tasty treat!

## MODERN BUTTERCREAM TECHNIQUES 2

(FIRST SESSION ONLY - JULY 8-19)

Grades 8-12 (IFT5532)

**NEW!**

Learn new techniques that build on your basic skills learned in Modern Buttercream I. You will familiarize yourself with multiple ways to add texture to your buttercream final coat. These new skills include the use of spatulas, texture combs, stencils, and palette knives.

# 3-D Art Edible Art Fashion





**CREATE YOUR  
PERFECT SUMMER!  
JULY 8 - 26, 2024**

**“I love the opportunities  
and all the supportive people  
and teachers who have a  
passion for the arts.”**

**Visit [www.fcps.edu](http://www.fcps.edu)  
and search IFTA**

