



HELDEBERG WORKSHOP

AN ADVENTURE IN LEARNING

Jean Pauley, Founder

Picard Road

Town of New Scotland

(518) 765-2777 www.heldebergworkshop.org

Email: registrar@heldebergworkshop.org

SUMMER PROGRAM 2026 – Our 66th Year

(9 AM – NOON, Monday - Friday)

Week 1: July 6 - July 10

Open House: July 9, 6-8pm

Week 2: July 13 - July 17

Open House: July 16, 6-8pm

Week 3: July 20 - July 24

Open House: July 23, 6-8pm

Week 4: July 27 – July 31

Open House: July 30, 6-8pm

Week 5: August 3 – August 7

Open House: August 6, 6-8pm

Week 6: August 10 – August 14

Open House: August 13, 6-8pm

Most classes are \$195.00/week

Grades listed are the grades the students will enter in Fall 2026

**Spelunking (1 week plus field trips) is \$300 and Fly Fishing (2 weeks plus field trips) is \$450 due to transportation costs to/from field trip sites.*

TRANSPORTATION INFORMATION

Busing will be available for \$60/week/rider from:

- Albany
- Bethlehem
- Voorheesville
- For Indian Ladder Farms Barn School Students Only: PM to Indian Ladder Farms

The Heldeberg Workshop is a NOT FOR PROFIT Organization, chartered by the New York State Board of Regents of the University of the State of New York. The Heldeberg Workshop has a permit to operate from the Albany County Department of Health. It is inspected twice yearly; reports are available at the office on Ferry and Green Streets.

Discoverland 2026
Chairperson: Darcy Morrison
Grades: K – 2

D01 Science & Scavenger Hunts

Weeks: 1, 2, 3, 4, 5, 6

Grades: K - 2

We do it all in “Scientists & Scavenger Hunts”! We investigate the amazing plant life and wild creatures that are found on our land. We explore the mountain, with its huge boulders, walk through streams, visit the pond, and so much more! We perform fun experiments from nature and go on awesome scavenger hunts! Join our great exploratory walks and “hands-on” activities!

Instructor: Wks 1,4: Kayleigh Shea; Wks. 2, 3, 5, 6: Elizabeth Howerton

D02 Amazing Arts and Exploration

Weeks: 1, 2, 3, 4, 5, 6

Grades: K - 2

Come to create, explore, learn ... and most importantly, be an artist! Here we will work with many art materials: watercolors, paints, crayons, markers and much more. You'll draw your favorite outdoor animals, inspired by all the beauty of the Land: the thick forests, the streams, the pond with its big frogs and dragonflies!!! Painting, drawing, watercolors, creating mobiles - we do it all in “Amazing Arts and Exploration”.

Instructor: Laura Clayton

D03 Nature's Clubhouse

Weeks: 1, 2, 3, 4

Grades: K - 2

In “Nature’s Clubhouse”, we learn that nature is our clubhouse! We'll go on adventures into the woods, to the pond and streams, and all around the Workshop to experience all nature has to offer us. We will play games and create a “playroom” where we will decorate with treasures we find throughout our week together, including rocks, fossils, leaves, flowers, and more! Come join the club!

Instructor: Juliana Post-Good

D04 Magical Music & More!

Weeks: 5, 6

Grades: K – 2

In this class we will explore and learn about a land which is filled with amazing creatures and sounds! We'll search for materials to build our very own nature-inspired instruments! We'll create our own songs, too, and use our new instruments to perform for friends and family! We'll play cool musical games! See you in “Magical Music”!!

Instructor: Alexandra Zagara

D05 Game On!

Weeks: 1, 2, 5, 6

Grades: K – 2

Come and play games all day at Game On! Play interactive games that require cooperation while enjoying and exploring nature. We will make our own games while incorporating elements of nature. Scavenger hunts, hikes, read alouds, crafts, and other surprises await you in Game On!

Instructor: Wks. 1-2: Melissa Whipple-Forgette;

Wks. 5-6: Elijah Goldberg

D06 Walk a Native American Path

Week: 3

Grades: K - 2

This class is filled with all things Native American - you'll even give yourself a unique Native American name! We'll **make talking sticks, dream catchers** and much more! We'll play exciting Native American games and explore the forest, pond and streams of the Helderberg Mountains – a place where the Native Americans once lived. We have a full-sized **tipi**, which we will use for reading books, eating snacks and just having fun! Come and join in on all the excitement!!

Instructor: Kris Barber

D07 Nature's Explorers

Week: 2, 4, 6

Grades K - 2

Join the adventure with Nature’s Explorers! We'll go for hikes every day, there's always a new place to explore! We'll go to the stream beds to find fossils, the pond to see its many frogs, salamanders and dragonflies, and of course, to the woods! We'll find cool hideouts every day and best of all; we'll play fun games wherever we go! We'll make exciting crafts and creations relating to our day's adventures. Each day is full of wonder and new surprises!

Instructor: Wk. 2: Jennifer Krell; Wk. 4: Nina Forgette;

Wk. 6: Lauren Hamerschlag & Andrea Meier

D08 Acting Adventures

Weeks: 3, 4

Grades: K – 2

We will hike in nature and act like the things we see: sit like a toad on a toadstool! Hop like a frog on a log! Rush like a river, roll like a rock, spin like a spider. We will stage short plays, make puppets, and find and create props. Come join the fun, everyone!

