

Creative Dance Center Schedule • Fall/Winter 2023-2024

A 17-week (Tues-Sat) or 15-week (Mon) schedule: Sept 11, 2023 through Jan 27, 2024. For exceptions to the 17-week schedule, see grid below.
 Creative Dance Center Breaks: no classes November 20-26 (Thanksgiving Break); December 18-January 1 (Winter Break); January 15 (MLK Day).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	<i>Monday classes are on a 15-week schedule due to Jan 1 and Jan 15 holidays and are priced accordingly.</i> *9:45 -11:15 Dance & Art \$360 Ages 3.5 - 5 -AH				9:30 -10:30 Caregiver/Toddler \$357 walking - 2.5 -AH 10:40-11:40 Caregiver/Child \$357 Ages 2.5 - 4 -AH	9:30-10:30 Caregiver/Toddler \$357 walking - 2.5 -AH *9:30-10:30 Creative Dance \$357 Ages 3.5 - 4 -KD	Educator/ Community Workshops <hr/> Feeling to Form: Mettler- based Improv Workshop with Mary Ann Brehm Nov 5, 2023 10am-4pm
10:00 am	9:45 -10:45 Caregiver/Toddler \$315 walking - 2.5 -AO 10:55-11:55 Caregiver/Child \$315 Ages 2.5 - 4 -AO	10:30 -11:30 Caregiver/Toddler \$357 walking - 2.5 -TG	10:00 -11:00 Caregiver/Child \$357 Ages 2.5 - 4 -TG 11:15-12:15 Nurturing Baby 2 mo.-pre-walking -TG 13 week: 9/13-12/13 \$273 10 week: 1/3-3/13 \$210	9:45 -10:45 Family Dance \$357 walking - 5 -AO 10:55-11:55 Creative Ballet \$357 Ages 3.5 - 5 -AO	11:50-12:50 Creative Dance \$357 Ages 3.5 - 5 -AH	10:40-11:40 Caregiver/Child \$357 Ages 2.5 - 4 -AH *10:40-11:40 Creative Dance \$357 Ages 4.5 - 5 -KD	
1:00 pm			2:15-3:15 Creative Ballet \$357 Ages 3.5 - 5 -TB			11:50-12:50 Creative Modern \$374 Grades 1 - 3 -AH *11:50-12:50 Pre-Ballet K-1 \$374 Grades K - 1 -KD	
3:00 pm	*3:55-5:10 Ballet I \$345 Grades 2 - 3 -RM	*3:55-4:55 Pre-Ballet K-1 \$374 Grades K - 1 -SC	*3:45-4:45 Creative Dance \$374 Grades K - 1 -TB	*4:00-5:00 Hip Hop I \$374 Grades 1 - 3 -RH		1:15-2:15 Family Dance \$357 walking - 5 -AH	
4:00 pm	4:15-6:00 Modern I \$368 Grades 2 - 3 -TB	*5:00-6:00 Pre-Ballet 1-2 \$374 Grades 1 - 2 -SC	*4:50-5:50 Creative Modern \$374 Grades 1 - 3 -TB				
5:00 pm	5:00-6:30 ON ZOOM Creative Modern for Adults (Online) Adult -AGG 13 week: 9/11-12/11 \$312 9 week: 1/8-3/11 \$216	4:30-6:30 Modern II \$476 Grades 4 - 5 -BW	4:30-5:30 Hip Hop II \$374 Grades 4 - 5 -JT 5:40-6:40 Hip Hop III \$374 Grades 6 - 8 -JT	4:30-6:30 Modern III \$458 Grades 6 - 7 -SC	4:30-6:45 Kaleidoscope Dance Company Rehearsal Bronwen Houck Director		
6:00 pm	*5:15-6:30 Ballet II \$345 Grades 4 - 5 -RM 6:15-8:15 Int/Adv Modern \$420 Ages 13+ - Adult -TB	*6:10-7:40 Ballet III \$408 Grades 6+ -TG	*6:00-7:00 Family Dance \$357 walking - 5 -TB		* Designates Lower Studio		
7:00 pm	*7:00-8:00 Adaptive BrainDance Ages 13+-Adults -JN,BW 13 week: 9/11-12/11 FREE 8 week: 1/8-3/11 FREE	6:45-7:45 Teen/Adult Hip Hop \$374 Ages 14+ - Adult -JT	7:00-8:30 Keep Dancing! Modern for 40+ Adult -AGG 13 week: 9/13-12/13 \$312 10 week: 1/3-3/13 \$240		Kaleidoscope Gift of Dance December 2 & 3, 2023 Erickson Theatre, Seattle Information and tickets at creativedance.org/performances		

Register online at creativedance.org or complete & mail the form below to: Creative Dance Center, 12577 Densmore Ave. N, Seattle, WA 98133. **Fall/Winter 2023-2024**

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 2023-2024 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.

TEEN/ADULT HIP HOP : (Grades 10+ up) Explore 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: (Grades 2 & up) Exploring elements of dance, 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 8+ 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 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. Ballet shoes are required.

ADAPTIVE BRAINDANCE: (13+ yrs) For students of all abilities/disabilities. Includes BrainDance, partner/group work, improvisation, dance skills, and celebrates individual creativity. Students are welcome to bring support in form of family or staff to aid in participation. This class is taught in studio and is offered at no cost.

ADULT CLASSES

ADAPTIVE BRAINDANCE: (13+ yrs) For students of all abilities/disabilities. Includes BrainDance, partner/group work, improvisation, dance skills, and celebrates individual creativity. Students are welcome to bring support in form of family or staff to aid in participation. This class is taught in studio and is offered at no cost.

INT/ADV MODERN: (Grades 8+ to 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 derived from Limon, Bartenieff, Cunningham, and release techniques while following Anne Green Gilbert's 5-part lesson plan including BrainDance and choreography.

TEEN/ADULT HIP HOP: (Adult) Explore movement combinations and techniques from the wide range of styles associated with Hip Hop. Learn rhythm and precisions in this energetic class. Previous experience in Hip Hop is recommended. Clean-soled 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/COMMUNITY WORKSHOP!

Feeling to Form:

Mettler-Based Improvisation

with guest teacher Mary Ann Brehm
Sunday Nov 5, 2023 • 10am to 4pm

Immerse yourself in dance explorations which awaken your kinesthetic imagination and allow you to discover satisfying, expressive movement forms individually and in groups. Based on the work of somatic dance pioneer Barbara Mettler.

Register at creativdance.org

CREATIVE DANCE CENTER

Fall/Winter 2023-24

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 11, 2023 to January 27, 2024.

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

Fall 13-week session: 9/11-12/16 **Winter 10-week session:** 1/8-3/16

Creative Dance Center Breaks: no classes Nov 20-26 (Thanksgiving Break); Dec 18-Jan 1 (Winter Break); Jan 15 (MLK Day).

Monday classes follow a shorter schedule due to holidays Jan 1 & Jan 15 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 brownen@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 can be applied to the tuition total by using code Siblings5 at checkout.

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 \$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 registrat@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 & class field trips. More info on our website!

CDC FACULTY: Visit creativdance.org for a complete listing of faculty bios: TB= Tiffany Bierly, SC= Sara Caplan, KD= Kaitie Daugherty, AGG= Anne Green Gilbert, TG= Terry Goetz, AH= Annie Hughes, RH= Ramita Hollinshed, RM= Robbi Moore, 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.

Kaleidoscope Gift of Dance • December 2 & 3, 2023 • Erickson Theatre

Concert times and ticket info at creativdance.org/performances