

The Sew Fresh News

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Sew Fresh Studio offers fine alterations, tailoring and dressmaking services as well as a complete line of sewing and fashion classes.

Please see our website for the “freshest” offers and free community events.

We teach you to make it or make it for you, since 2005.

Learn from the pros!

Our classes are relaxed, supportive and packed with fun and skills.



Contact Us

303-652-0532

create@sewfreshstudio.com

361 2nd Ave. #104

PO Box 445 (mail)

Studio Hours

Tues.-Fri. 10-5

Sat. 10-2

Or by Appointment

Learning to Sew Classes for Ages 11-Adult

How to Use a Sewing Machine: Level 1

Learn not only how to thread a sewing machine and bobbin but how to trouble shoot any problem that you might have, choose and use your stitch dials/buttons, and maintain your machine. Feel confident using a sewing machine. This is a complete class geared towards machine usage. Bring your machine if you have one and all of its parts and accessories or reserve our Janome computerized sewing machines free with reservation. If you are sharing a machine for this class you can just pay full price for the adult and ½ price for your family member.

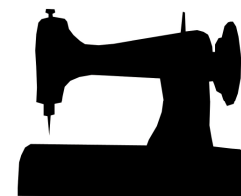
Teacher: Dena Cacioppo **OR** Cookie Ramirez

Class Size: Min. 3- Max 6

Price: \$40.00 *includes an informative booklet*

Dates: Tues. June 10/3:00-5:00 (DC) **OR** Sat. June 14/2:00-4:00 (DC) **OR** Thurs. June 26/6:00-8:00 (CR) **OR**

Fri. July 11/6:00-8:00 (DC) **OR** Tues. July 15/6:00-8:00 (DC) **OR** Wed. Aug. 13/6:00-8:00 (CR)



Beginning Sewing : Level 1.5

Create your own instruction manual by making examples of several seam finishes for different fabrics and uses. You will also learn how to hem your own jeans. You will learn how to select and buy fabrics, prepare them for sewing, learn about grains, preshrinking, straightening, about pattern repeats, and nap. You will learn how to make a simple pattern, layout and cutting techniques, make a lined pocket, and quick straps while making a French cook apron. Students use our professional tools and learn which ones work the best for a specific job. Students receive 10% off on all tool purchases. Use your machine in class or use one of ours with a reservation.

Prerequisite: How to Use a Sewing Machine class, or ability—**Mat. List:** purchase this **after** the first class so you know what and how to buy: 1 yd. of mid weight cotton and 1/3 yard of complimentary cotton for pocket. 10% off on fabrics at Elfriede's Fine Fabrics (just mention you are in our classes!)

Teacher: Dena Cacioppo

Class Size: Min. 4- Max 6

Price: \$125.00

Dates: Tues. June 17,24/3:00-6:00 **OR** Sat. June 28/10:00-4:30 (with Lunch break) DC **OR** Fri. July 18, 25/ 6:00-9:00 **OR** Tues. July 22, 29/ 6:00-9:00 DC

More... Beginner Classes

How to Use A Serger: Level 1

Learn how to use a serger before you buy one by test driving our Janome serger or if you have one and aren't using it to it's full use. Bring your serger in a week prior to the class so your instructor can meet and greet your machine and get to know it so she can teach it's uses and functions to you.

Teacher: Karen Stalgren

Class Size: Min. 2- Max. 5

Price: \$50.00+\$15.00 material fee

Dates: Sat. June 7/ 12:00-3:00 **OR** Tues. July 8/6:00-9:00

Workshop Classes

Make Anything Workshops: Level 2-3

You can learn from a professional of 36 years of couture design, dressmaking, tailoring and alterations. Create any item you want to. Bring your project, notions, materials, sewing machine. Learn to use a purchased pattern, adjust it for your size and fit to make any garment from skirts to wedding gowns to tailored jackets. You can also be fitted and learn to alter your own purchased clothing.--For advanced students learn to drape your ideas, make patterns and make it. **Free Technical Support!** Classes encourage you to challenge yourself in at least 2 new ways and to make the items that you dream of. It is nice to call ahead and let the teacher know what you will be working on. Industry, couture sewing and finishing techniques are taught to students at each of their levels. All students receive 10% off on lovely fabrics at Elfriede's Fine Fabrics, just mention you are in our classes.

Teacher: Nora McCray

Class Size: Min. 3 Max. 4 *Wait list is offered for fill in opportunities.*

Price: \$60.00

Dates: Sat. June 21/ 2:00-5:00 **AND/OR** Sun. June 22/2:00-5:00

Copy Cats: Level 3

Learn professional techniques to copy your favorite garments that you have or have seen in a magazine or own now! Then learn to make patterns without taking the original garment apart! Love it? Copy it! This is a demonstration class and supplies for a pattern making are available here/ bring in something you love for discussion.

Teacher: Nora McCray

Class Size: Min.4-Max. 6

Price: \$45.00

Dates: Thurs. June 19/ 6:30-8:30

Did you know we
also specialize in
men's tailoring?

