



Munroe Center for the Arts, Lexington, MA (**ONLINE**)

Emily Passman

The Painter's Workout (January 14 - February 18th, 2025), partial semester
Tuesdays, 10AM - 1PM EST

Gain a new approach to art through a series of creative exercises this winter! This online, partial semester class will lead students to improve and strengthen their painting skills, through demos, skill-building practices, creative exploration, and group critiques.

Students are encouraged to build upon their personal style, blending technical skills and creative expression.

This class is ideal for oil or acrylic painters with some experience, whether recent or returning to the craft after a break! "The Painter's Workout" will meet online through Zoom in January and February, with links provided through email.

A recommended **supplies list** is included below. Some materials can be interchangeable and art materials are expensive, so slight substitutes are OK! Students are also welcome to expand their pieces by utilizing additional paints, brushes, tools, etc. to those listed below.

Suggested local purchasing spots for supplies are Artist and Craftsman in Cambridge or Play Time in Arlington; other options are Blick Art, Cheap Joes, and Amazon (in a pinch).

Please don't hesitate to reach out for any specific information on supplies - questions regarding the course can be directed to Programming Director (rebecca@munroecenter.org). Students

Students should prepare the following:

Paints: Oil or acrylics - Use what you have!

- Recommended: 1 warm & 1 cool tone for each primary and neutrals
 - Red, Yellow, Blue
 - a Dark Brown or Dark Blue (ex. Vandyke Brown or Indanthrone Blue), used for mixing Blacks
 - White(s), like Titanium (more opaque) and/or Zinc (more translucent)
- **Paint Mediums**
 - Recommended for oil: Walnut or linseed
 - Recommended for acrylic: Primer/extender, such as GAC 100
 - Other options: Gamsol, liquid, turpenoid (turpentine's less smelly cousin)

Tools:

- **Brushes:** At least 1 one inch hardware store-style brush, plus varied sizes and shapes (flats / rounds)
- **Sketch Tools:** Pencils (soft darks like 7B, 8B, 9B) and/or Thin-Medium Vine Charcoal
- **Palette & Knife:**
 - Palette can be paper, wood, glass, etc., with enough space to mix
 - Knives/mixing tools in varied sizes (can even use silicone rubber spatulas)
- **Additional**
 - Ruler or other straight-edge
 - White Artists Tape (low adhesive type)
 - Optional / As Needed : Kneadable erasers, sponge (sea sponge ideal!), paper towels, nitrile/latex gloves, etc.

Materials:

- **Papers:** (the heavier the paper, the less buckling)
 - Newsprint Pad for sketching / planning
 - Recommended: 9x12" or larger
 - Arches Huile OR Canson Canvas-type Paper Pad: able to handle acrylic/oils
 - OR Watercolor Paper: 140#, hot press (smooth) or cold press (rough)
- **Canvas:** Three prepared & stretched; at least one 16x20" size for end of class
 - Recommended - start with two slightly smaller than the 16x20"
- **Mat / Drawing Back Board:** Rigid backing for paper (ex. Masonite, foam core)