



2020 ADULT SPRING CLASS SCHEDULE

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

MONDAY

10:00 to 11:30am Adult Ballet / Adv + Pro
10:00 to 11:30 am Adult Contemporary Modern / Intermediate – **MAR 30 to JUN 8***
7:30 to 8:30pm Adult Rock Your Body ® / Open

TUESDAY

10:00 to 11:30am Adult Ballet / Adv + Pro
10:00 to 11:30am Adult Ballet / Beginning Intermediate – **MAR 31 to JUN 9***
7:45 to 8:45pm Adult Jazz 101 / Beginners

WEDNESDAY

10:00 to 11:30am Adult Ballet / Adv + Pro
12:00 to 1:15pm Adult Hip Hop / Open – **APR 1 to JUN 10***
6:30 to 7:45pm Adult Contemporary Jazz / Intermediate
7:45 to 9:00pm Adult Ballet / Absolute Beginners Level 1 – **APR 1 to JUN 10***

THURSDAY

10:00 to 11:30am Adult Ballet / Adv + Pro
7:00 to 8:30pm Adult Ballet / Intermediate
8:30 to 9:30pm Adult Hip Hop / Beginners

FRIDAY

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

SATURDAY

9:00am to 10:30am Adult Ballet / Beginners

SUNDAY

12:15 to 1:15pm Adult Broadway Jazz / Open – **APR 5 to JUN 14***
1:15 to 2:30pm Adult Hip Hop / Open
2:30 to 3:30pm Adult Core Balance ® = Yoga + Pilates + Ballet Stretch / Open – **APR 5 to JUN 14***
3:30 to 4:45pm Adult Ballet / Absolute Beginners Level 1 – **APR 5 to JUN 14***
4:45 to 6:00pm Adult Ballet / Absolute Beginners Level 2 – **APR 5 to JUN 14***

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

NW Dance Project offers three ways to save.

Discount Card – \$130 for 10 classes – Expires 2 months from purchase date.

Flex Card – \$150 for 10 classes – Expires 1 year from purchase date.

*Session – \$150 – Take the same class for a term and save. 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 focused and structured center exercises.

Level: Absolute Beginners to Professional

CONTEMPORARY JAZZ

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 Jazz class fuses jazz, ballet, and world dance influences. This class combines core strength, precision leg work with an ease and fluidity in the torso.

Level: Intermediate

Contemporary Modern

Contemporary Modern incorporates many of the foundations of modern dance technique, including floor work, suspension and release, fall and recovery, the use of momentum and connecting breath with movement.

Level: Intermediate

JAZZ 101

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

Level: Beginners

BROADWAY JAZZ

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

Level: Open

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: Open

HIP HOP

This class introduces street dance styles that help improve flexibility, rhythm, musicality and coordination. A fresh, funky and soulful expression of movement that is constantly evolving and a great, fun workout for all dance enthusiasts.

Level: Beginners / Open

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 / Open