

Creative Dance Center Schedule • Winter/Spring 2022

A 17-week schedule: Monday, January 31 through Monday, June 13, 2022. For exceptions to the 17-week schedule, see grid below.

Creative Dance Center Breaks: no classes February 21-27 (Mid-Winter Break); April 11-17 (Spring Break); May 30 (Memorial Day).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00 am	All classes are live in studio unless noted as "ON ZOOM" after the class time				9:30-10:30 Caregiver/Child \$323 Ages 2.5 - 4 -AM	9:30-10:30 Caregiver/Toddler \$323 walking - 2.5 -AH		
10:00 am		10:00 -11:00 Caregiver/Toddler \$323 walking - 2.5 -TG		10:00 -11:00 Caregiver/Child \$323 Ages 2.5 - 4 -TG	10:00 -11:00 Caregiver/Child \$323 Ages 2.4 - 4 -AO	10:00 -11:00 ON ZOOM Family Dance \$323 (Online) Ages 0-6 -TG	10:45-11:45 Caregiver/Child \$323 Ages 2.5 - 4 -AH	
11:00 am				11:15-12:15 Nurturing Baby 2 mo.-pre-walking -TG 11 week: 1/5-3/23 \$212 10 week: 3/30-6/8 \$194	11:15-12:15 Caregiver/Toddler \$323 walking - 2.5 -AO	10:45-11:45 Creative Dance \$323 Ages 3.5 - 4 -AH	*10:45-11:45 Creative Dance \$323 Ages 4.5 - 5 -BW	
3:00 pm	*3:15-4:15 Hip Hop I \$330 Grades 1 - 3 -KJ		1:00-2:00 Creative Ballet \$323 Ages 3.5 - 4 -TB		12:00-1:00 Creative Dance \$323 Ages 4.5 - 5 -AH	12:00-1:00 Creative Modern \$330 Grades 1 - 3 -AH		
4:00 pm	*4:20-5:20 Inclusive Hip Hop Tweens/Teens \$330 Ages 10+ -KJ	*3:55-4:55 Pre-Ballet K-1 \$330 Grade K -TB	2:15-3:15 Creative Ballet \$323 Ages 4.5 - 5 -TB			*12:00-1:00 Pre-Ballet K/1 \$330 Grades K - 1 -BW		
5:00 pm	4:15-6:15 Modern I \$425 Grades 2 - 3 -TB	4:30-6:30 Modern II \$425 Grades 4 - 5 -BW	3:30-4:30 Jazz + Pop \$330 Grades 3 - 5 -TB	4:30-6:30 Modern III \$425 Grades 6 - 7 -TG	4:30-6:45 Kaleidoscope Dance Company Rehearsal Anna Mansbridge, Director			
6:00 pm	3:00-4:30 ON ZOOM or 5:00-6:30 ON ZOOM Creative Modern for Adults (Online) Adult -AGG 11 week: 1/3-3/21 \$230 10 week: 3/28-6/13 \$210	*5:00-6:00 Creative Modern \$330 Grades 1 - 3 -TB	*5:10-6:10 Pre-Ballet 1/2 \$330 Grades 1 - 2 -BW	*5:25-6:40 Ballet II \$345 Grades 4 - 5 -AM	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> * Designates Lower Studio </div>			
7:00 pm	6:30-8:15 Int/Adv Modern \$398 Grades 10+ - Adult -TB	*6:10-7:40 Ballet III \$370 Grades 6+ -TG	7:00-8:30 Keep Dancing! Modern for 40+ Adult -AGG 11 week: 1/5-3/23 \$230 10 week: 3/30-6/8 \$210	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> Kaleidoscope in Concert June 3, 4, 5, 2022 Broadway Performance Hall, Seattle Information and tickets at creativedance.org/performances </div>				

Register online at creativedance.org or complete & mail the form below to: Creative Dance Center, 12577 Densmore Ave. N, Seattle, WA 98133. **Winter/Spring 2022**

By submitting this registration, I agree that the Creative Dance Center may take photos and/or video of me and/or my child/children and that CDC may use those photos or video for program promotion.

Student: _____ Age (Child): _____ Returning Student New Student Parent/Guardian _____

Class: _____ Day: _____ Time: _____ Fee \$: _____ Telephone: _____

Student: _____ Age (Child): _____ Returning Student New Student Email: _____

Class: _____ Day: _____ Time: _____ Fee \$: _____ Address: _____

Less 5% when registering for more than one class per family \$: _____

Total Fee \$: _____

City, State, Zip: _____

Please let us know of any physical, sensory, or developmental issues which may be pertinent to your child's participation.