Instructor: Darcy Morrison

D09 Nature's Performers

Week: 1

Grades: K - 2

Does your child love to sing, dance and perform? In this class we will learn to turn our performance passion into a musical nature show! Children will choose a part in our play and we will perform for our family and friends. We will observe animals and bugs in nature. We will make masks, costumes and instruments from treasures we find in the woods. We will play lots of theater-based games and there will be lots of singing, dancing and fun! Places everyone... it's showtime!

Instructor: Alexa Reyes

Science 2026

Chairperson: Jerry Dievendorf

S01 Bugs and Slugs ... Advanced!

Weeks: 4, 5

Grades: 3 - 6

Bugs are everywhere! Want to learn the major insect groups and how they differ from spiders and other small creatures? We will use scientific methods to discover things about them using simple experiments, microscopic observation, and creation of an insect zoo.

Instructor: Jerry Dievendorf

S02 Science Fun

Weeks: 1, 2

Grades: 2 & 3

Do you know why certain animals live where they do? Explore the forest with us, probe the pond and swamp, examine evidence of deer activity and learn how to find salamanders, snakes, frogs and insects. Recognize animals from their tracks. We'll conduct chemical tests of water and berries to make deductions about what certain animals eat and where they live. We will also examine stream beds to find fossils of ancient life, and we'll try to guess what our environment might have been like in those earlier times. Come and have fun with us!!

Instructor: Jennifer Hess

S04 Early Birders

Week: 1

Grades: 3 – 7

Join us on an adventure through the Heldeberg fields and forests to learn about our amazing and elusive feathered friends! We will walk through streams, hike to the swamp and climb around boulders to see what birds we can hear and see, while we try to understand why we find them in these special places. We will have plenty of hands-on activities and play games to explore and learn about bird songs, nest building, bird behavior and more!

Instructor: Ruth Brooks

S06 Rocks & Fossils**Weeks: 1, 2, 3, 4, 5, 6****Grades: 4 & up**

Dig into the world of rocks, minerals and fossils. Learn about earthquakes, glaciers, volcanoes and much more! We go on hikes to various fossil-collecting sites, create model volcanoes, and learn to navigate the woods with ease (an essential life skill!) using a map and compass. We'll complete the week with a "treasure" hunt!

Instructor: George Pafumi

S07 Junior Naturalist**Week: 4****Grades: 4 - 7**

Are you curious about the natural world around you? Search and discover the animals, insects, tracks, plants, rocks and fossils found on The Land! Get your hands and feet muddy as you explore the trails, scope the forest canopy, and traipse over the creeks and foothills of the Helderberg Mountain Front. Learn how to document your scientific findings and observations like a professional naturalist! Come discover the natural wonders of the Heldeberg Workshop!

Instructor: Susan Green

S08 Wee Beasties**Week: 3****Grades: 4 - 6**

Explore the hidden microscopic universe of Heldeberg Workshop. Through the use of microscopes, we will learn just how different things look under powerful magnification. There are thousands of different forms of microbial life in the wilderness. We will search the entire Workshop for as many of these "wee beasties" as we can find. We will figure out how to protect ourselves from bad microbes that can harm us. And we will experiment with other microbes to do fun things, like make yeast bread. We will also learn how microscopes can help us solve crimes and study molecules like DNA.

Instructor: Dan Chaize

S09 Fossil Hunting**Weeks: 3, 6****Grades: 3 & 4**

Find the remains of organisms that lived here hundreds of millions of years ago! Learn about the prehistoric environment where these creatures lived. Discover how to search for fossils in an area known for its geologic richness. Get your hands dirty identifying fossils such as trilobites, bryozoans, ancient corals, and many, many others as we talk about their significance.

Instructor: Susan Green

S10 Wonderful Trees**Week: 2****Grades 3 - 6**

Come learn all about the trees native to this area and make drawings, paintings and block prints to illustrate your findings on our daily walks in the forest. You will also look at paintings of trees and leaves in art history. Then you'll mix shades and values of greens and browns to make your own beautiful paintings.

Instructor: Dagmar Frinta

S11 Budding Scientists**Weeks: 5, 6****Grades: 2 - 3**

Learn observation skills to find and identify the residents of the Workshop by visiting stream beds, fields, and the forest. You will see what's flying around the pond or hopping into it, have fun with interesting games, tell stories, do crafts, and have adventures that will inspire a lifetime of appreciation of nature.

Instructors: Jordan Bein & Jessica Doerr

Art 2026***Chairs: Colleen Skiff & John Vandenberg*****A01 Cartooning****Week: 1****Grades: 2 - 6****Week: 2****Grades: 4 - 8**

Attention: fans of comic books, cartoons and comic strips!

Explore the art of cartooning. Human animation will be emphasized, including facial expression, body movement and setting. Learn to create original story lines and scripts. The class will "publish" a collective comic book.

Instructor: John Vandenberg

A02 Fun with Clay**Week: 1****Grades 2-4**

Explore working with clay using simple hand tools and your hands! You will be building a few pieces with kiln fired and also air-dry clay to make decorative clay vessels and dishes. We will be making a pinch pot, a vessel, a dish for keys or coins, and an animal piece of your choosing. We will also be making a clay piece that may look like a piece of cake...but, once dried and painted, you can open the clay object up to reveal a hiding spot inside your dessert-looking creation.

