

# Creative Dance Center Schedule • Fall/Winter 2024-2025

A 17-week (Tues-Sat) or 16-week (Mon) schedule: Sept 9, 2024 through Jan 25, 2025. For exceptions to the 17-week schedule, see grid below.

Creative Dance Center Breaks: no classes Nov 25-Dec 1 (Thanksgiving Break); Dec 23-Jan 5 (Winter Break); Jan 20 (MLK Day).

	Mon	Tue	Wed	Thu	Fri	Sat
Morning	<p><i>Monday classes are on a 16-week schedule due to January 20 holiday and are priced accordingly.</i></p> <p>*9:45 - 11:15 <b>Dance &amp; Art \$424</b> Ages 3.5 - 5 -AH</p>			<p>9:45 - 10:45 <b>Caregiver/Toddler/Child \$391</b> Walking - 5 -AO</p>	<p>9:30 - 10:30 <b>Caregiver/Toddler \$391</b> Walking - 2.5 -AH</p>	<p>9:30 - 10:30 <b>Caregiver/Toddler \$391</b> Walking - 2.5 -AH</p> <p>*9:30 - 10:30 <b>Creative Dance \$408</b> Ages 3.5-4 -ES</p>
	<p>10:00 - 11:00 <b>Caregiver/Toddler/Child \$368</b> Walking - 5 -AO</p>	<p>10:30 - 11:30 <b>Caregiver/Toddler \$391</b> Walking - 2.5 -TG</p>	<p>10:00 - 11:00 <b>Caregiver/Child \$391</b> Ages 2.5 - 4 -TG</p>	<p>10:55 - 11:55 <b>Creative Ballet \$408</b> Ages 3.5-5 -AO</p>	<p>10:40 - 11:40 <b>Caregiver/Child \$391</b> Ages 2.5-4 -AH</p>	<p>10:40 - 11:40 <b>Caregiver/Child \$391</b> Ages 2.5-4 -AH</p> <p>*10:40 - 11:40 <b>Creative Dance \$408</b> Ages 4.5-5 -ES</p>
			<p>11:15 - 12:15 <b>Nurturing Baby</b> 2 mo - pre-walking -TG 14 week: 9/11-12/18 \$322 10 week: 1/8-3/19 \$230</p>		<p>11:45 - 12:45 <b>Creative Dance \$408</b> Ages 3.5-5 -AH</p>	<p>11:45 - 12:45 <b>Caregiver/Toddler/Child \$391</b> Walking - 5 -AH</p> <p>*11:50 - 12:50 <b>Creative Dance K-1 \$408</b> Grades K-1 -OE</p>
Afternoon	<p>*4:00 - 5:00 <b>Pre-Ballet K-1 \$384</b> Grades K-1 -KD</p>	<p>3:15 - 4:15 <b>Creative Ballet \$408</b> Ages 3.5-5 -ES</p> <p>*4:00 - 5:15 <b>Ballet I \$434</b> Grades 2-3 -SC</p>	<p>2:15 - 3:15 <b>Creative Ballet \$408</b> Ages 3.5-5 -KD</p> <p>*3:30 - 4:30 <b>Creative Dance K-1 \$408</b> Grades K-1 -KD</p>		<p>* Designates Lower Studio</p>	<p>1:00 - 2:00 <b>Creative Modern \$408</b> Grades 1-3 -OE</p>
	<p>4:15 - 6:00 <b>Modern 1 \$440</b> Grades 2-3 -TB</p>	<p>4:30 - 6:30 <b>Modern II \$510</b> Grades 4-5 -AH</p>	<p>4:30 - 6:30 <b>Modern IV \$510</b> Grades 8-9 -RM</p>	<p>4:30 - 6:30 <b>Modern III \$510</b> Grades 6-7 -SC</p>		
	<p>*5:05 - 6:05 <b>Pre-Ballet 1-2 \$384</b> Grades 1-2 -KD</p>		<p>*4:35 - 5:35 <b>Creative Modern \$408</b> Grades 1-3 -KD</p>	<p>*4:30 - 5:30 <b>Hip Hop I</b> Grades 1-3 -JT 11 week: 9/12-11/21 \$264 10 week: 1/9-3/20 \$240</p>		
Evening	<p>5:00 - 6:30 <b>ON ZOOM Creative Modern for Adults (Online)</b> Adult -AGG 13 week: 9/9-12/9 \$345 10 week: 1/6-3/17 \$265</p>	<p>*5:20 - 6:35 <b>Ballet II \$434</b> Grades 4-5 -SC</p> <p>6:30 - 8:00 <b>Ballet III \$451</b> Grades 6+ -TG</p>	<p>*5:40 - 6:40 <b>Caregiver/Toddler/Child \$391</b> Walking - 5 -KD</p>	<p>*5:35 - 6:35 <b>Hip Hop II</b> Grades 4-5 -JT 11 week: 9/12-11/21 \$264 10 week: 1/9-3/20 \$240</p>	<p><b>Teacher Guide:</b> AGG = Anne Green Gilbert AH = Annie Hughes AO = Amanda Oie ES = Elana Skeers JN = Joel Nyland JT = Jay Tan KD = Katie Daugherty OE = Olivia Evans RM = Robbi A. Moore SC = Sara Caplan TG = Terry Goetz TB = Tiffany Bierly</p>	
	<p>6:15 - 8:15 <b>Int/Adv Modern \$480</b> Grades 10+ to Adult -TB</p>	<p>*7:00 - 8:00 <b>Adaptive BrainDance FREE!</b> Ages 13+ to Adults -JN/SC 14 week: 9/10-12/17 10 week: 1/7-3/18</p>	<p>7:00 - 8:30 <b>Keep Dancing! Modern for 40+</b> Adult -AGG 13 week: 9/11-12/11 \$345 10 week: 1/8-3/19 \$265</p>	<p>*6:40 - 7:40 <b>Hip Hop III</b> Grades 6+ to Adults -JT 11 week: 9/12-11/21 \$264 10 week: 1/9-3/20 \$240</p>		

