

# Creative Dance Center Schedule • Winter/Spring 2012

A 16-week schedule: Monday, February 6, 2012 through Monday, June 11, 2012. For exceptions to the 16-week schedule, see grid below.

Creative Dance Center Holidays: no classes February 20-26, April 16-22, May 28.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	9:30-11:00 <b>Exercise &amp; Dance</b> Adult -GH 10 week: 1/2-3/19 \$140 10 week: 3/26-6/11 \$140	*9:30-noon <b>Creative Arts Program</b> 1 day/week \$110/mo 2 day/week \$195/mo Ages 3½-5 -IH  9:30-10:30 <b>Parent/Toddler</b> \$200 walking - 2½ -AM		*9:30-noon <b>Creative Arts Program</b> 1 day/week \$110/mo 2 day/week \$195/mo Ages 3½-5 -IH	9:30-10:30 <b>Parent/Child</b> \$200 Ages 2½ - 4 -AM	9:15-10:15 <b>Parent/Toddler</b> \$200 walking - 2½ -JG  * 9:15-10:15 <b>Creative Dance</b> \$205 Ages 3½ - 4 -MS	<b>Educator/ Community Workshops</b>  Jan 22, 1-4pm \$65 ♦ BrainDance: Children to Teens Integration and Coordination through Movement <i>Terry Goetz</i>  Feb 12, 1-4pm \$65 ♦ <i>New!</i> BrainDance Variations for All Ages <i>Anne Green Gilbert</i>  Mar 18, 1-4pm \$65 ♦ Teaching Dance, Fostering Creativity <i>Anna Mansbridge</i>  ♦ Clock hours available for marked workshops with \$10 check to PSESD written on workshop date.  Visit creativedance.org or call 206.363.7281 for clock hour, dis- count, & registration information.
10:00 am		10:40-11:40 <b>Parent/Child</b> \$200 Ages 2½ - 4 -AM	10:00-11:00 <b>Parent/Child</b> \$200 Ages 2½ - 4 -TG	10:00-11:00 <b>Parent/Toddler</b> \$200 walking - 2½ -TG	*10:40-11:40 <b>Parent/Toddler</b> \$200 walking - 2½ -TG  10:40-11:40 <b>Creative Dance</b> \$205 Ages 3½ - 4 -AM	10:25-11:25 <b>Parent/Child</b> \$200 Ages 2½ - 4 -JG  *10:25-11:25 <b>Creative Dance</b> \$205 Ages 4½-5 -MS	
11:00 am	11:00-12:00 <b>Parent/Child</b> \$200 2½ - 4 -TG		11:00-12:00 <b>Nurturing Baby</b> 2 mo. - pre-walking -TG 10 week: 1/4-3/21 \$130 10 week: 3/28-6/6 \$130		11:45-12:45 <b>Creative Dance</b> \$205 Ages 4½-5 -AM	*11:30-12:30 <b>Nurturing Baby</b> 2 mo. - pre-walking -JG 10 week: 1/7-3/24 \$130 10 week: 3/31-6/9 \$130	
1:00 pm		1:30-2:30 <b>Creative Ballet</b> \$205 Ages 4½-5 -RS		*1:30-2:30 <b>Creative Ballet</b> \$205 Ages 3½-5 -IA		11:30-12:45 <b>Creative Modern</b> \$210 Grades 1-3 -AGG	
2:00 pm				2:30-3:45 <b>BrainDance for Balance &amp; Mobility</b> 1/12-2/16 \$10/class Adult -IH & AGG			
4:00 pm	*4:00-5:00 <b>Creative Ballet</b> \$205 Ages 4½-5 -AM  4:15-6:15 <b>Modern I</b> \$280 Grades 2-3 -AGG	*4:00-5:00 <b>Pre-Ballet</b> \$205 Grade K -TG  4:15-6:15 <b>Modern II</b> \$280 Grades 4-5 -RS	*4:00-5:00 <b>Creative Dance</b> \$205 Ages 4-5 -RS  4:15-6:15 <b>Modern IV</b> \$280 Grades 8 + up -AM	*4:00-5:00 <b>Creative Dance &amp; Yoga</b> \$205 Grades K-3 -MS  4:15-6:15 <b>Modern III</b> \$280 Grades 6-7 -TG	4:15-6:30 <b>Kaleidoscope Rehearsal</b> Anne Green Gilbert, Director		
5:00 pm	*5:00-7:00 <b>Modern V for Teens/Adults</b> \$260 by permission -AM	*5:00-6:00 <b>Ballet I</b> \$205 Grades 1-2 -TG	*5:00-6:15 <b>Creative Modern</b> \$210 Grades 1-2 -RS	*5:15-6:30 <b>Creative Modern</b> \$210 Grades 2-3 -RS		* Designates Lower Studio	
6:00 pm		*6:00-7:30 <b>Ballet III</b> \$220 Grades 6 + up -TG  6:20-7:20 <b>Pilates Mat</b> Adult -RS 10 week: 1/3-3/20 \$130 10 week: 3/27-6/5 \$130	6:45-8:15 <b>Keeping on Dancing: Modern for 40+</b> Adult -AGG 10 week: 1/4-3/21 \$140 10 week: 3/28-6/6 \$140	<p style="text-align: center;"><i>Save The Date!</i>  <b>CDC's School Show, An Afternoon of Dance</b>                      Sunday, June 10, 2012                      Shorewood High School Theater!</p>			