Instructor: Shannon Blakeley

A03 Exploring Architecture**Week: 1****Grades: 4+**

Learn about different types of dwellings and how they were constructed. We will study scale and draw basic floor plans to create any building you can imagine. There will be hands on building with stone, with clay and man-made materials and constructing a 3-D building with landscaping and furniture to take home.

Instructor: Colleen Skiff

A04 The Fabulous World of Storytelling, Illustrating, and Book Making**Weeks: 1, 3****Grades: 4 - 7**

Do you like to tell stories? Do you enjoy drawing? Then this is the class for you. We will be exploring the creative practice of writing through fun games and exercises. We will also discuss the art of illustrating stories, and how imagery can enhance your written work. Then you will pull all of your imaginative efforts together in a handmade book. Each day will include an inspirational walk around the land.

Instructor: Jessica Loy

A05 Drawing and Painting**Week: 1****Grades: 5 - 8**

Capture an immediate response on paper to your daily Heldeberg Workshop world of woods, waterfalls, fields, and mountains. Using a variety of drawing and painting mediums, we will learn how to draw and paint the essence of our surroundings. We will also learn techniques to make accurate drawings and experiment with light and shadow to make dramatic or colorful statements. Most importantly, we will explore and enjoy the fresh air and camaraderie of creating art outdoors!

Instructor: Christina Coogan

A06 Macro Photography

Week: 1

Grades: 8+

Whether it's a photograph of an insect's wings, a frog's eye or veins in a leaf... study photography from the macro perspective (really really up close), "focusing" on the use of bokeh (intentional blur), angle, light, subject stalking, equipment and technique. Students will roam the grounds of Heldeberg Workshop shooting lots of different subjects (flora, fauna, rock, face, object, background and misc) and produce a slideshow presentation for open house. We'll also talk about crop, the theory of thirds, critique and depth of field.

Students will need a digital camera capable of macro photos. This can be a DSLR with a macro lens.

Instructor: Chet Boehlke

A7 Clay Exploration

Weeks: 2, 5

Grades: 2 - 5

Come explore the wonderful world of clay in this fun and messy workshop. We will practice a variety of hand-building techniques to create unique projects like decorative name plates, silly pinch pot monsters, coil bowls and more.

**This class is also offered for two weeks. Students who enroll for two weeks will have the opportunity to work on more individualized projects.

Instructor: Natalie Kossack

A8 Multicultural Creations

Week: 2

Grades: 2 - 5

In this class you will explore the traditions of different cultures and artistic creations from around the world! Please come join us in this fun and exciting class making multicultural art with fun mediums using your own creative expression. Mandala rock painting, watercolor Chinese Dragons, Glue batik, Origami, Paper dream catchers, paper rangoli and more!

Instructor: Colleen Skiff

A9 Art on the Land

Week: 2

Grades: 4+

Come and explore the many fields and streams of the beautiful Heldebergs and use natural materials to make art! We will be drawing, painting, sculpting, and creating art on the land. Let the beautiful surroundings of the Helderbergs inspire us.

Instructor: Shannon Blakeley

A11 Watercolors

Weeks: 2, 3

Grades 4+

Watercolor is one of the easiest mediums to work with in the outdoors. Create 'starry skies' nights using sail, 'sailing boats' using masks and resists, 'wheat fields' using dry brush, 'sunsets' using washes. Once you learn the basic techniques you can transform any subject, place or moment into a magical piece of work filled with color. We'll wander the Land from teepee to pond with paint brushes in hand.

Instructor: Trish Zigrosser

A12 Printmaking

Week: 2

Grades: 5+

Want to create your own handmade paper? We'll use natural and recycled materials to create our own one of a kind art papers. While we wait for our papers to dry, we will create a variety of stamps to print on our unique papers. We'll use our surroundings for inspiration as we create drawings to transfer using various printmaking processes.

Instructor: Christy Evers

A13 Metalwork & Design – Beginning and Advanced

Weeks: 2, 6

Grades: 6 & up

In this class, students will learn how a metalsmith/artist transforms ideas into design, and in the process, creates very cool pieces of art, including wearable pieces! Students will use many different hand-held tools and work with copper and brass to create their own, special metal designs. Returning students are welcome to work on more advanced projects.

Instructor: Irene Purificato

A14 Brazing, Welding & Wire Sculpture

Week: 2

Grades: 6 & up

In this class you will learn how to plan out two-dimensional and three-dimensional steel wire sculptures, then bring them to life using a form of welding called brazing! This is an exciting class where students will learn to use a variety of tools while working with steel wire, and learn fun brazing techniques.

Instructor: Emma Longrod

A15 Kaleidoscope of Art

Week: 3

Grades: 2-5

Using nature as inspiration and a variety of media including nature's bounty, we will do rubbings of leaves and make marks with other things we find in nature during our nature walks on the trails. We will use our natural finds to paint with ink. We will use a brandishing technique to transfer images with graphite to create a symmetrical set of mandalas. Additionally, we will be creating oil pastel and watercolor self-portraits, inspired by a variety of artists.

Instructor: Gabi Lacijan

A16 Artistic Trading Cards

Week: 3

Grades: 3 - 8

Create many miniature artworks about the same size as baseball cards! A variety of mediums and techniques will be explored to create these mini masterpieces. These works of art will be presented in card-collector pockets, sleeves and sheets. These works are great to keep, trade, or even send in the mail to friends and family!

