



2018 ADULT WINTER CLASS SCHEDULE
nwdanceproject.org

ALL CLASSES ARE AT HELD AT OUR CREATIVE CENTER
211 NE 10TH AVE (at Davis St)

MONDAY

9:30 to 11:00am Adult Ballet / Adv + Pro
7:30 to 8:30pm Adult Rock Your Body® / Beginners

TUESDAY

9:30 to 11:00am Adult Ballet / Adv + Pro
12:00 to 1:30pm Adult Ballet / Beginning Intermediate – **Jan 9 to Mar 20***
7:45 to 8:45pm Adult Jazz 101 / Beginners

WEDNESDAY

9:00 to 10:00am Adult Core Balance® = Yoga + Pilates + Ballet Stretch / All Levels – **Jan 10 to Mar 21***
9:30 to 11:00am Adult Ballet / Adv + Pro
12:00 to 1:15pm Adult Hip Hop / All Levels – **Jan 10 to Mar 21***
6:30 to 7:45pm Adult Contemporary Jazz / All Levels
7:45 to 9:00pm Adult Ballet / Absolute Beginners Level 1 - **Jan 10 to Mar 21***

THURSDAY

9:30 to 11:00am Adult Ballet / Adv + Pro
10:00 to 11:00am Adult Jazz 101 / Beginners – **Jan 11 to Mar 22***
7:00 to 8:30pm Adult Ballet / Beginning Intermediate

FRIDAY

10:00 to 11:30am Adult Ballet / Adv + Pro

SATURDAY

10:30 to 11:45am Adult Ballet / Beginners

SUNDAY

12:15 to 1:15pm Adult Broadway Jazz / Beginners – **Jan 14 to Mar 25***
1:15 to 2:30pm Adult Hip Hop / All Levels
2:30 to 3:30pm Adult Core Balance® = Yoga + Pilates + Ballet Stretch / All Levels – **Jan 14 to Mar 25***
3:30 to 4:45pm Adult Ballet / Absolute Beginners Level 1 – **Jan 14 to Mar 25***
4:45 to 6:00pm Adult Ballet / Absolute Beginners Level 2 - **Jan 14 to Mar 25***

All Adult Classes are for dancers 13 years+ and available on a drop-in basis for \$17 (\$16 cash).
No enrollment necessary - You can join a class at any time.

SAVE by purchasing a Discount Class Card (10 classes in 2 month's time - only \$130).

*Take the same class for a full term and save 30% – Registration is required for discount.

MORE INFO + CLASS UPDATES: nwdanceproject.org / 503.421.7434 / info@nwdanceproject.org
NW Dance Project is a registered 501(c)(3) not-for-profit organization

NW DANCE PROJECT

ARTISTIC DIRECTOR
SARAH SLIPPER

ABOUT NW DANCE PROJECT CLASSES

NW Dance Project holds dance classes for adults, teens and youth taught by a variety of instructors and coaches with years of professional experience in their dance disciplines. For beginners, classes are a fun way to get fit while gaining dance experience. For more experienced dancers, classes are more technical, advanced and challenging. All are welcome at **our Creative Center at 211 NE 10th Ave!** Make sure to bring your water bottle and have fun!

BALLET

Our ballet classes provide a basic grounding in basic ballet fundamentals and technique. Placement, balance, posture, coordination, musicality and alignment are clearly explained and emphasized. These classes offer a comprehensive barre and continue into a focused and structured center exercises. Participants should have a basic knowledge of ballet positions, steps and terms.

Level: Absolute Beginners to Professional Instructors: **Sarah Slipper, Jason Davis, Michelle Davis, Cora Guren, Samantha Campbell, Lindsey McGill, Vanessa Thiessen, Kody Jauron, Jasmin Trotter, Faith Morrison**

CONTEMPORARY + CONTEMPORARY FUSION

Our Contemporary class is designed to improve technique, flexibility, stamina and artistry. Proper technique will be used as a departure point from which students will take risks and explore the freedom found within contemporary movement. Contemporary Fusion class fuses contemporary dance styles with jazz, ballet, and world dance influences. Combines core strength, precision leg work with an ease and fluidity in the torso. A fun, expressive combination of popular and global music and expressive movement.

Level: Open Instructors: **Franco Nieto, Kody Jauron, Andrea Parson**

JAZZ

These soulful classes develop a strong technical foundation focusing on lowering the dancers' center of gravity and syncopating movement with a blend of latin, modern, ballet and jazz. Classes focus on proper alignment, emphasize the relationship between music and movement and help dancers connect to feeling movement from the inside out.

Level: Open Instructors: **Tracey Durbin, Franco Nieto, Kody Jauron, Caitlin Warren**

CORE BALANCE ® = Yoga + Pilates + Ballet Stretch

This energizing class combines elements of yoga and pilates with ballet stretch components. The ballet barre, yoga blocks, and resistance bands are often used to support the development of core strength, ease and openness in the joints and a flexible, well-balanced body. Suitable for all dancers and fitness enthusiasts. Yoga or fitness mat suggested.

Level: Beginners / All Instructors: **Morgan Moore, Andrea Parson, Holly Wooldridge**

HIP HOP

This class introduces street dance styles from the Bronx and beyond. A fresh, funky and soulful expression of movement that is constantly evolving and a great, fun workout for all dance enthusiasts.

Level: Open Instructors: **Maricella Devine, Izzy Holmes, Kitty Tibbals, Jesus Rodales**

ROCK YOUR BODY ®

Do you want to have fun and get fit? Join us for this lively dance class with upbeat grooves from the past to present. This energetic and energizing class will take you on a journey through stylized jazz, contemporary, hip-hop, salsa, afro-funk and body sculpting. Exhilarate your mind, body and spirit and ROCK YOUR BODY.

Level: Beginners / All Instructors: **Franco Nieto, Maricella Devine, Morgan Moore**

BROADWAY JAZZ

These uplifting and energetic classes develop a strong foundation in jazz basics. Get your body moving to classic Broadway and musical theater showtunes.

Level: Beginners Instructors: **Kody Jauron, Izzy Holmes, Caitlin Warren**