



833 N Shaver Street (at Mississippi Ave)

www.nwdanceproject.org

2013 WINTER CLASS SCHEDULE

MONDAY

9:30 to 11:00am Ballet / Adv + Pro
 5:00 to 6:00pm YOUTH Contemporary Jazz (ages 9 to 12) – Jan 14 to Mar 18 *
 6:00 to 7:30pm Ballet / Beginning Intermediate
 7:30 to 8:30pm Jazz 101 / Beginners

TUESDAY

8:00 to 8:50am Yoga / Beginners (pay what you can \$5-\$15)
 9:30 to 11:00am Ballet / Adv + Pro
 5:00 to 6:15pm YOUTH Ballet – Level 2 (ages 10 to 13) – Jan 15 to Mar 19 *
 6:15 to 7:30pm Lyrical Jazz / Advanced Beginners
 7:30 to 8:30pm Rock Your Body® / Absolute Beginners – Jan 8 to Mar 12 *

WEDNESDAY

9:30 to 11:00am Ballet / Adv + Pro
 5:15 to 6:00pm KIDS Hip Hop (ages 9 to 11) – Jan 16 to Mar 20 *
 6:00 to 7:30pm Jazz / All Levels
 7:30 to 8:45pm Ballet / Absolute Beginners – Jan 9 to Mar 13 *

THURSDAY

9:30 to 11:00am Ballet / Adv + Pro
 5:15 to 6:45pm YOUTH Ballet – Level 3 (ages 12 to 15) – Jan 17 to Mar 21 *
 6:45 to 8:15pm Contemporary Fusion / All Levels

FRIDAY

10:00 to 11:30am Ballet / Adv + Pro

SATURDAY

9:00 to 9:45am KIDS Creative Movement (ages 4 to 5) – Jan 19 to Mar 23 *
 10:00 to 11:00am Core Balance® = Yoga + Pilates + Ballet Stretch / All Levels
 11:00 to 12:15pm Flamenco / Absolute Beginners – Jan 12 – Mar 16 * **NEW CLASS**
 12:30 to 1:45pm YOUTH Ballet – Level 1 (ages 9 to 12) – Jan 19 to Mar 23 *
 1:45 to 3:00pm YOUTH Ballet – Level 2 (ages 10 to 13) – Jan 19 to Mar 23 *
 3:00 to 4:30pm YOUTH Ballet – Level 3 (ages 12 to 15) – Jan 19 to Mar 23 *
 4:30 to 5:30pm YOUTH Hip Hop Funk (ages 12 to 15) – Jan 19 to Mar 23 *

SUNDAY

9:00 to 9:45am KIDS Creative Movement (ages 5 to 6) – Jan 20 to Mar 24 *
 9:45 to 10:45am KIDS Creative Ballet Level I (ages 7 to 8) – Jan 20 to Mar 24 *
 10:45 to 11:45am KIDS Creative Ballet Level II (ages 7 to 8) – Jan 20 to Mar 24 *
 11:45 to 12:30pm KIDS Contemporary / Jazz (ages 7 to 8) – Jan 20 to Mar 24 *
 12:30 to 2:00pm Hip Hop / All Levels
 2:00 to 3:30pm YOUTH Contemporary Jazz (ages 13 to 17) – Jan 20 to Mar 24 *
 3:30 to 4:45pm Ballet / Absolute Beginners – Jan 13 to Mar 17 *
 4:45 to 5:45pm Rock Your Body® / Absolute Beginners – Jan 13 to Mar 17 *

Our Open Adult Classes are for dancers 13 years+ and available on a drop-in basis for \$16 (\$15 cash). No enrollment necessary for Open Adult Classes - you can join a class at any time.

SAVE by purchasing a Class Card (10 classes in 2 month's time - only \$130).

Our KIDS + YOUTH Classes are specially geared for dancers between 4 to 17 years old and are session-based.