Instructor: John Vandenberg

A18 Exploring Sculpture

Weeks: 3

Grades: 5+

Work with plaster gauze, paper mache, kiln and air dry clay, wire and natural and manmade materials such as fabric, buttons, gems, etc. to create unique art. Students will learn how to construct a figure - human, animal or a hybrid as well as an abstract sculpture from a variety of materials.

Instructor: Colleen Skiff

A19 Clay, Clay and More Clay

Weeks: 4

Grades: 3+

Get your hands dirty with a natural material that is fun to explore and easy to create with. We'll use different hand building methods with clay - animals, puzzle boxes, nature print chimes and also use the pottery wheel to create bowls and so much more!

Instructor: Colleen Skiff

A20- Wax on! Figurative, abstract, and unique wax designs

Week: 4

Grades: 4 & up

Create an original wax sculpture! Student artists will experience the reverse process of designing and building a clay mold to cast a one-of-a-kind wax sculpture.

Instructor: Suzanne Kawola

A21 Felting and More**Week: 4****Grades: 5+**

Transform wool into textured “paintings” and 3D sculptures. We’ll learn about the amazing qualities of wool, how felted wool has been used throughout history, and look at how artists are creating inspiring and otherworldly works of art using felted wool. We’ll explore the process of needle felting and wet felting to create a variety of place based summer woodland inspired art.

Instructor: Christy Evers

A23 Mixed Media Fun**Week: 5****Grades: 3+**

Have a great time exploring with different materials and techniques: including paint, markers, paper, yarn, clay, wood...the list is endless!! Let your imagination and creativity run wild. Every art project you make is a different adventure!

Instructor: Rachel Empie

A24 Yarn Painting Class**Week 5****Grades: 5+**

Discover the art of “painting” with yarn! In this hands-on class, you’ll learn how to use colorful strands of yarn to create textured, vibrant images that feel both cozy and expressive. We’ll explore simple techniques for shaping, layering, and blending yarn to bring your design to life—no prior art experience needed. Whether you’re drawn to bold patterns or soft, flowing scenes, this class is all about relaxing, experimenting, and making something uniquely yours. Leave with a finished yarn painting and a new creative skill you can keep building on.

Instructor: Gabi Lacijan

A25 Tie Dyes and Blue Skies**Week: 5****Grades: 4+**

Art and Nature! Learn to tie-dye and create colorful and always unique art to wear or display. Basic materials will be provided, including a cotton T-shirt and bandana, and additional items to dye can be brought from home (100% cotton, pre-washed, is best). Between tying and dying we will take short hikes to special spots at the Workshop (waterfall, pond, swamp, etc.) to enjoy the natural surroundings, look for plants and animals and learn about them.

Instructor: Robert Goldfarb

A26 A New Perspective**Week 5****Grades: 5+**

Are you tired of drawing flat stick figures? Look no further! In this drawing class, we will focus on drawing in perspective, making your drawings go from the 2nd, to the 3rd, and even the 4th dimension! This class will teach students to draw in all perspective forms, including 1- 4 Point, fisheye, and experimental!

Instructor: Colleen Skiff

A27 Whimsical Wire Workings**Week: 6****Grades: 4+**

In this course we’ll twist, bend and shape all types, sizes and colors of wire into fun sculptures, mobiles, creatures, jewelry and more! We’ll also combine wire with other materials - pinecones, cork, wood, cloth, cardboard, paper, beads, model magic and paris craft to make almost anything you can imagine. Great for kids of all ages!!!

Instructor: Colleen Skiff

A28 Enter the Magical World of Fairy Tales**Week: 6****Grades: 3+**

If you’ve ever wanted to enter the world of a fairy-tale through your own pencil and paper, we invite you to join us in Illustrating familiar Fairy-Tales, writing your own original fairy tale and creating Pop Up Books about them. We will learn about the elements of folktales, methods of illustration, and some of the artists who helped shape storybook renditions of tales that might be familiar to you! Every day, we’ll hear traditional stories from a new region of Europe and you’ll take a little bit of the stories home with you through your projects. We hope to see you in our little corner of the enchanted Helderberg mountains soon!

Instructor: David Waldin

A29 Drawing and Painting**Week: 6****Grades: 3+**

Come explore your creativity using all kinds of materials like paint, graphite, ink, coloring, and collage! Fill up your sketchbook with all kinds of art!

Instructor: Gabi Lacijan

A30 Japanese Book Binding and Zine**Week: 6****Grades: 4+**

We will be creating hard-cover books using an ancient Japanese book-binding technique. We will also be paper-marbling and using marbles and ink to create unique papers to include in your books, and stationary. We will learn a basic fold to create “zines” and writing, drawing, and building your own stories inside the pages.

Instructor: Shannon Blakeley

Folk Arts 2026**Chairperson: Megan Viscio****F01 Dollhouse Workshop****Week: 5****Grades: 4 & up**

Welcome to the world of miniatures where everything is adorably small! Imagine bunk beds that can fit in the palm of your hand or a tiny bookshelf filled with some of your favorite books. Students will learn how to design, construct and decorate their own two story dollhouse with miniature items made from scratch! We will work with materials such as wood, paper, glue, fabric, beads, yarn and other various found objects. We will also explore miniature scale and how to use everyday items to make our own mini treasures. Our class will enjoy a walk in the woods each day to spark creativity and visit fellow students.

