



Quilting 101

Welcome & Supply List

Thank you for joining our Quilting 101 class. This class was originally designed to introduce new quilters to this wonderful hobby. The class has students making 6 each of 4 blocks. Repetition is essential for students to retain information, and it is why we chose to design this first class in this manner. Classes will be 3 hours with required work outside of class.

We encourage our new quilters not to purchase things until they come to class, and we give them a hefty discount (20% off) to help them get started. We use this time to let them try different rulers, rotary cutters, etc. before they buy. The hobby of quilting can be an expensive hobby and we hate to see students purchase things that they will not be happy with.

Students are required to bring their own sewing machines to class.

Your instructors (the SISisters):

Becky Malarski-Becky is a recovering middle school science teacher. Education is foundational in our vision for Sew in Stitches. She has been launched into quilting by her mom and sister a little over 3 years ago. She believes that with the tools taught in the classroom, that quilters can create and accomplish just about anything.

Tracey Stinger-Tracey is the Education Coordinator and creative force behind Sew in Stitches. She has been working in the sewing and quilting world for over 10 years, and has spent that time traveling throughout the US taking workshops and networking with quilting power houses.

Between the 2 sisters, you will find a plethora of knowledge. More importantly, you will find 2 SISisters who believe in serving others and building a community of quilters. And, of course, having LOTS of fun!!

We look forward to getting to know you and helping you on this journey.

For additional information, please contact the instructors by email using Quilting 101 in the subject line.

info@sewinstitchesshoppe.com



Lesson	Objectives	Tools
Introduction (Day 1)	Introduction-review syllabus	Sewing machine/thread
Lesson 1: Choosing Fabric (Day 1)	Color Theory Values Prints and solids	Color Wheel Fabrics Cell phone camera
Lesson 2: Sewing 1/4" seams (Day 1)	How to get a precise 1/4" seam every time	Perfect Piecing Seam Guide
Lesson 2: How to cut (8 1/2 block & Rail Fence) (Day 2)	Proper techniques in cutting Using ruler vs. mat Sizing products Pre shrinking	Rotary cutters Cutting mat Rulers Precision piecing tools.
Lesson 2: Sewing 1/4" seams (Rail Fence) (Day 2)	How to get a precise 1/4" seam every time	Perfect Piecing Seam Guide
Lesson 3: Half Square Triangles (Pinwheel) (Day 3)	You can create a lot with HST! How to create pinwheels, nest seams and reduce bulk with the center spin.	Quilter's Magic Wand* Tucker Trimmer* Frixion Pen
Lesson 3: Square in a Square (Day 4)	How to create this block without losing your points.	Large Square Squared Tool*
Lesson 4: Sashing (Day 5)	How and why you miter, and how to attach borders.	Rulers
Lesson 5: Sandwiching and quilting (Day 5)	How to sandwich your quilt with pins or basting spray.	Basting spray Basting Pins
Lesson 6: Binding (Day 6)	How to machine or hand bind	Binding tool



Here is a list of supplies that students will need for the class:

Working sewing machine	This is a good way to showcase entry level machines.
Bobbins	Have them wind a few before class.
Neutral colored thread	I introduce them to the thread we carry and why old thread is not the best thread to use.
Seam ripper	Show them the ones you carry, and discuss replacement frequency (annually)
Scissors	Fabric vs. paper and crafting scissors
Rotary Cutter and blades	Let them try what you sell. This is a big purchase that they need to love!
Frixion Pen	Or other marking pens/pencils
Cutting mat and rulers	Self healing vs. plastic
Pins	Sharp ones for quilting
Needles	Sizes and changing frequency
Sizing agent *	We use Acorn Easy Precision Pressing System and Best Press
Tucker Trimmer*	Studio 180 tool for Half Square Triangles, Combination Units, Shaded 4-patch, and Quarter Square Triangles.
Lg Square Squared*	For trimming blocks and making blocks
Quilter's Magic Wand	To make the HST
Perfect Piecing Seam Guide	To measure a 1/4"
Binding Tool	For binding
Basting spray	For Sandwiching the quilt
Basting pins	For Sandwiching the quilt

*We will discuss these items in class.



Fabric requirements:

*There is quite a difference between quilting cottons that you find at a quilt shop and cotton fabric from big box stores. If you are looking for a quilt that will last, please talk to us prior to choosing fabric. Remember that we offer a 20% discount to our Quilting 101 students to help with costs associated with starting a new hobby.

Block	Fabric (from Sample)	Measurement
Block 1-Square	Floral	1/2 yard
Block 2-Rail Fence	4 assorted fabrics	1/6 yard of each
Block 3-Pinwheels	2 fabrics (light/dark)	1/3 yard each
Block 4-Square in a square	2 fabrics	1/3 yard each
Sashing and 1st border	Dark Blue	1 1/2 yard
2nd Border	Turquoise	1/2 yard
Outer Border	Floral	2 yards
Binding	Striped	3/4 yards
Backing (56.5 x 77.5)		4 3/4 yards

Class Dates for Spring 2023

Wednesday Evenings from 5:30 pm - 6:30 pm

February 1

February 8

February 15

February 22*

March 1*

March 8*

*One of these classes may have visiting instructors. We will do our best to balance the needs of our students with the needs of our business.