

# Creative Dance Center Schedule • Fall/Winter 2022

A 17-week (Tues-Sat) or 15-week (Mon) schedule: Sept 12, 2022 through Jan 28, 2023. For exceptions to the 17-week schedule, see grid below.  
Creative Dance Center Breaks: no classes November 21-27 (Thanksgiving Break); December 19-January 2 (Winter Break); January 16 (MLK Day).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9:00 am	(Monday classes are on a 15-week schedule due to Jan 2 and Jan 16 holidays)  *9:45 -11:15 <b>Dance &amp; Art</b> \$345 Ages 3.5 - 5 -AH				9:30-10:30 <b>Caregiver/Child</b> \$340 Ages 2.5 - 4 -AM	9:30-10:30 <b>Caregiver/Toddler</b> \$340 walking - 2.5 -AH  *9:30-10:30 <b>Creative Dance</b> \$340 Ages 3.5 - 4 -BW		
10:00 am	9:45 -10:45 <b>Caregiver/Toddler</b> \$300 walking - 2.5 -AO	10:30 -11:30 <b>Caregiver/Toddler</b> \$340 walking - 2.5 -TG	10:00 -11:00 <b>Caregiver/Child</b> \$340 Ages 2.5 - 4 -TG	9:45 -10:45 <b>Family Dance</b> \$340 walking - 5 -AO		10:40-11:40 <b>Caregiver/Child</b> \$340 Ages 2.5 - 4 -AH		
11:00 am	10:55-11:55 <b>Caregiver/Child</b> \$300 Ages 2.5 - 4 -AO		11:10-12:10 <b>Nurturing Baby</b> 2 mo.-pre-walking -TG 13 week: 9/14-12/14 \$260 10 week: 1/4-3/15 \$200	10:55-11:55 <b>Creative Ballet</b> \$340 Ages 3.5 - 5 -AO	10:45-11:45 <b>Creative Dance</b> \$340 Ages 3.5 - 4 -AH	*10:40-11:40 <b>Creative Dance</b> \$340 Ages 4.5 - 5 -BW		
1:00 pm			2:15-3:15 <b>Creative Ballet</b> \$340 Ages 3.5 - 5 -TB		11:50-12:50 <b>Creative Dance</b> \$340 Ages 4.5 - 5 -AH	11:55-12:55 <b>Creative Modern</b> \$357 Grades 1 - 3 -AH  *11:50-12:50 <b>Pre-Ballet K-1</b> \$357 Grades K - 1 -BW		
3:00 pm	4:15-6:15 <b>Modern I</b> \$398 Grades 2 - 3 -TB	*3:55-4:55 <b>Pre-Ballet K-1</b> \$357 Grades K - 1 -SC	*3:45-4:45 <b>Creative Dance</b> \$357 Grades K - 1 -TB			1:45 -2:45 <b>ON ZOOM Adaptive BrainDance (Online)</b> Ages 13+ -Adults -JN, BW 13 week: 9/17-12/17 \$234 10 week: 1/7-3/18 \$180		
4:00 pm	*4:20-5:20 <b>Hip Hop I</b> \$315 Grades 1 - 3 -KJ	*5:00-6:00 <b>Pre-Ballet 1-2</b> \$357 Grades 1 - 2 -SC		*4:00-5:15 <b>Ballet I</b> \$374 Grades 2 - 3 -AM				
5:00 pm	5:00-6:30 <b>ON ZOOM Creative Modern for Adults (Online)</b> Adult -AGG 13 week: 9/12-12/12 \$299 8 week: 1/9-3/13 \$184	4:30-6:30 <b>Modern II</b> \$450 Grades 4 - 5 -BW	4:40-6:40 <b>Modern IV</b> \$450 Grades 8 - 9 -AM  *4:50-5:50 <b>Creative Modern</b> \$357 Grades 1 - 3 -TB	4:30-6:30 <b>Modern III</b> \$425 Grades 6 - 7 -SC	4:30-6:45 <b>Kaleidoscope Dance Company Rehearsal</b> Anna Mansbridge, Director			
6:00 pm	*5:25-6:25 <b>Hip Hop II</b> \$315 Grades 4 - 5 -KJ  *6:30-7:30 <b>Hip Hop III</b> \$315 Grades 6 - 8 -JT	*6:10-7:40 <b>Ballet III</b> \$390 Grades 6+ -TG	*5:55-6:55 <b>Jazz</b> \$357 Grades 3 - 5 -TB	*5:20-6:35 <b>Ballet II</b> \$374 Grades 4 - 5 -AM	* Designates Lower Studio			
7:00 pm	6:30-8:15 <b>Int/Adv Modern</b> \$372 Grades 10+ - Adult -TB	6:40-7:40 <b>Int/Adv Hip Hop</b> \$357 Grades 9+ - Adult -JT	7:00-8:30 <b>Keep Dancing! Modern for 40+</b> Adult -AGG 13 week: 9/14-12/14 \$299 10 week: 1/4-3/15 \$230	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: 0 auto;"> <p><b>Kaleidoscope Gift of Dance</b> December 3 &amp; 4, 2022 Erickson Theatre, Seattle Information and tickets at <a href="http://creativedance.org/performances">creativedance.org/performances</a></p> </div>				