Creative Dance Center Class Descriptions Winter/Spring 2022 Session

EARLY CHILDHOOD

NURTURING BABY: (2 mo. - pre-walking) Playful social and emotional connections are made as you and baby dance together and with others. Explore dance concepts using multi-sensory props and instruments. Sing nursery rhymes and move to a wide variety of music. Learn how to support and encourage floor- and tummy-time, allowing baby to move through early developmental patterns. Caregivers are always welcome. Winter 11-week session: 1/5-3/23
Spring 10-week session: 3/30-6/8

CAREGIVER/TODDLER: (walking to 2.5)

CAREGIVER/CHILD: (2.5- 4 yrs.)

FAMILY DANCE: (0 - 6 yrs.) Dancing together with your child while exploring movement activities and practicing skills is not only lots of fun but very educational. Activities are taught that can be explored at home. A wide variety of music, props, and rhythm instruments adds to the fun and learning. Nannies and caregivers are always welcome. Siblings eight-months-old and older must be registered as a student for half price (email for coupon code).

PRE-K, CHILDREN & TEENS are drop-off classes. If your child is not ready to participate on their own, Parent/Child class may be more appropriate.

CREATIVE BALLET: (3.5-5 yrs) Exploring ballet skills and vocabulary through creative dance helps young dancers learn ballet more easily and enjoyably. Dance concepts are introduced through the lens of ballet. We dance in bare feet.

CREATIVE DANCE: (3.5-5 yrs, Grades K-1) Having fun, exploring movement concepts, developing dance skills, strengthening the body and brain, interacting with others - it all happens in creative dance classes. Skills become more challenging throughout the year and progress with age level.

PRE-BALLET: (Grade K, 1, 2) Exploring ballet vocabulary through dance concepts nurtures the whole dancer. Musicality, improvisation, skill development, and fundamentals of choreography are taught, with an emphasis on personal expressivity. Ballet shoes optional for Pre-Ballet K-1 and required for Pre-Ballet 1-2.

CREATIVE MODERN: (Grades 1-3) Experience more technique and skill development while continuing to have fun improvising and creating. Includes BrainDance, exploring movement concepts, and choreography.

HIPHOP I, II: (Grades 1-3, 4-7) Explore street dance styles from the vibrant culture of Hip Hop, through the lens of the dance concepts. Develop your voice through free-styling, pop and lock, breaking, and more. Feel the music and increase rhythm and coordination! Clean-soled sneakers required.

INCLUSIVE HIP HOP - TWEENS/TEENS (Ages 10+) Technique/movement from the vibrant culture of Hip Hop. For tween/teens with varying levels of experience and/or physical/developmental abilities. Learn together in a space where personal uniqueness is celebrated. Engage in social-emotional learning and develop skills through free-styling and choreography.

INT/ADV HIP HOP: (Grades 10+ up) Explore different movement combinations and techniques from the wide range of styles associated with Hip Hop. Learn rhythm and precision in this energetic class that instills the importance of storytelling through movement. Sneakers required.

MODERN I, II, III, IV: (Grades 2 & up) Exploring movement concepts, developing dance technique and skills, and composing dances strengthens the body and mind and helps older dancers become skilled movers and choreographers. Live Accompaniment.

INT/ADV MODERN: (Grades 10+ up) A concept-based technique class for experienced movers wishing to deepen understanding of their embodied performance of modern dance. Classroom culture is student-centered. Content is derived from Limon, Bartenieff, Cunningham, and release techniques while following Anne Green Gilbert's 5-part lesson plan including BrainDance and choreography.

BALLET I, II, III: (Grades 2-3; Grades 4-5; Grades 6+) Ballet emphasizes strength, alignment, & musicality. Exploring ballet technique through dance concepts engages the whole dancer. Classes are offered in a supportive and creative learning environment.

JAZZ + POP: (Grades 3-5) Explore jazz, pop, lyrical, and contemporary dance styles in this high energy class. Dancers learn skills from these genres in a safe and positive environment through improvisation and self-expression. Develop rhythmic, body, and spatial awareness in this upbeat and fun class!

ADAPTIVE DANCE: (13+ yrs) For students of all abilities/disabilities. Class includes BrainDance, partner/group work, improvisation, dance skills, and celebrates individual creativity. Students welcome to bring support in form of family or staff to aid in participation. No one-on-one supervision is provided. \$17 drop-in fee.

Winter 11-week session: 1/8-3/26
Spring 10-week session: 4/2-6/11

ADULT CLASSES

8-CLASS CARD may be purchased and used for a CDC adult class from date of purchase through June 2022.

INT/ADV MODERN: (Adult) A concept-based technique class for experienced movers wishing to deepen understanding of their embodied performance of modern dance. Classroom culture is student-centered. Content is derived from Limon, Bartenieff, Cunningham, and release techniques while following Anne Green Gilbert's 5-part lesson plan including BrainDance and choreography. Drop-In \$25.

