

# Creative Dance Center Schedule • Fall/Winter 2016-2017

A 16-week schedule: Monday, September 12, 2016 through Saturday, January 28, 2017. For exceptions to the 16-week schedule, see grid below.

Creative Dance Center Breaks: no classes November 21-27 (Thanksgiving break); Winter Break, December 12-January 1.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am		9:30-11:00 <b>Exercise &amp; Dance</b> Adult -GH 12 week: 9/13-12/6 \$180 10 week: 1/3-3/14 \$150			9:30-10:30 <b>Parent/Child</b> \$224 Ages 2½-4 -AM	9:15-10:15 <b>Parent/Toddler</b> \$224 walking-2½ -KJ  * 9:15-10:15 <b>Creative Dance</b> \$232 Ages 3½-4 -HS	<b>Educator/Community Workshops</b>  Sep 10, 2-4pm Saturday \$45 <b>EmBodied Awakening: Moving to our Highest Potential</b> <i>Michael Garber</i>  Nov 13, 1-4pm \$70 <b>BrainDance: Birth to 5-years</b> <i>Terry Goetz</i>  Jan 22, 1-5pm \$90 <b>* BrainDance Foundations</b> <i>Terry Goetz</i>  Mar 5, 1-4pm \$70 <b>* BrainDance Variations</b> <i>Anna Mansbridge</i>  -- * Clock hours available with \$10 check to PSESD written on workshop date.  Visit <a href="http://creativedance.org">creativedance.org</a> or call 206.363.7281 for discount & registration information.
10:00 am	10:00-11:00 <b>Parent/Toddler</b> \$224 walking-2½ -KJ		10:00-11:00 <b>Parent/Child</b> \$224 Ages 2½-4 -TG	10:00-11:00 <b>Parent/Tot/Child</b> \$224 Ages 18mo-4 -TG	*10:40-11:40 <b>Parent/Toddler</b> \$224 walking-2½ -TG  10:40-11:40 <b>Creative Dance</b> \$232 Ages 3½-4 -AM	10:20-11:20 <b>Parent/Child</b> \$224 Ages 2½-4 -KJ  *10:20-11:20 <b>Creative Dance</b> \$232 Ages 4½-5 -HS	
11:00 am	11:00-12:00 <b>Parent/Child</b> \$224 Ages 2½-4 -KJ	11:00-12:00 <b>Parent/Toddler</b> \$224 walking-2½ -TG	11:00-12:00 <b>Nurturing Baby</b> 2 mo.-pre-walking -TG 12 week: 9/14-12/7 \$168 10 week: 1/4-3/15 \$140		11:45-12:45 <b>Creative Dance</b> \$232 Ages 4½-5 -AM	*11:30-12:30 <b>Nurturing Baby</b> 2 mo.-pre-walking -BH 12 week: 9/17-12/10 \$168 10 week: 1/7-3/18 \$140  11:30-12:45 <b>Creative Modern</b> \$248 Grades 1-3 -KJ	
1:00 pm	12:30-1:30 <b>ZUMBA®</b> Adult -JG 14 week: 9/12-12/12 \$140 10 week: 1/2-3/13 \$100  *1:00-2:30 <b>Dance &amp; Art</b> \$280 Ages 3½-5 -KJ	12:30-1:30 <b>Creative Ballet</b> \$232 Ages 3½-5 -IA		1:30-2:30 <b>Creative Ballet</b> \$232 Ages 3½-5 -KJ  3:30-4:30 <b>Pre-Ballet</b> \$232 Grades K-1 -AM			
4:00 pm	*4:00-5:15 <b>Ballet I</b> \$248 Grades 2-3 -AM  4:15-6:15 <b>Modern I</b> \$320 Grades 2-3 -AGG	*4:30-5:30 <b>Pre-Ballet</b> \$232 Grades K-1 -AD  4:30-6:30 <b>Modern II</b> \$320 Grades 4-5 -HS	*4:00-5:00 <b>Creative Dance</b> \$232 Grade K-1 -HK  4:30-6:30 <b>Modern IV</b> \$320 Grades 8 + up -AM	*4:00-5:00 <b>Creative Ballet</b> \$232 Ages 4½-5 -AM  4:15-6:15 <b>Modern III</b> \$320 Grades 6-7 -TG	4:15-6:30 <b>Kaleidoscope Dance Company Rehearsal</b> Anna Mansbridge, Director		
5:00 pm	*5:15-6:30 <b>Ballet II</b> \$248 Grades 4-5 -AM	*5:30-6:30 <b>Hip Hop</b> \$232 Grades 1-3 -AD	*5:00-6:15 <b>Creative Modern</b> \$248 Grades 1-3 -HK	*5:00-6:30 <b>Creative Modern</b> \$256 Grades 4-5 -AM	* Designates Lower Studio		
6:00 pm	*6:30-8:00 <b>Ballet III</b> \$256 Grades 6 + up -TG		6:45-8:15 <b>Keeping on Dancing! Modern for 40+</b> Adult -AGG 12 week: 9/14-12/7 \$180 10 week: 1/4-3/15 \$150		<b>Don't Miss Kaleidoscope Dance Company's Gift of Dance School Performance</b> Sunday, December 4, 2016 Shorewood Performing Arts Ctr., 17300 Fremont Ave N, Shoreline Adults \$10 • Youth \$6 • <a href="http://creativedance.org">creativedance.org</a>		

