

Sunday March 25, 2012

Key: **Children:** Ages 7-11 **All Ages:** 7+ and all ability levels.

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

Intermediate: experience & fitness necessary - teens & adults

10:00 to 11:30

11:45 to 1:15

1:15-2:15 PM Lunch

2:30 to 4:00

4:15 to 5:45

	Studio 1	Studio 2	Studio 3	Children's Wing	Foyer	Southeast Gallery or Children's Wing
10:00 to 11:30	<p>BALLET Julie Gale <i>Intermediate</i></p> <p>An Intermediate level ballet class concentrating on technique, style and the joy of movement. Ballet slippers and dance clothes preferred.</p>	<p>NIA - The JOY of Movement Casey Berstein <i>Open</i></p> <p>Nia is an eclectic, expressive, body-mind movement program. This class will explore what the JOY of movement means.</p>	<p>BEGINNING MODERN Claire Jacob-Zysman <i>Open</i></p> <p>A fun and energizing introduction to modern dance, includes choreographed as well as improvisational exercises. Please wear comfortable clothes to move in and bare feet.</p>		<p>Tai chi flowing water fan Sandra Balint <i>All Ages</i></p> <p>Tai Chi Flowing Water Fan is an elegant dance performed with Chinese folding fans. A great routine for the Year of the Black Water Dragon! All ages welcome. Fans provided.</p>	<p>PILATES MAT Lisa Yakel <i>Open</i></p> <p>This class is an open level Mat Class where you will be led through a sequence of exercises designed by Joseph Pilates. You will learn proper form and breath as well as how to find resistance and opposition within your bodies. wear comfortable clothing and bring your own mat.</p>
11:45 to 1:15	<p>BALELTONE: SOLE SYNTHESIS Sarah Hoffman <i>Open</i></p> <p>A low impact, cardiovascular class done barefoot. It combines three different types of movements: fitness, ballet and yoga. A proactive workout rooted in functional training that will leave you strong, centered, and actively flexible from the ground up.</p>	<p>HIP HOP Nicole Kadar <i>Open</i></p> <p>Students will learn basic hip-hop moves. The class will consist of a warm-up, across the floor and center exercises as well as a fun combination. No experience in the discipline is necessary, but a love to move and get funky is required. Wear socks or <i>clean</i> sneakers.</p>	<p>TAP - "MORE THAN JUST STEPS" Tina Baird <i>Intermediate</i></p> <p>The joy of every tap dancer is making music with your feet. Come discover more than just steps as we dive into the melody of a jazz standard. We will also cover the value of scatting, improvisation and counterpoint. Wear low-heeled or jazztap shoe.</p>	<p>A BALLET TIME MACHINE Julie Gale <i>Children</i></p> <p>A fun history of ballet, from Louis to Balanchine, told through story, pictures, costume, music and movement. Ballet slippers or socks and clothes that can be danced in preferred.</p>	<p>SWING AND SHIM SHAM David Wolf <i>Open</i></p> <p>Learn the fundamentals of swing dancing and the popular Shim Sham Choreography taught by Frankie Manning. No Partner is needed.</p>	
1:15-2:15 PM Lunch						
2:30 to 4:00	<p>MODERN DANCE TECHNIQUE Matthew Westerby <i>Intermediate</i></p> <p>Learn exercises utilizing a firm technical base that "release" the body in many directions. Then build towards fast-paced sequences with emphasis on musicality & performance quality, use of body gestures, physical connectivity and space.</p>	<p>ZUMBA Laurie Zabele Cawley <i>Open</i></p> <p>Zumba is a Latin/International rhythms-inspired dance fitness program. It is a fun, high energy way to burn calories, and shape/tone up. Zumba is known as "exercise in disguise". Wear sneakers and comfortable clothing.</p>	<p>JAZZ Marcus Rogers <i>Open</i></p> <p>Class begins with a warm up that includes isolations, stretching, and conditioning to prepare the body, gain strength, and prevent injuries. It continues with a series of across the floor progressions, and a combination. Wear jazz shoes, paws or foot undeez.</p>	<p>FORCES OF NATURE Mary DiSanto-Rose <i>Children</i></p> <p>Isadora Duncan was inspired by great music, poetry, and mythology. Swirl into her creative world and explore nature's surprises, embracing Air, Water, Earth, and Fire. Come in like a lazy lion - go out like a leaping lamb. For the adventuresome...</p>	<p>LINDY HOP David Wolf <i>Open</i></p> <p>Lindy Hop was the original "swing". Swing-outs and Lindy Circles! Learn the Savoy Styling made famous by Hall of Fame Dancer Frankie Manning. Perfect for beginners or swing dancers who want to expand their skills.</p>	
4:15 to 5:45	<p>IMPROVISATION AND THE CREATIVE PROCESS Matthew Westerby <i>Intermediate</i></p> <p>This class will focus on the use of improvisation as a creative tool and will lead participants through solo and duet explorations, working towards an informal sharing of work.</p>	<p>INTRODUCTION TO BELLY DANCING Jalilah (Jessica Lennon) <i>Open</i></p> <p>You will learn basic movement and muscle isolations and class will end with a short choreographed sequence. Wear comfortable clothing, barefoot is preferred. No prior dance experience is needed.</p>	<p>JUMPS AND TURNS Marcus Rogers <i>Intermediate</i></p> <p>This class will concentrate on the technical aspects of leaping, jumping and turning through progressions across the floor and center combinations. Develop balance, strength, elevation and body alignment. Perfect old tricks and skills, and learn new ones to give you that competitive edge.</p>		<p>DANCES FROM GREECE & CYPRUS Evan Euripidou <i>All Ages</i></p> <p>This class is open to all ages and will focus on a variety of traditional and more modern folk dances from Greece and Cyprus. Participants are encouraged to wear comfortable clothing and shoes appropriate for dance. All levels are welcome to learn these dances!</p>	<p>VINYASA FLOW Tanya Zayhowski-Rigney <i>Open</i></p> <p>Vinyasa style yoga is a fluid style of yoga that links the breath with movement in a flowing dance. This class is an open level class with variations/modifications for both beginner and advanced students.</p>