Adult Knit Yoga Pants: Level 2+

In this class you will make what will sure to be your favorite yoga pant.

With a fold over waist band and a straight leg, these yoga pants will have a custom fit to guarantee comfort. We also ask that you pick out your fabric. Pick a stretchy knit in the color or pattern of your choice and purchase 1.5 yards at 60" wide. Also buy a coordinating thread color. We ask also that you wash and pre-shrink the fabric before class.

Teacher: Nora McCray

Class Size: Min 3. -Max.5

Price: \$52.00

Dates: Fri. June 20/6:00-9:00



Fashion Design: Ages 11-Adult

Sketching 1 & 2

Sign up for all three or just single sessions to refresh the level you feel comfortable in. This sketching class offers personal tips on how to get your ideas down on paper by drawing your clothes on a fashion croquet and executing your designs in a way that can be understood by learning how to draw specific types of fabrics and textile. This is a great class for beginners as well as professionals who need a refresher on techniques.

Teacher: Lauren Jones

Class Size: Min.3- Max.6

Price: \$35.00 per class

Dates: Level 1: Thurs. July 17/ 5:30-7:30
Level 2: Thurs. July 24/ 5:30-7:30

Fabric 101

Choosing the right fabric for your design can be challenging. In this fun class you will investigate different fabric textures, fiber content and uses. You will use swatches to learn about the fabric kind, this class will get you started building your fabric library.

Teacher: Lauren Jones

Class Size: Min 4.-Max. 7

Price: 70.00

Dates: Wed. July 30/ 5:30-7:00

Intro to Computer program Adobe-Fashion Illustrator

For anyone look to break into the industry, or is seriously considering producing their own collection, then this class is an absolute must. This is an introduction to Adobe Illustrator and the drawing of CAD (Computer Assisted Design) Flats. Flats are the "architectural" drawings of fashion They will tell your patternmaker where the seams are, how the garment is finished. Follow along by watching, bring your own laptop with Illustrator , or download the 30 day free trial on adobe.com

Teacher: Lauren Jones

Class Size: Min 4.-Max. 7

Price: 120.00

Dates: 2 hour session-one on one learning. what ever fits your schedule.



Kids Classes

Kids Runway Full Day Camp: Level 1 ages 7-12

Learn to use a sewing machine to make many different items. With different projects happening all summer. These are full classes and beginners are welcome as well as returning students. Materials are provided and students will choose from fashionable fabrics and trims. We provide the sewing machines but bring yours if you have one and we will use it. Kids have a lunch break at 1:00 so bring a lunch or purchase a pizza and a drink at Lefty's for about \$7.

Teacher: Karen Stalgren or Cookie Ramirez

Class Size: Min. 4- Max. 6

Price: \$100.00 *Includes all materials*

Dates: Mon. June 9/ 10:00-5:00(KS) -PROJECT-Tote bag fabric we dye in class!

Sat. July 12&26/ 10:00-5:00(CR)-PROJECT-Make a quilt that also fold up into a bag-great for sleepovers

Mon. July 14/ 10:00-5:00(KS) -PROJECT-Make your own wall hanging by piecing fabric together

Sat. Aug. 2/10:00-5:00(CR)-PROJECT-Pick from our wide variety of fabric to make a skirt

Sat. Aug. 9/ 10:00-5:00(CR)-PROJECT-Bring in a school note book that we can make a cover for-ipads too.

Parents and Kids Together: Level 1 ages 7-12

Learn the basics of a machine while creating a great memento that you and your child can share. With each of you doing on side of the pillow case this becomes a great team project that is fun and easy to repeat at home!

Teacher: Karen Stalgren or Cookie Ramirez

Class Size: Min. 4- Max. 6

Price: \$60.00 *Includes all materials and Kids come free*

Dates: Fri. June 27/6:30-8:30(KS) OR Sat. July 19/3:00-5:00(KS) OR Mon. Aug .11/6:00-8:00(CR)



Meet Our Talented Team

We are the respected professionals in our fields of expertise and enjoy sharing our talents.

Nora McCray

Nora McCray has been a professional dressmaker/designer/teacher/inventor in the Boulder, Colorado area since 1976. She specializes in fine garment sewing and created lovely gowns for Miss America contestants as well as many wedding gowns and custom wardrobes. She created Sew Fresh Studio that opened in January 2006. She enjoys making elegant formal wear, consulting for new clothing entrepreneurs, designing for commercial clothing companies, and teaching all levels of garment sewing. You can see Nora in her off hours hiking, enjoying movies and yoga.

Vince

Vince is our best tailor. He is quick and his work is flawless. He has a wonderful visual memory for details of how a garment is constructed and how to alter it to perfection. After years of work in the Boulder Colorado area we are so lucky to have him leads our staff as manager.

Laura Cotugno

Laura specializes in custom alterations and dressmaking at our studio and teaches classes for our students. She loves making and altering stage costumes for theater companies in the Denver Center . Laura has over 24 years of loving sewing for others and teaching her skills to our students.