Register on line at [CreativeDance.org](http://CreativeDance.org) or complete and mail the form below to: Creative Dance Center, 12577 Densmore Ave. N, Seattle, WA 98133. **Winter/Spring 2012**

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 \$: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

MC/ **Total Fee \$:** \_\_\_\_\_

Visa: \_\_\_\_\_ exp: \_\_\_\_\_ Signature: \_\_\_\_\_

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 Winter/Spring Session 2012

## Youth Classes

**CREATIVE ARTS PROGRAM:** (3½-5 yrs.) provides a foundation for learning through a multi-sensory approach. Children will build social skills and enhance creative and cognitive development through movement and arts activities. Song circle, BrainDance, creative dance, snacktime, story time, visual art, free play with costumes, props, and puppets make up a curriculum where children can play to learn and learn to play! This is a drop-off program. If your child is not ready to participate on their own, Parent/Child class may be more appropriate. 16-week session T and/or Th  
One-day weekly: \$110/month or \$440/session  
Two-days weekly: \$195/month or \$780/session

**CREATIVE DANCE:** (3½-5 yrs.) 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. \$205

**CREATIVE DANCE & YOGA:** (Grades K-3) Discover the dynamic relationship of yoga and creative dance. We practice yoga to calm or energize the mind and body and dance joyfully with this grounded awareness as we explore a new dance concept each week. \$205

**CREATIVE MODERN:** (Grades 1-3) A class for dancers ready to experience more technique and skill development while continuing to have fun improvising and choreographing. \$210

**MODERN I, II, III, IV, V:** (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 in Modern I-IV. \$280  
Modern V: ages 15 through Adult by instructor permission. \$260

**CREATIVE BALLET:** (3½-5 yrs.) Exploring ballet skills and vocabulary through creative dance helps young dancers learn ballet more easily and enjoyably. We dance in bare feet. \$205

**PRE-BALLET:** (Grade K) A fun and creative introduction to ballet class. Exploring ballet technique through the dance concepts nurtures the whole dancer. Musicality, healthy alignment and improvisation are all a part of this developmentally appropriate ballet class. Ballet shoes required. \$205

**BALLET I, III:** (Grades 1-2; Grades 6 & up) Classical ballet emphasizes strength, flexibility, alignment, & musicality. Exploring ballet technique through the dance concepts nurtures the whole dancer. Classes are offered in a relaxed and supportive learning environment. Ballet shoes required. Ballet I \$205  
Ballet III \$220

## Youth/Adult Classes

**NURTURING BABY:** (2 mo. - pre-walking) This class focuses on fun and appropriate movements for building baby's body and brain. Playful social/emotional connections are made as you and baby dance together and with others. Explore dance concepts using multi-sensory props and instruments. Sing nursery rhymes and move to a wide variety of music. Learn how to support and encourage tummy-time so baby can move through the early developmental patterns that wire the central nervous system and brain. Caregivers are always welcome. 10-week sessions: 1/4-3/24, 3/28-6/9 \$130

**PARENT/TODDLER:** (walking to 2½)  
**PARENT/CHILD:** (2½- 4 yrs.) Dancing together with your child while exploring movement activities and practicing skills is not only lots of fun but very educational. Activities are taught that can be explored at home. A wide variety of music, props, and rhythm instruments adds to the fun and learning. Nannies and daycare providers are always welcome. Siblings six-months-old and older must be registered as a student for half price. \$200

## Adult Classes

**8-CLASS CARD** may be purchased for \$115 and used for any adult/teen class during the current session. When purchasing card, please note primary class on registration form. Drop-In fee for adult classes is \$15.00 exactly, cash or check. 8-class card \$115