Register online at [creativedance.org](http://creativedance.org) or complete & mail the form below to: Creative Dance Center, 12577 Densmore Ave. N, Seattle, WA 98133. **Fall/Winter 2022-23**

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 Fall/Winter 2022-23 Session

## EARLY CHILDHOOD

**NURTURING BABY:** (2 mo. - pre-walking) A full hour of dance and playtime baby fun! Meaningful social/emotional connections are made as you and baby dance together and with others. Explore dance concepts using multi-sensory props and instruments and move to a wide variety of music. Learn how to support floor-time. Fun, appropriate movements for baby's developing body & brain. Additional caregivers always welcome.

**CAREGIVER/TODDLER:** (walking to 2.5)

**CAREGIVER/CHILD:** (2.5- 4 yrs.)

**FAMILY DANCE:** (walking - 5 yrs.) Learn BrainDance, explore dance concepts, play with multi-sensory props and instruments as your child develops confidence in their body. Class nurtures cognitive, social-emotional, and kinesthetic development while encouraging imagination and creativity! Nannies and caregivers 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, Caregiver/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) Creativity, imagination, and joyful expression are nurtured while young dancers explore movement concepts, develop dance skills, strengthen the body & brain, and connect with others.

**DANCE & ART** (3.5-5 yrs) Celebrate the artist in your child! Includes movement explorations through improvisation, dance skills, story time, visual art projects, and dance-making. Students' creativity is sparked through hands-on art activities.

**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) Building off of Creative Dance, this class is for dancers ready to learn more movement skills while still having fun improvising. Dancers begin to collaborate and develop their expressive voice as they learn to create dances using the fundamentals of choreography.

**HIP HOP I, II, III:** (Grades 1-3, 4-5, 6-8) 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.

**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. Previous experience in Hip Hop is recommended. Clean-soled 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:** (Grades 3-5) Learn jazz, pop, lyrical, and contemporary dance styles in this high energy class. Dancers gain skills in these genres in a safe and positive environment and explore improvisation and self-expression. Develop rhythmic, body, and spatial awareness in this upbeat and fun class!

**ADAPTIVE BRAINDANCE** (Online): (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. This class is taught online over Zoom.

## ADULT CLASSES

**8-CLASS CARD** may be purchased and used for a CDC adult class from date of purchase through June 2023.

**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 HIP HOP:** (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. Previous experience in Hip Hop is recommended. Sneakers required.

**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.

**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.

**Educator Workshops return Fall 2022!**  
Check [creativedance.org](http://creativedance.org) for dates and times.

*Past workshops include:*

BrainDance Foundations

BrainDance Variations

BrainDance ages Birth to 5

Brain-Compatible Dance Education for grades K-12

Join us for holistic learning this fall!

## Kaleidoscope Gift of Dance • December 3 & 4, 2022 • Erickson Theatre

Concert times and ticket info at [creativedance.org/performances](http://creativedance.org/performances)

# CREATIVE DANCE CENTER

## Fall/Winter 2022-23

**CREATIVE DANCE CENTER** is in the Haller 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: September 12, 2022 to January 28, 2023.

*Keep Dancing. CM for Adults. Adaptive. Nurturing Baby.*

**Fall 13-week session:** 9/12-12/17 **Winter 10-week session:** 1/3-3/18

**Creative Dance Center Breaks:** no classes Nov 21-27 (Thanksgiving Break); Dec 19-Jan 2 (Winter Break); Jan 16 (MLK Day).

*Monday classes follow a shorter schedule due to holidays Jan 2 & Jan 16 and are priced accordingly.*

**COVID PROTOCOLS:** For a full list of our COVID-19 protocols please visit the FAQ section of our website on the classes/workshops page.

**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@creativedance.org](mailto:bronwen@creativedance.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 4th week of classes to receive a prorated refund. For camp refunds 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@creativedance.org](mailto:bronwen@creativedance.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 & class field trips. More info on our website!

**CDC FACULTY:** Visit [creativedance.org](http://creativedance.org) for a complete listing of faculty bios: TB= Tiffany Bierly, SC= Sara Caplan, AGG= Anne Green Gilbert, TG= Terry Goetz, AH= Annie Hughes, KJ= Keshelle Jackson, AM= Anna Mansbridge, JN= Joel Nyland, AO= Amanda Oie, JT= Jay Tan, BW= Bri Wilson

**BRAINDANCE:** 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 • [creativedance.org](http://creativedance.org)