


Creative Dance Center Schedule • Winter/Spring 2025

A 17-week (Mon-Sat) schedule: Jan 27 through Jun 9, 2025. For exceptions to the 17-week schedule, see grid below.
 Creative Dance Center Breaks: no classes Feb 17-23 (Mid-Winter Break); April 14-20 (Spring Break); May 26 (Memorial Day).

	Mon	Tue	Wed	Thu	Fri	Sat
Morning	*9:45 - 11:15 Dance & Art \$451 Ages 3.5 - 5 -AH				9:30 - 10:30 Caregiver/Toddler \$391 Walking - 2.5 -AH	9:30 - 10:30 Caregiver/Toddler \$391 Walking - 2.5 -AH
	10:00 - 11:00 Caregiver/Toddler/Child \$391 Walking - 5 -AO	10:30 - 11:30 Caregiver/Toddler \$391 Walking - 2.5 -TG	10:00 - 11:00 Caregiver/Child \$391 Ages 2.5 - 4 -TG		10:40 - 11:40 Caregiver/Child \$391 Ages 2.5-4 -AH	10:40 - 11:40 Caregiver/Child \$391 Ages 2.5-4 -AH
			11:15 - 12:15 Nurturing Baby 2 mo - pre-walking -TG 10 week: 1/8-3/19 \$230 10 week: 3/26-6/4 \$230		11:45 - 12:45 Creative Dance \$408 Ages 3.5-5 -AH	11:50 - 12:50 Caregiver/Toddler/Child \$391 Walking - 5 -ES
Afternoon	*4:00 - 5:00 Pre-Ballet K-1 \$408 Grades K-1 -EA	3:15 - 4:15 Creative Ballet \$408 Ages 3.5-5 -ES	2:15 - 3:15 Creative Ballet \$408 Ages 3.5-5 -KD			1:00 - 2:00 Creative Modern \$408 Grades 1-3 -OE
		*4:00 - 5:15 Ballet I \$434 Grades 2-3 -SC	*3:30 - 4:30 Creative Dance K-1 \$408 Grades K-1 -KD		* Designates Lower Studio	
	4:15 - 6:00 Modern 1 \$468 Grades 2-3 -TB	4:30 - 6:30 Modern II \$510 Grades 4-5 -AH	4:30 - 6:30 Modern IV \$510 Grades 8-9 -RM	4:30 - 6:30 Modern III \$510 Grades 6-7 -SC		
*5:05 - 6:05 Pre-Ballet 1-2 \$408 Grades 1-2 -EA		*4:35 - 5:35 Creative Modern \$408 Grades 1-3 -KD	*4:30 - 5:30 Hip Hop I Grades 1-3 -JT 10 week: 1/9-3/20 \$240 10 week: 3/27-6/5 \$240		Class Details & Registration at creativedance.org 	
5:00 - 6:30 ON ZOOM Creative Modern for Adults (Online) Adult -AGG 10 week: 1/6-3/17 \$265 10 week: 3/24-6/16 \$265 No classes on 4/14, 5/26, 6/9	*5:20 - 6:35 Ballet II \$434 Grades 4-5 -SC		*5:35 - 6:35 Hip Hop II Grades 4-6 -JT 10 week: 1/9-3/20 \$240 10 week: 3/27-6/5 \$240			
6:15 - 8:15 Int/Adv Modern \$510 Grades 10+ to Adult -TB	*7:00 - 8:00 Adaptive BrainDance FREE! Ages 13+ to Adults -JN/SC 10 week: 1/7-3/18 10 week: 3/25-6/3	7:00 - 8:30 Keep Dancing! Modern for 40+ Adult -AGG 10 week: 1/8-3/19 \$265 10 week: 3/26-6/11 \$265 No classes on 4/16, 6/4	*6:40 - 7:40 Hip Hop III Grades 6+ to Adults -JT 10 week: 1/9-3/20 \$240 10 week: 3/27-6/5 \$240			

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

BrainDance Foundations with Anna Mansbridge
Feb 2, 2025 1-5pm \$120

BrainDance in Early Childhood with Terry Goetz
Mar 30, 2025 1-4pm \$100

BrainDance Variations with Terry Goetz
May 18, 2025 1-4pm \$100

30th Summer Dance Institute for Teachers

July 14-18, 2025
9:00am to 5:00pm (Mon - Fri)
\$625 Early Bird
\$695 after May 31

For info + registration visit creativedance.org

Creative Dance Center Class Descriptions • Winter/Spring 2025

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-5 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.

DANCE & ART: (3.5-5 yrs) Celebrate the artist in your child! Includes movement explorations through improvisation, dance skills, story time, visual art projects, and dance-making. Students' creativity is sparked through hands-on art activities.

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.

HIP HOP I, II, III: (Grades 1-3, 4-6, 6+) Explore street dance styles from the vibrant culture of Hip Hop, through the lens of the dance concepts. Develop your voice through free-styling, pop and lock, breaking, and more. Feel the music and increase rhythm and coordination! Clean-soled sneakers required.

MODERN I, II, III, IV: (Grades 2-3, 4-5, 6-7, 8-9) 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 student-generated choreography.

BALLET I, II, III: (Grades 2-3; Grades 4-5; Grades 6+) 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

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.

Save the Date!

School Shows:
An Afternoon of Dance

Sunday, March 23, 2025
Shorecrest Performing
Arts Center

VISITING/OBSERVATION:

Parents are invited to observe class the 8th week (Mar 24-29) & 17th week (June 3-9) of the session. A family-friendly waiting room is provided outside of class during non-visiting days.

Kaleidoscope Spring Concert • May 9-11, 2025 • Broadway Performance Hall

Concert times and ticket info at creativdance.org/performances

CREATIVE DANCE CENTER Winter/Spring 2025

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 27 to June 9, 2025. For exceptions to the 17-week schedule, see grid on previous page.

CREATIVE DANCE CENTER BREAKS: no classes Feb 17-23 (Mid-Winter Break); April 14-20 (Spring Break); May 26 (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.

BIRTHDAY PARTIES & MORE: Contact CDC for gift certificates; birthday parties; preschool & class field trips. More info on our website!

CDC FACULTY: Visit creativdance.org for a complete listing of faculty bios. AGG = Anne Green Gilbert, AH = Annie Hughes, AO = Amanda Oie, EA = Emi Aiken, ES = Elana Skeers, JN = Joel Nyland, JT = Jay Tan, KD = Katie Daugherty, OE = Olivia Evans, RM = Robbi A. Moore, SC = Sara Caplan, TG = Terry Goetz, TB = Tiffany Bierly

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