

# THE CENTER FOR CONTEMPORARY DANCE CLASS SCHEDULE

Classes are subject to periodic change. Please check with THE CENTER for an updated schedule.

**Spring Semester 2008: Monday, January 7<sup>th</sup> – Saturday, May 3<sup>rd</sup>**

(THE CENTER will be closed for Spring Break Sunday, March 30 – Sunday, April 6, 2008)

All classes designed for ages 9 and up, unless otherwise noted.

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
		9:30am Dance Fitness [60] Appropriate for Older Adults				9:30am Dance Fitness [60] Appropriate for Older Adults				9:30am Dance Fitness [60] Appropriate for Older Adults	The Creative Movement Academy 9:30am Move It, Baby! [45] Ages 2-3	
	10:30am Somatic Release [60] Appropriate for Older Adults		10-11am Company Rehearsal	10-11am Company Rehearsal	10:30am Somatic Release [60] Appropriate for Older Adults		The Creative Movement Academy 10:30am Move It, Baby! [45] Ages 2-3		10:30am Somatic Release [60] Appropriate for Older Adults			10:30am Jazz/Funk [50] (Volanté)
			11am-Noon Company Rehearsal	11am-Noon Company Rehearsal							The Creative Movement Academy 11:30am Creative Movement II [60] Ages 6-9	11:30am Dance Basics [60] (Dario) Ages 16 & Up
12:30-2pm All inclusive birthday parties with a dance theme! Ages 2-9	The Creative Movement Academy 4pm Creative Movement I [60] Ages 4-5		1-5pm Company Rehearsal	1-5pm Company Rehearsal					The Creative Movement Academy 4pm Creative Movement I [60] Ages 4-5		12:30-2:30pm Deliverance for Pre-Pro and Pre Pro I	12:30-2:30pm Artist Enrichment w/Technique for Pre-Pro II through IV
	The Creative Movement Academy 5pm Creative Movement II [60] Ages 6-9						The Creative Movement Academy 5pm Creative Movement I [60] Ages 4-5		The Creative Movement Academy 5pm Creative Movement II [60] Ages 6-9			2:30-3pm Production for All Pre-Pros
3-6pm Company Rehearsal	6:15pm Ballet with Terminology [75] (Jeré)	6:30pm Contemp./ Lyrical II [75] (Dario) Ages 16 & up	6:30pm Jazz I [50] (Volanté)	6:30pm Modern II [60] (Linda) Ages 16 & up		6:30pm Contemp./ Lyrical I [60] (Dario)	6:30pm Ballet I [50] (Jeré)			6:30-8:30pm Company Class for All Pre-Pros	3-6pm Company Rehearsal	3-6pm Company Rehearsal
	7:30pm Pre-Pointe [30] (Jeré)		7:30pm Modern I [50] (Volanté)		Art a la Carte 7-9pm Visual Arts Workshop Series ↓ ↓ ↓ ↓	7:30pm Afro- Caribbean [50] (Dario)	7:30pm Pointe [30] (Jeré)	7pm Ballroom [60] Couples Only Ages 16 & up Start date TBA	7pm Adult Dance [60] (Volanté) Ages 18 & up			7pm Ballroom [60] Couples Only Ages 16 & up Start date TBA
	8-9:30pm Ballet for Pre-Pro and Pre-Pro I	8-9:30pm Ballet for Pre-Pro II through IV		8pm Adult Ballet [60] (Jeré) Ages 16 & up				8-9pm Company Class-U-Turn Dance Co. & UTD <sup>2</sup> Only	8pm Ballroom [60] Couples Only Ages 16 & up Start date TBA			

**Classes shaded in gray are closed to the public** and available only to our professional performance ensembles and students in the Pre-Professional Program. For information about THE CENTER's audition-based **Pre-Professional Program**, please see a CENTER Advisor or visit us online at [www.TheCenterForDance.org](http://www.TheCenterForDance.org).

**The Creative Movement Academy** is a specialty program where students ages 2 – 9 gain skills in coordination, rhythm, creative expression and critical thinking that provide the foundation for confident dancers-to-be.

**Birthday Parties** for children ages 2 – 9. For pricing and reservations, please call THE CENTER at 407-695-8366 or email [Kim@TheCenterForDance.org](mailto:Kim@TheCenterForDance.org).

**Art a la Carte** is a Visual Arts Workshop Series. For information and tuition rates, please see a CENTER Advisor or visit us online at [www.TheCenterForDance.org](http://www.TheCenterForDance.org).

### **GENERAL DANCE STUDIES PROGRAM**

**All classes designed for ages 9 and up, unless otherwise noted.**

All classes at THE CENTER FOR CONTEMPORARY DANCE are conducted in accordance with the *National Standards for Dance Education*, used by higher universities throughout the nation, and provide the student with a comprehensive approach to the dance arts.

**Dance Fitness – All levels welcome – Appropriate for older adults.** An all-level dance-cardio workout.

**Somatic Release – All levels welcome – Appropriate for older adults.** A gentle, non-intrusive class incorporating movement/stretching techniques designed to achieve the body's fullest range of motion.

**Contemporary/Lyrical I – Intermediate.** Offering students a heightened movement experience with an emphasis on technical development through an organic exploration of the body in space.

**Contemporary/Lyrical II – Ages 16 & up – Advanced.** Designed for experienced dancers, this class advances technical skill by emphasizing musicality, creativity and performance-quality artistry.

**Ballet with Terminology – Beginner.** Students will learn ballet vocabulary through *barre*, center work, adagio and allegro while building strength, flexibility and creative expression.

**Ballet I – Intermediate.** An expansion of Ballet, which includes more complicated combinations and variations with a strong emphasis on understanding, developing and executing classic ballet lines.

**Pre-Pointe – Beginner.** A pointe preparation class with strengthening exercises designed to prepare students for pointe work. Students learn about pointe shoes and proper foot care.

**Pointe – Ages 12 & up – Beginner to Intermediate.** Concentration on supple working of the feet in pointe shoes and strengthening of the ankles. (Assessment required.)

**Adult Ballet – Ages 16 & up – Beginner to Intermediate.** A safe and encouraging class for non-dancers and returning dancers. Students connect with their bodies improving flexibility, strength, posture, balance and endurance.

**Jazz I – Beginner to Intermediate.** Coordination, flexibility, body alignment, musicality, endurance and control are developed through a variety of jazz styles.

**Jazz/Funk – Beginner to Intermediate.** An extension of Jazz I focusing primarily on the jazz style of Hip Hop/Funk.

**Modern I – Beginner to Intermediate.** Artistic expression and basic modern technique, including coordination, flexibility and rhythm, are developed.

**Modern II – Ages 16 & up – Intermediate to Advanced.** A Graham-based expansion of Modern I designed to strengthen technical skill, increase technical proficiency and provide an opportunity for creative work.

**Afro-Caribbean – All levels welcome.** Derived from ancestral, folkloric and contemporary themes, this exuberant high-impact class explores the Afro-Caribbean dance culture.

**Adult Dance – Ages 18 & up – For adult dancers of all levels.** A fun, loose class designed for adults that incorporates jazz, contemporary/lyrical and modern styles of dance.

**Dance Basics – Ages 16 & up – For adults new to dance.** A rewarding class where adults receive encouraging instruction in the fundamentals of dance, including proper body alignment, balance, technique and terminology.

**Ballroom – Ages 16 & up; Couples only – Beginner to Intermediate.** This class teaches partnering and technique in traditional ballroom dances, including waltz, foxtrot, cha-cha, rumba, samba, bolero, tango, hustle and swing.