**EXERCISE & DANCE:** Experience improved alignment, body integration, and range of motion as you work from the inner core. Exercises build strength that comes from within. Dance allows the body full and creative expression through space. Realize the joy of working with your body in a supportive environment as you improve functional and expressive movement.  
10-week sessions: 1/2-3/19, 3/26-6/11 \$140

**PILATES MAT:** Incorporating BrainDance with Pilates makes this a perfect workout for all walks of life. Working from the inside out, Pilates focuses on breathing, body-awareness, and core strength which are essential for maintaining posture, balance, functional movement, and a healthy, pliable body.  
10-week sessions: 1/3-3/20, 3/27-6/5 \$130

**KEEPING ON 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! Live accompaniment.  
10-week sessions: 1/4-3/21, 3/28-6/6 \$140

**BRAIN DANCE FOR BALANCE & MOBILITY:** Mental stimulation and physical exercise can improve brain function and protect against cognitive and physical decline. This class builds movement confidence and improves balance of mind and body, blending the movement concepts of creative dance into a fun and playful exploration of all ways we can connect, interact, and express. No dance experience necessary. 6-weeks 1/12-2/16 \$10/class; or pay as you can, family member/caregiver free

## POLICIES & FAQs:

**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: Youth Classes:** A Sixteen-Week Session from Monday, Feb 6 through Monday, June 11, 2012. Creative Dance Center Holidays: no classes 2/20-26, 4/16-22, 5/28. **Adult Classes & Nurturing Baby Classes:** Two Sessions: **Winter 2012** - a 10-Week Session: Monday, Jan 2 through Saturday, March 24 (no classes 1/30-2/5, 2/20-26); **Spring 2012** - a 10-Week Session: Monday, March 26 through Monday, June 11 (no classes 4/16-22, 5/28).

**CLOTHING:** Adults- dance or exercise clothes; Girls- dance clothes such as leotards, dance skirts, leggings, etc., bare feet; Boys- sweat pants or shorts and t-shirts, bare feet; Toddlers- dance or play clothes, bare feet. Ballet shoes are required for Pre-Ballet and Ballet classes.

**VISITING:** Parents are invited to observe class the 8th week (April 2-7) and 16th week (June 5-11) of the session. A waiting area is provided outside of class during non-visiting days. **If your child is not ready to participate on their own, Parent/Child class may be more appropriate.**

**PRE-REGISTRATION: Required to ensure a place in class.** Registration in current classes does not guarantee a space in upcoming sessions. Full tuition sent with registration form is preferred. Classes without sufficient enrollment will be cancelled. Classes may be prorated after the 4th week of the session. A 10% prorated fee will be assessed.

**REFUNDS:** No refunds given unless CDC Administration is notified prior to the fourth week of classes. \$5.00 processing fee will be levied.

**FINANCIAL AID:** Limited financial aid is available. Applications will be sent to you at your request and must be received at CDC with your pre-registration.

**MISSED CLASSES:** You may make up missed classes in any comparable class during the current quarter. Make-up classes cannot be applied to the next session. Check the web schedule at [www.creativedance.org](http://www.creativedance.org) to ensure the class you wish to attend is taking place. Snow Closures: CDC will be closed when Seattle School District has snow closures. Snow closure make-up classes will be scheduled.

**DROP-INS: Please bring exact change or check.** Youth Classes - Siblings or friends may attend a class on a one time, case-by-case, space available basis. The drop-in fee for Youth Classes is \$15.00. In an **Adult/Youth Class** (Nurturing Baby, Parent/Toddler/Child) the drop-in fee for a sibling is \$7.50. **Adult Classes** are available as drop-in for a \$15.00 fee.

**ADULT CLASS CARDS:** An 8-Class Card may be used toward any adult class during the current Adult Class session - \$115. Please designate primary class on registration form.

**BIRTHDAY PARTIES & MORE:** Gift Certificates; Birthday Parties; Preschool & Homeschool Fieldtrips

**CDC FACULTY:** Visit [www.creativedance.org](http://www.creativedance.org) for a complete listing of faculty bios.

**BRAIN DANCE:** 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 the eight fundamental movement patterns of early human development which wire the central nervous system. 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.

Winter/Spring 2012



12577 Densmore Avenue N, Seattle, WA 98133 • 206.363.7281 • [www.creativedance.org](http://www.creativedance.org)

Don't Miss Kaleidoscope In Concert

May 11, 12, 13, 2012 • Broadway Performance Hall, 1625 Broadway, Seattle • Adults \$16 • Youth \$8 • [creativdance.org](http://creativdance.org)