Register on line at [creativedance.org](http://creativedance.org) or complete & mail the form below to: Creative Dance Center, 12577 Densmore Ave. N, Seattle, WA 98133. **Fall/Winter 2016-2017**

By submitting this registration, I agree that the Creative Dance Center may take photos and/or video of me and/or my child/children and that CDC may use those photos or video for program promotion.

Student: _____	Age (Child): _____	<input type="checkbox"/> Returning Student <input type="checkbox"/> New Student	Parent/Guardian _____
Class: _____	Day: _____	Time: _____	Telephone: _____
Student: _____	Age (Child): _____	<input type="checkbox"/> Returning Student <input type="checkbox"/> New Student	Email: _____
Class: _____	Day: _____	Time: _____	Address: _____
Less 5% when registering for more than one class per family \$: _____			City, State, Zip: _____
<b>Total Fee \$:</b> _____			<b>Please let us know of any physical, sensory, or developmental issues which may be pertinent to your child's participation.</b>
MC/ Visa: _____	exp: _____	CCV: _____	Signature: _____

# Creative Dance Center Class Descriptions Fall/Winter 2016-2017 Session

## EARLY CHILDHOOD

**NURTURING BABY:** (2 mo. - pre-walking) Playful social and 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 floor- and tummy-time, allowing baby to move through the early developmental patterns that wire the central nervous system and brain. Caregivers are always welcome.

Fall 12-week session: 9/12-12/10 \$168  
Winter 10-week session: 1/2-3/18 \$140

**PARENT/TODDLER:** (walking to 2½)

**PARENT/TOT/CHILD:** (18 months - 4 yrs.)

**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. \$224

## PRE-K, CHILDREN & TEENS

These are drop-off classes. If your child is not ready to participate on their own, Parent/Child class may be more appropriate.

**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. \$232

**CREATIVE DANCE:** (3½-5 yrs., Grade 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. \$232

**DANCE & ART:** (3½-5 yrs.) Dance & Art invites children to explore engaging concepts through visual arts, music, stories, and dance. This fun-filled class includes hands-on art activities, story time, and creative dance class. \$280

**PRE-BALLET:** (Grade K-1) 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. \$232

**CREATIVE MODERN:** (Grades 1-5) A class for dancers ready to experience more technique and skill development while continuing to have fun improvising and choreographing. Grades 1-3 \$248  
Grades 4-5 \$256

**HIP HOP:** (Grades 1-3) Explore street dance styles from the vibrant culture of Hip Hop, through the concepts of dance. Learn movement vocabulary from breaking, locking, and popping, as well as commercial/new style, House, and dance moves of past decades while developing your own voice through free-styling. \$232