## Financial Aid

CDC believes in supporting access to dance. Tuition assistance for classes & workshops is available based on need. Application must be received before you register.

For details, email registrar@creativdance.org

## Save the Date!

Kaleidoscope Gift of Dance  
December 7 & 8, 2024  
Erickson Theatre, Seattle

Information and tickets at  
creativdance.org/performances

## Class Details & Registration at

creativdance.org



# Creative Dance Center Class Descriptions • Fall/Winter 2024-2025

## 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.)

**CAREGIVER/TODDLER/CHILD:** (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 25% off (email for coupon code).

**PRE-K, CHILDREN & TEENS** are drop-off classes. If your child is not ready to participate on their own, a 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) 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.

**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; 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.

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

**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.

**ADAPTIVE BRAINDANCE:** (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. FREE!

## ADULT CLASSES

**INT/ADV MODERN:** (Grades 10+ 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 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.

**ADAPTIVE BRAINDANCE:** (13+ to Adult) 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. FREE!

**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.

Register  
at  
[creativedance.org](http://creativedance.org)

**VISITING/OBSERVATION:** Parents are invited to observe class the 9h week (Nov 4-Nov 9) & 17th week (Jan 20-25) of the session.

A family-friendly waiting room is provided outside of class during non-visiting days.

If your child is not ready to participate on their own, Caregiver/Child class may be more appropriate.

## Kaleidoscope Gift of Dance • December 7 & 8, 2024 • Erickson Theatre

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

# CREATIVE DANCE CENTER Fall/Winter 2024-2025

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. Free parking.

### FALL/WINTER SESSION DATES:

17-week schedule: **September 9, 2024 to January 25, 2025.** For exceptions to the 17-week schedule, see grid on previous page.

**CREATIVE DANCE CENTER BREAKS:** no classes Nov 25-Dec 1 (Thanksgiving Break); Dec 23-Jan 5 (Winter Break); Jan 20 (MLK Day). Monday classes follow a shorter schedule due to holiday Jan 16 and are priced accordingly.

**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. Clean soled sneakers required for Hip Hop.

**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 [registrar@creativedance.org](mailto:registrar@creativedance.org) to discuss paying in two installments. Classes without sufficient enrollment will be cancelled.

**REFUNDS:** In order to receive a refund, CDC Administration must be notified prior to the 4th week of classes to receive a prorated refund. A \$15.00 processing will be levied.

**FINANCIAL AID:** CDC believes in supporting access to dance. Financial aid is available based on need. Email [registrar@creativedance.org](mailto:registrar@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.

**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 North | Seattle, WA  
206-363-7281 | [creativedance.org](http://creativedance.org)