Dena Cacioppo

Dena has both interior and fashion design degrees. She specializes in space planning and teaching quilting, beginning sewing and project classes for Sew Fresh Studio. Living in two locations she travels between her Nebraska home and home decor business and Boulder. Her wide range of knowledge lends creativity and problem solving techniques to her classes.

Jade Locke

Jade is a well known corset and bridal gown designer, she teaches our corset making courses and is the principle designer for our new corseted wedding gown line. She also offers her attention to detail and perfection to our alteration work and fitting our clients for their garments and gowns.

Lauren Jones

Lauren inherited her interest in sewing from her mother . Since then she has done costume work for Trinity College theater, retail fabric sales and wholesale buying experiences, working in the sample room of Diane von Furstenberg, as a business owner of a prototyping firm, and as the lead designer for a women's apparel line. She is currently working as a designer and at Elfriede's Fine Fabric store.

Karen Stalgren

Karen has sewn since she was 7, and has loved it since. Most of Karen's life she worked as an occupational therapist teaching life skills and crafts to her clients. She now shares her soft spoken, very supportive manner with our students to encourage them to "sew outside the box".

Lulu LaFortune

Lulu is our newsletter, web assistant and merchandiser for our designer showcase monthly. She loves perfecting the visual aspects of our studio. Lulu is attending the Savannah College of Art and Design in the fall where she will be studying Fashion Design and Merchandising.

Sew Fresh Studio class policy and discounts

We keep our classes small to provide excellent instruction and attention. We have a minimum and a maximum for each class. This helps to keep our fees as low as we can. Our professional experienced teachers plan and prepare well for the students and need to be paid for the commitment we give them by your registrations. Teachers are either very experienced or are working as a professional in the field they teach. We ask you to look at your calendar carefully before you register for a class. Your registration is your commitment to attend.

New Prepayment Policy as of March 2014:

Classes must be prepaid, 4 days prior to class, with cash, check mailed and received to our post office box, or credit card on our web site, by phone or in person. You will not have a spot in the class without prepayment. This helps to keep your fees as low as we can make them and still pay our staff for their talents.

If you need to cancel:

1. Call us 4 business days prior to the first class. This may give us time to fill your space and not let the other students down by having to cancel the class due to class minimums not being met.
2. If you get sick or have an emergency and can't come and do not give us 4 days notice, you will be given a refund of 1/2 the cost of the class, since our teachers require us to pay them for the attendance expected.

If we need to cancel or postpone:

1. During bad weather: 4 hours before the class start if weather is severe enough. Rescheduling will be announced. Call studio to check in with us in bad weather cases.
2. If minimums have not been met for the class or the teacher needs to cancel. We wait until 1 day before class is to begin. We will reschedule the class and you can apply your payment to any of the future classes or ask for a refund.

Private classes are offered:

If you had to miss a class or want a personal approach, our teachers offer private classes at their discretion at \$75/hr. with a 2 hour minimum for fashion arts and sewing classes.

Parents are welcome to watch the kid's classes for 15 minutes at the beginning of classes. We find that the kids have better attention if they are not distracted by visitors watching. All kids' classes will be supervised by two adults.

Sew Fresh Students receive a 10% discount on all materials purchased here during time signed up for classes. Schedule your own class, find at least 4 students, collect their payments and we will find a teacher to teach what you want to learn and give all students in class 10% off class fee for any ages from 6-100.

Sew Fresh Studio and the Environment: We are making a commitment to our environment and your health. Please don't wear perfumes in classes. We use earth friendly non-toxic cleaners and paints, we have equipped our sewing studio with state of the art equipment, we offer easy to use Janome computer sewing machines, Laura Star Irons, Sylvia Cutting tables and specially designed tables to encourage community in our classes. We give back to our community, recycle and are 100% Wind Powered.

Sew Fresh Studio
361 2nd Ave. #104
PO box 445 (for mail)
Niwot, CO 80544-0445
303-652-0532
www.sewfreshstudio.com
Create@sewfreshstudio.com

Directions:

We are located 4 miles from Longmont and 7 miles from Boulder off of Colorado Hwy #119 the Diagonal.

We are at the corner of Niwot Rd. and 2nd Ave in the brick building and large parking lot at Left Hand Corner under the green awning. Free parking.

Please use our web map for directions. Some web searches will take you to Longmont instead of Niwot.

Studio Hours:

Tues.-Fri. 10:00-5:00
Sat. 10:00-2:00
And by special appointments



- Custom Designed, Handmade bridal gowns.
- Clothing Designer services and prototypes.
- Sewing, home decor, quilting and fashion design arts classes.
- Open Studio to enjoy renting our machines and equipment by appointment. Rent our machines (\$15/hr.) or bring your own.
- Sewing room furniture and chairs sales.
- Sewing tools, books and patterns for sale.
- Community volunteer opportunities.
- Janome/New Home Sewing machines rental, sales, and service.
- Featuring the Tilt'able Ergonomic System and the Perfect Sewing Chair in over 60 colors