NOTE: This is a high demand class. If your child has taken this before, please consider allowing other students to register this year by registering for a different course.

Instructor: Megan Viscio

F02 Beginning & Advanced Blacksmithing**Weeks: 1, 3, 5****Grades: 7 & up**

Beginning and advanced students will develop their skills by making a variety of projects appropriate to their skill level. Projects may include hooks, door hardware, or other decorative and practical items. Students should expect to work hard, with emphasis placed on control and consistency of their work. Blacksmithing students are required to wear long sleeve cotton shirts, long cotton pants, cotton socks, and closed toed shoes or boots, preferably made of leather. Other safety equipment will be supplied.

Instructor: Dave Peterson

F03 Civil War- A Soldier's Life**Week: 1, 3****Grades: 5-9***

*older students interested please email registrar@heldebergworkshop.org

This workshop lets students experience the life of New York State's "Common Soldier" of the Civil War through a series of hands-on activities. The "recruits" can set up tents, cook over a campfire, sample common food and drink (sampling optional), examine the equipment the soldiers carried and try on uniforms. After being issued wooden rifles the students will be instructed in the manual of arms, learn the drill required to move large numbers of infantry efficiently, and even engage in picket duty on the "front lines".

Instructor: Ted Shuart

F04 Unbearable Fun**Week: 1****Grades: 3 & up**

Bears, bears and more bears! Learn the art of hand-sewing with a black bear face pillow; paint your own version of a bear shelf-sitter; create a bear-theme garland along with other "bear"y cute projects.

Instructor: Sharon Breisch

F05 Chess for All!**Week: 2****Grades: *5 – 12**

** Younger students who are interested in chess can be admitted to the class.. please email registrar@heldebergworkshop.org with request.* Come learn the basics of one of the oldest board games in the world. You will learn how to set up the board, move the pieces, and play a full game. If you love puzzles and problem solving, chess is for you. Experienced players are welcomed and will be challenged to improve. All are welcome!

Instructor: James Longrod

F06 Weaving Studio - Beginning and Advanced**Weeks: 1, 2****Grades: 4 & up**

Important Prerequisite: All students must be able to independently tie a bow.

Create your own handwoven textile! Choose your colors and set up your loom, then weave your project. Watch as your design grows under your hands! Beginner and advanced students are welcome. Beginner students will learn basic weaving skills on a four harness loom. Advanced students can review these skills as needed, then explore more complex patterns and projects. Students may enroll for multiple weeks to further their skills and complete weavings of their choice.

Instructor: Elena Rose

F07 Peter Rabbit and the Forbidden Garden**Week: 2****Grades: 3-9**

Our hand-sewn Peter Rabbit, in his blue jacket, visits the forbidden garden of Mr. McGregor to eat the vegetables from his garden basket. Learn the art of hand sewing and create our naughty, but adorable, Peter Rabbit and a variety of colorful vegetables to fill the garden basket. Once you learn the basics, the possibilities are endless.

Instructor: Sharon Breisch

F08 Miniature Babydolls**Week: 4****Grades: 3 & up**

If you enjoy cute miniatures, then this is the class for you! Students will learn how to make a miniature babydoll using polymer clay and swaddled with fabric. We will also make a variety of items to go along with our dolls including, cradles, blankets, tiny toys and bottles filled with pretend milk. Design a nursery in a carrying case so that you can pack up all your minis and take them on a walk in the surrounding woods. If time allows, you can make a whole crew of little babydoll bundles!

Instructor: Megan Viscio

F09 Maskmaking**Week: 4****Grades: 3 & up**

Do you like your hands submerged in slime? It's a messy process, but the masks we create will be astounding! We'll use Heldeberg rocks as forms, then layer paper strips to produce masks that can be mysterious, funny, fanciful or even frightening. Masks will be painted and perhaps embellished with natural items we find on the Land. Ancient cultures will be our inspiration as we let our imaginations soar!

Instructor: Trisha Zigrosser

F10 Paper Possibilities**Week: 1****Grades: 6+**

Paper is an abundant, inexpensive, colorful, and very versatile resource. It is the perfect material for making models that have the power to be beautiful, fascinating, useful, and so much more! In addition to exploring traditional Origami, we will also create flexagons, zines & journals, a basketball hoop, and more! Join us as we use folding, cutting, scoring, gluing and more to construct a variety of paper projects that will tap into your curiosity and creativity. The only tool you need to bring with you is your hands!"

Teacher: Mark Kaercher

F11 Indians of North America**Week: 3****Grades: 4 & up**

How did the Iroquois and Sioux Indians live? Join us for a weeklong adventure and hear their stories and songs. Explore the woods to find and identify plants, animals, footprints and feathers. Gather natural items to make and decorate a "talking stick". Visit our longhouse and tipi! Make your own clay pot, an Eastern Indian cornhusk doll, and Plains Indian medicine wheel. Join us and see how the Indians of North America lived!