**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. \$320

**BALLET I, II, III:** (Grades 2-3; Grades 4-5; Grades 6 & up) Classical ballet emphasizes strength, flexibility, alignment, and musicality. Exploring ballet technique through the dance concepts engages the whole dancer. Classes are offered in a relaxed and supportive learning environment. Ballet shoes required. Ballet I, Ballet II \$248  
Ballet III \$256

## ADULT CLASSES

**8-CLASS CARD** may be purchased and used for any adult class from date of purchase through June 5, 2017. When purchasing card, please note primary class on registration form. Drop-In fee for adult classes is \$16 exactly, cash or check. 8-class card \$120

**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.

Fall 12-week session: 9/12-12/10 \$180  
Winter 10-week session: 1/2-3/18 \$150

**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! Adults under 40 welcome, too! Live accompaniment.

Fall 12-week session: 9/12-12/10 \$180  
Winter 10-week session: 1/2-3/18 \$150

**ZUMBA®:** Ditch the workout and join the party!! The ZUMBA® fitness workout combines high energy and motivating music with synchronized dance movements designed for any fitness level. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Want to burn some calories and HAVE FUN? Then ZUMBA® is for you!!

Fall 14-week session: 9/12-12/12 \$140  
Winter 10-week session: 1/2-3/18 \$100

## 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:** Sixteen-Week Session: Mon, Sep 12, 2016 - Sat, Jan 28, 2017. Creative Dance Center Breaks: Thanksgiving Break, Nov 21-27; Winter Break, Dec 12-Jan 1. **Adult Classes & Nurturing Baby Classes:** Two Sessions: **Fall:** 12-week Session - Mon, Sep 12 - Sat, Dec 10 (no classes Nov 21-27); **Winter:** 10-week Session - Mon, Jan 2 - Sat, Mar 18 (no classes Mid-Winter Break, Feb 20-26).

**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/OBSERVATION:** Parents are invited to observe class the 8th week (Oct 31-Nov 5) & 16th week (Jan 23-28) 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, 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 5% prorated fee will be assessed.

**REFUNDS:** In order to receive a refund, CDC Administration must be 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:** Make up missed classes in any comparable class during the current session. They cannot be carried over to the next session. Check the web schedule at [creativdance.org](http://creativdance.org) to ensure the class you wish to attend is taking place. Snow Closures: though CDC typically closes when Seattle School District has snow closures, please check [creativdance.org](http://creativdance.org) home page for individual class information.

**DROP-INS: Please bring exact change or check. Preschool-K, Children & Teen Classes-** Siblings or friends may attend a class on a one time, case-by-case, space available basis. The drop-in fee for classes 1-1½ hours long is \$16. The drop-in fee for classes 2 hours long is \$20. In a **Parent-Child Class** (Nurturing Baby, Parent/Toddler/Child) the drop-in fee for a sibling is \$8. **Adult 1 1/2 hour Classes** are available as drop-in for \$16.00. Zumba is available as drop-in for \$12.00

**ADULT CLASS CARDS:** A \$120 8-Class Card may be used toward any adult class throughout the Fall, Winter, or Spring Sessions. When purchasing a Class Card, please designate primary class on registration form.

**BIRTHDAY PARTIES & MORE:** Contact CDC for gift certificates; birthday parties; preschool & homeschool fieldtrips.

**CDC FACULTY:** Visit [creativdance.org](http://creativdance.org) for a complete listing of faculty bios: IA= Ines Andrade, AD= Angelica DeLashmette, AGG= Anne Green Gilbert, JG= Jessica Gleason, TG= Terry Goetz, GH= Gail Heilbron, BH= Bronwen Houck, KJ= Kechelle Jackson, HK= Hannah Kaye, AM= Anna Mansbridge, HS= Hayley Shannon

**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 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.

Fall/Winter 2016-2017



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

Don't Miss Kaleidoscope's Gift of Dance Concert

December 4, 2016 • Shorewood High School Theater, 17300 Fremont Ave N, Shoreline • Adults \$10 • Youth \$6 • [creativdance.org](http://creativdance.org)