INT/ADV HIPHOP: (Adult) Explore different movement combinations and techniques from the wide range of styles associated with Hip Hop. Learn rhythm and precision in this energetic class that instills the importance of storytelling through movement. Sneakers required.

EXERCISE & DANCE: Experience improved alignment, body integration, and range of motion as you work from the inner core. Exercises build strength that comes from within. Dance allows the body full and creative expression through space. Move your body in a supportive environment as you improve functional and expressive movement.
Winter 10-week session: 1/14-3/25

KEEP DANCING! MODERN FOR 40+: Includes BrainDance, floor & center work, technique, movement combinations, folk dances, improvisation, and choreography. Fun and fitness for your fourth decade & beyond! Adults under 40 welcome, too! Live accompaniment.

Winter 11-week session: 1/5-3/23
Spring 10-week session: 3/30-6/8

CREATIVE MODERN FOR ADULTS (Online): Dance with us from home! Includes BrainDance, floor & center work, technique, movement combinations, folk dances, improvisation, and choreography. This class is taught online over Zoom.

Winter 11-week session: 1/3-3/21
Spring 10-week session: 3/28-6/13

Kaleidoscope in Concert • June 3-5, 2022 • Broadway Performance Hall

Concert times and ticket info at creativdance.org/performances

CREATIVE DANCE CENTER

Winter/Spring 2022

CREATIVE DANCE CENTER is in the Healler Lake neighborhood just off Aurora Avenue North, 12577 Densmore Ave. N. is just south of the N. 128th Street and Densmore Ave. N. intersection. From Aurora Ave. N. go east on N 128th St. From I-5 northbound, take the NE 130th St. exit and head west. From I-5 southbound, take the NE 145th St. exit and head west. Turn south on Meridian N and west on N 128th. *Free parking.*

DATES: 17-week schedule: January 31 to June 13, 2022.

Keep Dancing, CM for Adults, Exer & Dance, Adaptive, Nurturing Baby:

Winter 11-week session: 1/3-3/26 **Spring 10-week session:** 3/28-6/13

Creative Dance Center Breaks: no classes Feb 21-27 (Mid-Winter Break); Apr 11-17 (Spring Break); May 30 (Memorial Day).

COVID PROTOCOLS: Creative Dance Center and all students attending in-person classes will follow Center for Disease Control protocols and guidelines for COVID-19 safety, including but not limited to vaccine verification, mask-wearing, and hand hygiene. For a full list of our COVID protocols please visit the FAQ section of our website.

CLOTHING: Dress for comfort and movement. Adults wear dance or exercise clothes; Toddlers wear dance or play clothes, bare feet. Children wear dance clothes such as leggings, leotards, sweatpants or shorts, t-shirts, dance skirts etc., bare feet; Ballet shoes - Pre-Ballet 1-2 (optional for K-1) and Ballet classes. Sneakers required for Hip Hop class.

PRE-REGISTRATION: Required to ensure a place in class.

Registration in current classes does not guarantee a space in upcoming sessions. Full tuition paid with registration form is preferred. Contact bronwen@creativdance.org to discuss paying in two installments. Classes without sufficient enrollment will be cancelled. When multiple family members register during the same session, a 5% discount will be applied to the tuition total.

REFUNDS: In order to receive a refund, CDC Administration must be notified prior to the 3rd week of classes to receive a prorated refund. For camps/retreats CDC Administration must be notified 2 weeks before the start of camp. A \$10.00 processing fee for classes and a \$25.00 fee for camps will be levied.

FINANCIAL AID: Financial aid is available based on need. Email bronwen@creativdance.org to request application. Application must be received at Creative Dance Center before registering.

BIRTHDAY PARTIES & MORE: Contact CDC for gift certificates; birthday parties; preschool & homeschool fieldtrips. More info on our website!

CDC FACULTY: Visit creativdance.org for a complete listing of faculty bios: *TB= Tiffany Barty, AGG= Anne Green Gilbert, TG= Terry Goetz, GH= Gail Heilbron, AH= Annie Hughes, KJ= Kechelle Jackson, AM= Anna Mansbridge, JN= Joel Nyland, AO= Amanda Oie, JT= Jay Tim, MT= Marika Theofidis, BW= Bri Wilson*

BRAIN DANCE: Developed by CDC Founder Anne Green Gilbert, the BrainDance is included in every class as a warm-up and introduction to the dance concept. The BrainDance sequences through eight fundamental movement patterns of early human development. BrainDance connects and aligns all parts of the body, brings blood and oxygen to the brain and muscles, and helps us to center and focus.

12577 Densmore Avenue N, Seattle, WA 98133
206.363.7281 • creativdance.org