Instructor: "Standing Woman" (Dawn Marczak)

F12 Revolutionary War: War In Our Own Backyards**Week: 4****Grades: 5 – 9***

* older students interested please email registrar@heldebergworkshop.org Six American Revolution historical markers are located within a two-mile radius of the Heldeberg Workshop. The camp itself is on former Mohawk land later owned by Patriot Frederick Crouse. Students can step back in time to those days when local German and Dutch settlers came together to protect their community from raiding Tories and Mohawks. Service in the militia was mandatory from age sixteen. Our "new recruits" will join the 3rd Albany County Militia and learn about the weapons and equipment the militiamen carried and the food they ate. Reproduction weapons and uniforms and a few original artifacts will be exhibited. Students will be issued wooden rifles and be instructed in infantry tactics. Patrols will scout daily for Tories, and we may have to repair and garrison a fort.

Instructor: Ted Shuart

F13 Knit 'n Nature**Week: 6****Grades: 4+**

Knitting is a wonderfully social craft that will boost your creativity, confidence, concentration, and fine motor skills. This camp will provide a fun, supportive space with tailored knitting guidance so that every participant will create a project that is unique to themselves and their abilities. A few examples of projects may include; scarves, potholders, headbands, or hats. The camp will cover basic knitting stitches, how to read a pattern, and how to select yarn for your project. Students with more experience can try their hand at colorwork or cabling. The best part? Knitting is portable, so we'll roam the beautiful Heldeberg Workshop campus as we work on our creations.

Instructor: Leiana Hawkins

Performing Arts 2026

Chairperson: Joe Hetko

T01 Guitar: basic and beyond

Week: 2

Grades: 5+

If you want to get a solid start on guitar playing or take your playing up to a new level, this class is for you! We'll explore chords, single note tunes, and technique. We'll experience the fun of playing with others, and touring the land with our guitars in hand! If you don't have a guitar to bring to class we will provide a loaner for the week.

Instructor: Joe Hetko

T02 Be a Magician!

Weeks: 2, 5

Grades: 3 & up (ages 8 & up)

Here's your chance to learn magic from one of the top magicians in the Capital Region. Magician Jim Snack will draw from his bag of tricks to teach sleight of hand, close-up magic, and illusions. Each student will master several tricks with cards, coins, rope and other readily available objects to present at the Open House. The workshop is for ages 8 and above.

Instructor: Jim Snack

T03 Marionette Theater students perform: "Battle of the Trolls!"

Week: 3

Grades: 5 – 8

The woods trolls and the mountain trolls battle for the Heldebergs! Join the struggle! Build your own marionette troll and perform the story of the ancient trolls of the Heldebergs for the whole Workshop. Will you make a terrifying troll or the most beautiful princess? Puppet painting, costuming and puppet performance skills are all part of this adventure!

Instructor: John Koethen

T04 Spy in Disguise & Effective Detectives

Week: 2

Grades: 3-8

Solving mysteries and Secret missions.

Collecting clues and breaking codes.

Investigation and Intelligence operations.

What is the difference between a Detective and a Spy? We will explore the methods & tactics of each, and create our own characters.

Develop your skills of Observation & Deduction, Espionage & Surveillance.

Send secret messages using crafty codes. Hide your identity with deceptive disguises. Collect clues and uncover the Truth. Conduct covert operations and protect the Peace.

Instructor: Scott Payne

T05 Wizards Workshop

Weeks: 1, 4

Grades: 3 - 8

Your OWL has arrived! Don't miss your opportunity to attend Hogwarts in the Helderbergs. Potions, Magic Charms, and Mystical Beasts (and where to find them) are just a few of the subjects that students will enjoy in this crash course in theatrical conjuring. Apprentices will construct a Wizard's wardrobe, magical apparatus, and other accessories of Abracadabra! Grab your broomstick and get ready to play wizard games. Imagination and Magic creatively combined!

Instructor: Scott Payne

T06 Songwriting

Week: 4

Grades: 5+

If you want to learn how to get started writing songs or if you're already writing songs on your own, this is the class for you! We'll form a supportive community for you to try out your ideas. We'll explore song form and how it relates to chords, melody, lyrics and rhythmic patterns, and we'll use the natural beauty of the workshop land as inspiration for our creativity.

Instructor: Joe Hetko

T07 Jovial Jesters

Week: 3

Grades: 3 - 8

Come One, Come All and explore the frolicsome fun world of Jesters!

We will create our own costumes: colorful cap & bells, and motley.

Make "Jolly Jester Sticks" and juggling equipment.

Share hilarious Hijinks with jokes, puns, silly songs and stories. Engage in witty banter and slapstick humor in our "Jester's Joust", concluding in a climactic "Pie Fight"! Frivolity & fun for everyone.

Instructor: Scott Payne

T08 Haunted Heldebergs: Shuddering Shutters!

Week: 6

Grades: 3 - 8

Freaky Fiends, Ghastly Ghouls, and Things that go Bump in the Night!

Create creepy characters to taunt and terrorize our visitors to the Haunted House.

Instructor: Scott Payne

T09 Whodunnit? Mysteries in Miniature

Week: 5

Grades: 3 - 8

Design and build an original scale model Escape Room using stage-craft techniques. Create the clues for friends & family to unravel the mysteries awaiting in these puzzling and peculiar places. Develop your detective skills as you deduce the method, moment, and motive in these Mini-Mysteries.

Instructor: Scott Payne

T10 Let's Play Ukelele!

Week: 6

Grades: 4+

Wander the Heldeberg hills and trails with one of the most portable and versatile musical instruments. This class is suitable for both complete beginners, and folks with some playing experience. We'll learn to play tunes, chord progressions, and work on right hand techniques to bring variety to your playing.

