



Stitching Foundations: A Beginner's Guide to Free-Motion Quilting

Class Overview:

This hands-on class is designed for quilters new to free-motion quilting or those seeking to build confidence in their skills. Participants will learn the fundamentals of free-motion quilting, including machine setup, essential techniques, and basic designs, all in a supportive and encouraging environment.

Class Highlights:

- **Machine Setup:** Learn how to prepare your sewing machine for free-motion quilting, including lowering the feed dogs and attaching the darning foot.
- **Essential Techniques:** Master the basics of free-motion quilting, such as controlling stitch length, maintaining consistent speed, and moving the quilt smoothly under the needle.
- **Basic Designs:** Practice simple quilting patterns like straight lines, loops, stipples, and meandering to build muscle memory and confidence.
- **Troubleshooting Tips:** Receive guidance on common challenges like thread tension issues, stitch irregularities, and fabric puckering.

Instructor's Note:

Cris Roach brings over 42 years of quilting experience to this class, offering personalized instruction and encouragement to help each participant succeed. Her approachable teaching style ensures that beginners feel comfortable and supported as they embark on their free-motion quilting journey.



Class Kit Fee -Includes *Custom FMQ Panel, handouts, and sheet protector.*

Supplies available at HighviewQuilts.com or in class while supplies last

Supplies Required

One Quilt Sandwich

- 18"x18" Light Solid or Light Tone-on-Tone print for Top Fabric
- 19"x19" Lightweight Batting; Spray Basted or Fused, NO PINS!
- 20"x20" Backing Fabric

One Quilt Sandwich-we will add the Custom Panel in Class

- 19" x 19" Lightweight Batting
- 20" x 20" Backing Fabric
- Sewing Machine-foot pedal, power cord, extension table, ability to drop feed dogs for free motion quilting, and free motion quilting foot.
- Quilting Needle-90/14
- Basic Sewing Supplies-scissors, full bobbin, and top thread (light grey)
- [Water Soluble Marker-Blue](#)
- [Machingers Gloves](#)

Optional Supplies available to Purchase

- [Supreme Slider](#)
- [Glide Thread - Cool Grey 3-1000 Meters](#)
- [Bo-Nash Fuse It 2oz Powdered Fusible Bonding Agent](#)
- [FMQ panel](#)
- [Free Motion Book by Cris](#)
- [Beautiful Borders & Sashings by Cris](#)
- [Circle Magic: Machine Quilting with Rulers by Cris Roach - Highview Quilts](#)

