

Saturday March 21, 2009

Key : **CHILDREN: AGES 7-12**

Open: open to all ages 12+ and all ability level

Intermediate: experience & fitness necessary - teens & adult

10:00 to 11:30

11:45 to 1:15

Studio 1	Studio 2	Studio 3	Gym 1	Gym 2	Dance Theatre
<p>YOGA</p> <p>Debra Fernandez</p> <p>Intermediate</p> <p>This is a class for people with some Yoga experience. It will be taught in a vinyasa style with particular focus on the breath and flow of the postures.</p>	<p>MODERN TECHNIQUE</p> <p>Mary Harney</p> <p>Open</p> <p>This class will explore the use of weight, breath, dynamics and rhythmical changes inherent to modern dance while progressing from center work to traveling combinations. Bare feet recommended.</p>	<p>TAP</p> <p>Sandra Calvano Silva</p> <p>Open</p> <p>Basic steps and simple choreo for those with limited experience. The more experienced student will have advanced choreography involving more intricate footwork. Class includes a warm up, basic steps, and choreography.</p>	<p>SWING/SALSA</p> <p>Diane Lachtrupp and Johnny Martinez</p> <p>Open</p> <p>45 minutes of Swing and 45 minutes of Salsa – musicality, partnership, figures, hips and fun. Wear comfortable clothing and shoes you can turn in.</p>	<p>CREATIVE HIP HOP DANCEMAKING</p> <p>Kara Mycek</p> <p>Children 7-12</p> <p>Children will learn basic hip hop style and technique. Class involves warm-up, stretching, across the floor combinations, and learning choreography with an emphasis on individual creativity.</p>	
<p>BALLET MASTER CLASS</p> <p>Deanna McBrearty</p> <p>Intermediate</p> <p>This intermediate level ballet class will be taught in Balanchine style technique. Either flat ballet slippers or pointe shoes are acceptable.</p>	<p>JAZZ</p> <p>Debra Fernandez</p> <p>Intermediate</p> <p>A challenging class dealing with body isolations, rhythmic inventions and traveling combinations.</p>	<p>PILATES MAT WITH SMALL PROPS</p> <p>Ellen Ehrlich</p> <p>Intermediate</p> <p>Class combines equipment based exercises, using the Magic Circle and Theraband, to traditional mat exercises to enhance and intensify the movements. Yoga/Pilates mat required.</p>	<p>SOUND WAVES: SOUND & MOVEMENT THEATRE</p> <p>Kim Epifano</p> <p>Open</p> <p>Explore your own vibrational sound waves. Using pitch, tone, rhythm, motion, volume, and chakra awareness, learn to deepen the physicality and power of our voices. Investigate how sound creates character and character creates sound.</p>	<p>MIDDLE EASTERN DANCE</p> <p>Elaina</p> <p>Open</p> <p>Learn basic steps of elegant styles of Belly Dancing. Wear loose clothing, socks or dance shoes - no jeans. Bring a long scarf to wear around your hips.</p>	<p>CHINESE RIBBON DANCE</p> <p>Sandra Balint</p> <p>Ages 7 to 97 yrs.</p> <p>Chinese Ribbon Dancing is a long-standing genre in traditional Chinese Opera and Chinese Dance. Known for its visual beauty, it is also a powerful vehicle to express a range of emotion. The movements are very easy to learn and fun to do.</p>

2:00-2:30 PM Lunch Time Performance in Gym 1 by *MOVE DANCE* (Free!)

2:30 to 4:00

4:15 to 5:45

<p>BALLET VARIATIONS</p> <p>Deanna McBrearty</p> <p>Intermediate</p> <p>Learn choreography from a Balanchine ballet. Pointe shoes are preferred, although ballet slippers may be worn if you are not practicing pointe work.</p>	<p>MODERN TECHNIQUE</p> <p>Rubén Graciani</p> <p>Intermediate</p> <p>This class focuses on finding proper alignment, building strength, creating and developing line, understanding the concepts of fall and recovery, and exploring complex rhythm and musicality. The class promotes a greater sense of power and stamina.</p>	<p>TAHITIAN DANCE</p> <p>Nicola Martinez</p> <p>Open</p> <p>This fun, lively class covers basic to intermediate Tahitian dance technique and a complete Tahitian dance choreography. Bring a sarong or hip scarf. All levels welcome.</p>	<p>IRISH STEP DANCE</p> <p>Rosemary Campbell Miller</p> <p>Ages 7 to 97 yrs.</p> <p>Basic Irish dance will be taught. Ballet slippers, T-shirts and shorts or tights (soft shoe jig).</p>	<p>ZUMBA</p> <p>Laurie Zebele Cawley</p> <p>OPEN</p> <p>ZUMBA uses a mix of Latin and international music to create a dynamic cardio workout. It combines various rhythms with movements that tone and sculpt the body. Jazz sneakers recommended.</p>	<p>DANCING WITH YOUR CHILD</p> <p>Mary DiSanto-Rose</p> <p>Children 4-6yrs. w/ Adult</p> <p>Adults will learn dance activities, songs, use of props and stories to share together.</p>
<p>BALOCITY: CARDIO WITH A CLASSIC TWIST</p> <p>Deanna McBrearty</p> <p>Open</p> <p>Balocity is a dance inspired fitness class. Please bring your sneakers, comfortable and light workout wear, and lots of energy!</p>	<p>MODERN PARTNERING</p> <p>Rubén Graciani</p> <p>Intermediate</p> <p>An exploration of modern dance partnering techniques. The course will focus on developing the core strengths necessary to perform the different styles of partnering and develop the physical skills and awareness to achieve complex lifting sequences.</p>	<p>CHINESE YOGA WITH HEALING QI</p> <p>Sandra Balint</p> <p>Open</p> <p>Chinese Yoga is a meditative stretching exercise that massages the body's energy pathways while strengthening muscles. Based on traditional Chinese and Yogic principles, it calms the mind, improves energy flow and creates a state of well-being.</p>	<p>JAZZ FUNK</p> <p>Laura Moran</p> <p>Open</p> <p>Jazz Funk is an amalgamation of classical jazz technique and hip hop movement. The class will be composed of a cardiovascular warm-up, across the floor combinations and a jazz funk combination. Bare feet or jazz shoes are acceptable.</p>	<p>CALABASH</p> <p>Francelise Dawkins</p> <p>Ages 7 to 97 yrs.</p> <p>Calabash is a cornucopia-like, gourd filled with delicious rhythms and dance movements rooted in Africa but which blossomed in rich fusions wherever planted throughout the world.</p>	