* **Registration is required for KIDS + YOUTH Classes and Adult Workshop classes.**

MORE INFO + CLASS UPDATES: www.nwdanceproject.org / 503.421.7434 / info@nwdanceproject.org

Northwest Dance Project is a registered 501(c)(3) not-for-profit organization



ABOUT NORTHWEST DANCE PROJECT CLASSES

Northwest Dance Project holds dance classes for adults, teens and youth taught by a variety of instructors and coaches with years of professional experience in their dance disciplines. For beginners, classes are a fun way to get fit while gaining dance experience. For more experienced dancers, classes are more technical, advanced and challenging. All are welcome! Bring your water bottle and have fun!

BALLET

Our ballet classes provide a basic grounding in basic ballet fundamentals and technique. Placement, balance, posture, coordination, musicality and alignment are clearly explained and emphasized. These classes offer a comprehensive barre and continue into a focused and structured center exercises. Participants should have a basic knowledge of ballet positions, steps and terms.

Level: Absolute Beginners to Professional Instructors: **Sarah Slipper, John Gardner, Jason Davis, Michelle Davis, Samantha Campbell, Peggy Seipp-Roy, Patrick Kilbane, Katie Meyers**

CONTEMPORARY + CONTEMPORARY FUSION

Our Contemporary class is designed to improve technique, flexibility, stamina and artistry. Proper technique will be used as a departure point from which students will take risks and explore the freedom found within contemporary movement. Contemporary Fusion class fuses contemporary dance styles with jazz, ballet, and world dance influences. Combines core strength, precision leg work with an ease and fluidity in the torso. A fun, expressive combination of popular and global music and expressive movement.

Level: Open Instructors: **Mary Hunt, Andrea Parson, Claire Olberding, Franco Nieto**

JAZZ + LYRICAL JAZZ

These soulful classes develop a strong technical foundation focusing on lowering the dancers' center of gravity and syncopating movement with a blend of latin, modern, ballet and jazz. Classes focus on proper alignment, emphasize the relationship between music and movement and help dancers connect to feeling movement from the inside out.

Level: Open Instructors: **Tracey Durbin, Ching Ching Wong, Claire Olberding, Franco Nieto, Mary Hunt**

FLAMENCO (Intro)

Discover the passion and fun of Flamenco dance! Learn its signature rhythms, footwork, upper body coordination and artistry in a supportive and encouraging environment. Please wear fitness/dance apparel. Optional long skirts for women, dance slippers or socks. NO black-soled shoes.

Level - Absolute Beginners Instructor: **Tamara Herrero**

CORE BALANCE[®] = Yoga + Pilates + Ballet Stretch

This energizing class combines elements of yoga and pilates with stretch components using the ballet barre. The aim is to develop core strength, ease and openness in the joints and a flexible, well-balanced body. Suitable for all dancers and fitness enthusiasts. Yoga or fitness mat useful.

Level: Beginners / All Instructors: **Andrea Parson, Kara Girod Shuster**

CREATIVE MOVEMENT / BALLET

This class offers young dancers the opportunity to gain an understanding of how their bodies move and how to communicate through dance. Through improvisation and structured choreographic activities, these dancers in the making will create a series of creative movement studies to share.

Level: Youth Instructors: **Ching Ching Wong, Katie Meyers, Lindsey Matheis**

HIP HOP

This class introduces street dance styles from the Bronx and beyond. A fresh, funky and soulful expression of movement that is constantly evolving and a great, fun workout for all dance enthusiasts.

Level: Open Instructors: **Maricella Devine, Ching Ching Wong, Elijah Labay**

ROCK YOUR BODY[®]

Do you want to have fun and get fit? Join us for this lively dance class with upbeat grooves from the past to present. This energetic and energizing class will take you on a journey through stylized jazz, contemporary, hip-hop, salsa, afro-funk and body sculpting. Exhilarate your mind, body and spirit and ROCK YOUR BODY.

Level: Beginners / All Instructors: **Franco Nieto, Kara Girod Shuster**

YOGA

A flowing, all-levels vinyasa class that will move through basic postures to cultivate flexibility, strength, balance, and endurance. The class will focus on using alignment and breath to transition safely in and out of asanas which can aid in the formation of a strong, balanced body and mind. Yoga or fitness mat useful.

Level: Open Instructor: **Kara Girod Shuster**