

# Creative Dance Center Schedule • Winter/Spring 2026

A 17-week (Mon-Sat) schedule: January 26 through June 8, 2026. For exceptions to the 17-week schedule, see grid below.  
Creative Dance Center Breaks: no classes Feb 16-22 (Mid-Winter Break); April 13-19 (Spring Break); May 25 (Memorial Day).

	Mon	Tue	Wed	Thu	Fri	Sat
Morning				9:45 - 10:45 <b>Boost with Bronwen</b> Adults -Bronwen 10 week: 1/8-3/19 \$250 10 week: 4/2-6/11 \$250	9:30 - 10:30 <b>Caregiver/Toddler</b> \$408 Walking - 2.5 -Annie	9:30 - 10:30 <b>Caregiver/Toddler</b> \$408 Walking - 2.5 -Lauren  *9:30 - 10:30 <b>Creative Dance</b> \$425 Ages 3.5-4 -Amanda
	9:30 - 10:30 <b>Caregiver/Toddler/Child</b> \$408 Walking - 4 -Amanda	10:30 - 11:30 <b>Caregiver/Toddler</b> \$408 Walking - 2.5 -Terry	10:00 - 11:00 <b>Caregiver/Toddler/Child</b> \$408 Walking - 4 -Terry		10:40 - 11:40 <b>Caregiver/Child</b> \$408 Ages 2.5-4 -Annie	10:40 - 11:40 <b>Caregiver/Child</b> \$408 Ages 2.5-4 -Lauren  *10:40 - 11:40 <b>Creative Dance</b> \$425 Ages 4.5-5 -Amanda
			11:15 - 12:15 <b>Nurturing Baby</b> 2 mo - pre-walking -Terry 10 week: 1/7-3/18 \$240 10 week: 3/25-6/3 \$240			*11:55 - 12:55 <b>Creative Dance K-1</b> \$250 Grades K-1 -Maia
Afternoon		*3:15 - 4:15 <b>Creative Ballet</b> \$425 Ages 3.5-5 -Olivia	*3:15 - 4:15 <b>Creative Dance</b> \$425 Ages 3.5-5 -Emi		* Designates Lower Studio	
	*4:00 - 5:00 <b>Pre-Ballet K-1</b> \$425 Grades K-1 -Emi			4:30 - 6:30 <b>Modern III</b> \$530 Grades 6-7 -Sara		
	4:15 - 6:00 <b>Modern 1</b> \$487 Grades 2-3 -Tiffany	*4:20 - 5:35 <b>Ballet I/II</b> \$450 Grades 2-4 -OE	*4:20 - 5:20 <b>Creative Modern</b> \$425 Grades 1-3 -Emi			
Evening	*5:05 - 6:05 <b>Pre-Ballet 1-2</b> \$425 Grades 1-2 -Emi	4:30 - 6:30 <b>Modern II</b> \$530 Grades 4-5 -Annie	4:30 - 6:30 <b>Modern IV</b> \$530 Grades 8-9 -Robbi		<div style="border: 1px dashed black; border-radius: 20px; padding: 10px;"> <p><b>Save the Date!</b> School Show: <i>An Afternoon of Dance</i> Sunday, March 22, 2026 Shorecrest Performing Arts Center</p> </div>	
	5:00 - 6:30 <b>ON ZOOM</b> <b>Creative Modern for Adults (Online)</b> Adult -Anne 10 week: 1/5-3/16 \$276 10 week: 3/23-6/8 \$276	*5:40 - 6:40 <b>Caregiver/Toddler/Child</b> \$408 Walking - 4 -Olivia  6:30 - 8:00 <b>Ballet III</b> \$468 Grades 5+ -Terry		*5:45 - 6:45 <b>Boost with Bronwen</b> Adults -Bronwen 9 week: 1/15-3/19 \$225 10 week: 4/2-6/11 \$250		
	6:15 - 8:15 <b>Int/Adv Modern</b> \$530 Grades 10+ to Adult -Tiffany	*7:00 - 8:00 <b>Adaptive BrainDance</b> FREE! Ages 13+ to Adult -Sara/Joel 10 week: 1/6-3/17 10 week: 3/24-6/2	7:00 - 8:30 <b>Keep Dancing! Modern for 40+</b> Adult -Anne 10 week: 1/7-3/18 \$276 10 week: 3/25-6/3 \$276			

## 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@creativedance.org

## Educator & Community Workshops

**Movement Matters:**  
**Creative Dance in Early Childhood**  
With Annie Hughes  
March 7, 2026 | 1-4pm | \$80

**BrainDance for Every Body**  
With Terry Goetz  
May 17, 2026 | 1-4pm | \$60

**Class Details & Registration at**  
creativedance.org



# Creative Dance Center Class Descriptions • Winter/Spring 2026

## 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-4 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.

**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.

**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 2-4; Grades 5+) 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

**BOOST WITH BRONWEN:** (Adults) Get a boost for your body and brain in this fun, energetic dance class! Each week we'll learn moves to put together into a flash mob style group dance! Boost your mood to a pop-centric playlist as we warm-up with a high-energy BrainDance followed by easy-to-follow choreography to your favorite dance hits. No prior dance experience necessary.

**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.



**Celebrating 44 years!**

**Register  
at  
creativdance.org**

**Financial Aid Available**  
Email  
registrar@creativdance.org  
for details

## VISITING/OBSERVATION:

Parents are invited to observe class the 9th week (Mar 30-Apr 4) & 17th week (June 2-8) 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 Spring Concert • May 8-10, 2026 • Broadway Performance Hall

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

# CREATIVE DANCE CENTER

**Winter/Spring 2026**

**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.*

## WINTER/SPRING SESSION DATES:

**17-week schedule: January 26 to June 8, 2026.** For exceptions to the 17-week schedule, see grid on previous page.

**CREATIVE DANCE CENTER BREAKS:** no classes Feb. 16-22 (Mid-Winter Break); April 13-19 (Spring Break); May 25 (Memorial Day)

**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@creativdance.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@creativdance.org to request application. Application must be received 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](http://creativdance.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 | [creativdance.org](http://creativdance.org)