Note: You do NOT need to have a ukelele to join this class, but if you have one, do bring it!

Instructor: Joe Hetko

T11 Adventurers Wanted: Swords & Sorcery

Weeks: 1, 3

Grades: 6 - 12

Adventure awaits for those courageous enough to answer the call! In this course, we will sharpen our character development and role playing skills, using one of the most popular tabletop roleplaying games. Learn to create your hero using your character sheet, craft a backstory, draw art of your character, roleplay and act alongside other players, and set off with your adventuring party on quests fighting monsters and magical creatures. We will explore the Workshop and take our characters into the woods for more adventure! Seasoned players join in on miniature campaigns and have opportunities to become a Game Master and create and run combat encounters for other players. What kind of hero will you be?

Instructor: Mackenzie Johnson

T12 Tame Your Stage Fright!

Week: 1

Grades: 6-12

Is stage fright spoiling your auditions, ruining your fun, and dashing your dreams of superstardom? You may not realize there's a lot you can do to tame it! This workshop is all about getting more comfortable sharing your talents in front of an audience, so performing is less painful and more joyful. We'll deconstruct fears, learn strategies for self-care and building confidence, and focus on fun over perfection. If you want to perform and struggle with stage fright (just like Emma Watson, Harry Styles, Adele, Ed Sheeran, and Beyonce!) this workshop is for you! Note: This workshop is for performers of all levels, from pre-beginner to experienced. It's also for performers of all kinds, whether your talent is acting, singing, or something else. It's even for those who haven't discovered their personal talent yet!

Instructor: Heather Schwartz

T13 No Script?? No Problem!

Week: 2

Grades: 3+

Turn play into plays! Learn the same improvisation skills actors use to create unscripted scenes on the spot. Through fast-paced games and creative challenges, you'll practice listening, supporting your teammates, and saying "Yes, and!" to bold new ideas. Discover how the best comedy comes from honest, human reactions. Then step into simple improvised scenes where you're writer, director, and actor all at once. Show off your quick thinking, confidence, and teamwork in a lively performance for friends and family!

Instructor: Walt Batycki

T16 Space Creature Among Us!

Week: 4

Grades: 3 & up

Something is hiding aboard the ship... and it could be you! Create the brave (and suspicious!) crew of a spaceship that has picked up a shape-shifting alien. In each round, randomly selected performers become the creature while the crew works to complete missions and undo sabotage. Suspicion rises as crew members disappear, and quick thinking is essential. Build strong characters, practice improvising under pressure, and design simple props for your space adventure. Then invite Mission Control (your audience) to help uncover the monster in a thrilling live performance!

Instructor: Walt Batycki

T18 Lights! Camera! Laughter!

Week: 5

Grades: 3 & up

Become a writer, actor, and director in your own over-the-top movie parody performed live on stage. Take epic battles, dramatic speeches, and shocking twists from favorite blockbusters and spin them into one hilarious original story. Create bold characters, exaggerate big moments, and discover what makes a story work—all while building strong teamwork skills. Then premiere your action-packed Summer Blockbuster for friends and family, complete with theatrical flair and big laughs!

Instructor: Walt Batycki

T19 Heldeberg Comedy Live!

Week: 6

Grades: 4 & up

Become a star in our own sketch comedy show! You'll kick things off with high-energy improv games that build listening skills, teamwork, and quick thinking. Then turn those skills into short, loosely scripted comedy sketches your team creates together. Brainstorm characters, punchlines, and ridiculous situations, and help design simple props and sets to bring your ideas to life. Everyone has a role—onstage and behind the scenes—and teamwork is the key. Then show off your new comedy skills in a fast-paced, laugh-filled performance for friends and family!

Instructor: Walt Batycki

High Adventure 2026

Chairs: Marilyn Pusatere & David Wallingford

H01 Spelunking

Weeks: 1, 2

Grades: 6+

Note: This class includes an additional cost for transportation to/from the caves. Total registration for class and trips is \$300.

Go underground! Crawl, squeeze and meander through the limestone caves and karst formations of the Heldeberg Plateau. Students will receive instruction in basic equipment and learn the essentials of spelunking techniques and cave conservation. This class has required waivers and equipment (a list will be emailed to all registrants).

Note: Additional transportation fee is for the bus to and from the caves each day (not AM/PM bus to and from home). If you want AM/PM busing, please purchase Week 1 or 2 Bus.

Instructor: Erica Keefer

H02 My Side of the Mountain

Weeks: 2, 5

Grades: 4 - 6

My Side of the Mountain, by Jean Craighead George, is an adventure story of self-reliance and ability to adapt to the environment. Like the main character, Sam Gribbley, students in this class will learn basic skills to use the land to survive. You'll build a survival structure, learn to start a fire with flint and steel, cook over a fire, hike with a map and compass, and identify wildlife. You'll keep a journal of your experiences. You should become familiar with the popular story to fully enjoy this class.

Instructors: Week 2: Karen Meacham; Wk. 5: Darcy Morrison

H03 MORE My Side of the Mountain

Weeks: 1, 3, 6

Grades 7 - 9

Did you take My Side of the Mountain? Want more? This class is offered for older students, and everything will be a little "more". After you build a fire with flint and steel, you will safely and successfully maintain the fire. You will hike the Heldebergs, gather wood, forage, and identify flora and fauna. Different types of shelters will be built. You will become attuned to nature and learn basic outdoor survival skills, like Sam Gribbley!

