

# Creative Dance Center Schedule • Winter/Spring 2023

A 17-week session: January 30, 2023 through June 12, 2023. For exceptions to the 17-week schedule, see grid below.  
Creative Dance Center Breaks: no classes February 20-26 (Mid-winter Break); April 10-16 (Spring Break); May 29 (Memorial Day).

|          | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Sunday |
|----------|---|--|--|---|--|--|--------|
| 9:00 am  | *9:45-11:15<br><b>Dance &amp; Art</b> \$391 Ages 3.5 - 5 -AH  |  |  |   | 9:30-10:30<br><b>Caregiver/Child</b> \$340<br>Ages 2.5 - 4 -AM   | 9:30-10:30<br><b>Caregiver/Toddler</b> \$340<br>walking - 2.5 -AH  |        |
| 10:00 am | 9:45-10:45<br><b>Caregiver/Toddler</b> \$340<br>walking - 2.5 -AO   | 10:30-11:30<br><b>Caregiver/Toddler</b> \$340<br>walking - 2.5 -TG | 10:00-11:00<br><b>Caregiver/Child</b> \$340<br>Ages 2.5 - 4 -TG  | 9:45-10:45<br><b>Family Dance</b> \$340<br>walking - 5 -AO      | 10:00-11:00<br><b>Exercise &amp; Dance (Online) Spring only</b><br>Adults -GH<br>11 week: 3/24-6/9 \$230 | 10:40-11:40<br><b>Caregiver/Child</b> \$340<br>Ages 2.5 - 4 -AH  |        |
| 11:00 am | 10:55-11:55<br><b>Caregiver/Child</b> \$340<br>Ages 2.5 - 4 -AO   |  | 11:15-12:15<br><b>Nurturing Baby</b><br>2 mo.-pre-walking -TG<br>10 week: 1/4-3/15 \$200<br>11 week: 3/22-6/7 \$220  | 10:55-11:55<br><b>Creative Ballet</b> \$340<br>Ages 3.5 - 5 -AO | 10:45-11:45<br><b>Creative Dance</b> \$340<br>Ages 3.5 - 5 -AH   | *10:40-11:40<br><b>Creative Dance</b> \$340<br>Ages 4.5 - 5 -BW  |        |
| 1:00 pm  |   |  | 2:15-3:15<br><b>Creative Ballet</b> \$340<br>Ages 3.5 - 5 -TB  |   |  | 11:55-12:55<br><b>Creative Modern</b> \$357<br>Grades 1 - 3 -AH  |        |
| 3:00 pm  | 4:30-6:00<br><b>Modern I</b> \$390<br>Grades 2 - 3 -TB  | *3:55-4:55<br><b>Pre-Ballet K-1</b> \$357<br>Grades K - 1 -SC      | *3:45-4:45<br><b>Creative Dance</b> \$357<br>Grades K - 1 -TB  |   |  | 1:45 -2:45 ON ZOOM<br><b>Adaptive BrainDance (Online)</b><br>Ages 13+ -Adults -JN, BW<br>10 week: 1/7-3/18 \$180<br>11 week: 3/25-6/10 \$198 |        |
| 4:00 pm  | *4:00-5:00<br><b>Hip Hop I</b> \$357<br>Grades 1 - 3 -RH  | *5:00-6:00<br><b>Pre-Ballet K-1</b> \$357<br>Grades K - 1 -SC      |  | *4:00-5:15<br><b>Ballet I/II</b> \$374<br>Grades 2 - 5 -AM      |  |  |        |
| 5:00 pm  | 5:00-6:30 ON ZOOM<br><b>Creative Modern for Adults (Online)</b><br>Adult -AGG<br>9 week: 1/9-3/13 \$207<br>11 week: 3/20-6/12 \$253 | 4:30-6:30<br><b>Modern II</b> \$450<br>Grades 4 - 5 -BW            | 4:40-6:40<br><b>Modern IV</b> \$450<br>Grades 8 - 9 -AM  | 4:30-6:30<br><b>Modern III</b> \$425<br>Grades 6 - 7 -SC        | 4:30-6:45<br><b>Kaleidoscope Dance Company Rehearsal</b><br>Anna Mansbridge,<br>Director                 |  |        |
| 6:00 pm  | *5:00-6:00<br><b>Hip Hop II</b> \$357<br>Grades 4 - 5 -RH   | *6:10-7:40<br><b>Ballet III</b> \$390<br>Grades 6+ -TG             | *6:00-7:00<br><b>Family Dance</b> \$340<br>walking - 5 -TB   |   |  |  |        |
| 7:00 pm  | 6:15-8:00<br><b>Int/Adv Modern</b> \$422<br>Grades 10+ - Adult -TB  | 6:40-7:40<br><b>Int/Adv Hip Hop</b> \$357<br>Grades 9+ - Adult -JT | 7:00-8:30<br><b>Keep Dancing! Modern for 40+</b><br>Adult -AGG<br>10 week: 1/4-3/15 \$230<br>11 week: 3/22-6/7 \$253 |   |  |  |        |

\* Designates Lower Studio

**Kaleidoscope in Concert**  
May 12-14, 2023  
Broadway Performance Hall, Seattle  
Information and tickets at  
[creativdance.org/performances](http://creativdance.org/performances)

Register online at [creativdance.org](http://creativdance.org) or complete & mail the form below to: Creative Dance Center, 12577 Densmore Ave. N, Seattle, WA 98133. **Winter/Spring 2023**

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 2023 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:** (Fall 2023 only) 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! Jazz shoes strongly recommended.

**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 for Winter/Spring!**  
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 year!

## Kaleidoscope in Concert • May 12-14, 2023 • Broadway Performance Hall

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

# CREATIVE DANCE CENTER

## Winter/Spring 2023

**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:** January 30 to June 12, 2023.

*Keep Dancing, CM for Adults, Adaptive BrainDance, Nurturing Baby:*

**Winter 10-week session:** 1/3-3/18 **Spring 11-week session:** 3/20-6/12

**Creative Dance Center Breaks:** no classes Feb 20-26 (Mid-winter Break); April 10-16 (Spring Break); May 29 (Memorial Day).

*Creative Modern for Adults follow a shorter 9-week schedule due to the Jan 2 holiday and is 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, CDCA administration must be notified prior to the 4th week of classes to receive prorated refund. For camp refunds CDCA administration must be notified 2 weeks before the start of camp. A \$15.00 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 FACILITY:** Visit [creativedance.org](http://creativedance.org) for a complete listing of facility bios: TB= Tiffany Bierly, SC= Sara Caplan, AGG= Anne Green Gilbert, TG= Terry Goetz, GH= Gail Heilbron, RH= Rainita Hollinshead, AH= Annie Hughes, AM= Anna Mansbridge, JN= Joel Nyland, AO= Amanda Ote, 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.