Instructor: Week 1, 3: Karen Meacham; Wk. 6: Darcy Morrison

H04 Fly Fishing and Fly Tying

Weeks: 2-3 (2 week course)

Grades 5+

Note: This class fee includes transportation to the fishing site; total registration for 2 week class and trips is \$450.

Students learn to tie their own flies for bass and pan fish. Casting practice is held each day. The last 3 days of class are held at the water, where students are given the opportunity to catch fish on their own creations.

This class is a great introduction to fly tying and fly-fishing. Many students have continued in the sport and are now catching fish in warm, and saltwater.

Instructor: Tom Passarelli of Capital District Fly Fishers

H05 Archery: Beginning and Advanced

Weeks: 1, 2, 3, 4, 5, 6

Grades 6 & up

Develop beginner Archery skills and become familiar with the sport, or come out to the range and refine techniques in a hands-on field target environment! This class gives lessons with traditional recurve bows for enthusiasts of all kind - whether for sport, tradition, or simply to engage with a unique experience. These are the same type of bows used in national shooting competitions and the Olympics. On the last day, we host a Candy Shoot to put our skills to the test, in which we put fun drawings, balloons, and more on our targets and shoot at them to score points for candy! This class is for new and returning students alike and provides an open and relaxed environment to learn, improve, have fun, and socialize. Between shoots we go on hikes, visit other classes, and discuss our own archery goals and receive personalized instruction.

Note: This is a traditional archery class, using recurve bows. Bringing your own equipment is encouraged but not required!

Instructors:

Wks. 1&3: Claire Pusatere and Emma Loy-Santelli

Wk. 2, 4, 5, &6: Claire Pusatere & Mackenzie Johnson

H06 Helde-Trekking

Weeks: 2, 3, 6

Grades: 3 - 5

Hike the Heldeberg Workshop! Spend your week hiking and exploring the fields, woods, swamp and pond areas of the Workshop Land. Learn what to do and what not to do when out hiking, whether on the Workshop Land or elsewhere with friends and family. Learn some basic safety and survival skills such as building a campfire, making a survival shelter and reading basic trail maps. You will need to wear comfortable hiking shoes or sneakers, as we will do a lot of hiking. Students should also have a small daypack that can hold a raincoat, a water bottle and snacks for each day's adventure.

Instructor: Wks. 2&3: David Wallingford; Wk. 6: Robert Rice

H07 Woods Wanderers

Weeks: 4, 5, 6

Grades 6 - 8

Not all who wander are lost! Unlock your inner wanderer in this course for hikers and curious naturalists. Venture into our unique, beautiful, and diverse land while learning basic plant, insect, and animal identification. Whether out for a day or overnight, this class will prepare you for a safe and enjoyable journey. You will learn how to pack gear, cook outdoors, do basic wilderness first aid, and handle bad weather and survival situations. Learn and practice "Leave No Trace" principles while wondering and wandering throughout Heldeberg's gorgeous landscape. If you're interested in broadening your hiking experience and immersing yourself in a world of nature, then this course is for you!

Instructor: Karen Meacham

H08 Junior Archery

Weeks: 2, 3, 4, 5

Grades: 3-5

This course will stress all the FUNdamentals of Archery with an emphasis on skills for younger students. Archery games and tournaments make this class interesting and lively! Students will use the latest technologically advanced "toy" bows and arrows to shoot at a variety of backdrops and targets. Between shooting sessions students will enjoy taking small hikes and observing nature throughout the Workshop land.

Instructor: Nova DiRamio

H09 Introduction to Karate

Week: 4

Grades: 6+

Did you ever wonder what it's like to practice karate? This course will give you an introduction to Karate and its evolution throughout the world. Hear Kyoshii's stories of the Grand Masters of Karate, learn the physical and mental strategies, and practice hands on training with the Bo (6 foot wooden stick). Enter the world of karate with this safe, fun, informative, and exciting class.

Note: This is a No Contact workshop, encouraging both girls and boys to improve their balance, strength, and focus, a great help in their future endeavors.

Instructor: Kyoshii Joe Mansfield

H10 Geocaching: A Modern-Day Treasure Hunt

Weeks: 1, 2, 5

Grades: 3 - 5

Ready to turn the outdoors into a real-life treasure hunt? Since the year 2000, when GPS technology was made available to the public, people have been hiding and finding geocaches all around the world. In this hands-on geocaching course, students will learn how to use GPS technology, read coordinates, navigate trails safely, and discover hidden caches. Along the way, they'll practice teamwork, problem-solving, and outdoor skills while exploring nature.

Participants will also design and build their own creative caches using provided materials and natural elements. By the end of the course, students will have the confidence to plan, hide, and find geocaches responsibly, all while gaining a deeper appreciation for the outdoors.

Instructor: Jonathan Lane

H11 Introduction to Taekwondo

Weeks: 4, 5

Grades: 2 - 4

Try out a martial art in the great outdoors. This program focuses on kicking, punching, blocking, and basic self-defense. You will learn fundamental Taekwondo techniques and apply them to breaking a board by the end of the week. Practicing Taekwondo builds physical fitness, flexibility, and balance while emphasizing the development of great character! Additionally, you learn the importance of when to use your powerful skills. We will also take time each day to explore the surrounding land.

Instructor: Master Rice