

## **CONNECT Dance Classes Series**

### ***Creative Movement with Cat (youth ages 4-6 years)***

*Tuesdays 4-4:40pm*

This fun and engaging class is designed for younger children who want to explore dance and movement while using their imagination, creativity, and self-expression. They will develop skills that are the building blocks for all movement and dance activities. They will learn and practice basic motor skills and use a variety of music and props to enhance self-awareness and coordination. These experiences are offered with a consistent structure that is developmentally appropriate for this age group. The young dancers will practice cooperation, collaboration, and attain a sense of accomplishment through the joy of creative dance.

### ***Stretch and Strength with Viviana (youth ages 10-12 years)***

*Tuesdays 5-6pm*

This high impact class is great for any young dancer wanting to add in more focus on strengthening the body and improving flexibility. We will use a combination of props to help stabilize and strengthen the muscles needed to improve range of motion and increase endurance. This class will support students with their dance practice in all other classes!

### ***bkSOUL Groove & Hip Hop with grace (youth ages 13 years +)***

*Tuesdays 6:30-7:45pm*

Grounded in Hip Hop rhythms, this class will blend different movement traditions that shape grace/bkSOUL's weighted and groovy style. With the guiding principle of reciprocity, we will spend time on the floor, in a circle, and through the larger space to find our groove from the inside out. Be prepared to sweat and push beyond your physical boundaries.

## ***Dance Practice (more how, less what) with Eric (adults 18+)***

*Wednesdays 9-10:15am*

What if organizing, reorganizing, and disorganizing our embodied selves allows us to arrive in our dancing? In this movement class we'll practice the multiplicity of ways that we can be in relationship while dancing. We'll wildly move through space, mess with time, destabilize our habitual patterns and make room for risk-taking and aliveness. We will be together, we will share, we will make mistakes and offenses, we will apologize earnestly, we will check ourselves, we will keep dancing. I like to imagine the dance class as a space of negotiations. Let's enter with the bodies that we have and give ourselves permission to be in many kinds of Otherness. I trust that something magnificent will happen.

## ***Dance Play with Leo (youth ages 7-9 years)***

*Thursdays 4-4:50pm*

Come dance and get creative! Young dancers will have fun with movement, learning choreography and creating their own with the high energy & fun music of Hip Hop, Afro Beats, and Salsa. Learn new moves, get exercise, and practice dancing to express yourself!

## ***Youth Hip Hop with Seiha (youth ages 10-13 years)***

*Thursdays 5-6pm*

A fusion between isolations, footwork and popping. Come out and let's pop it, lock it and let the beat drop it!

## ***Latin Cardio Dance with Angelica (adults 18+)***

*Saturdays 9:15-10:15am*

A fitness focused class that combines Latin rhythms such as salsa, merengue, bachata, and reggaeton together to create a fun, high-energy atmosphere that fosters confidence and allows for self-expression. Get ready to sweat and melt away your stress!

## ***Dance Play with Kanna (youth ages 7-9 years)***

*Saturdays 10:30-11:20am*

In this class we will explore, play, and imagine all the creative ways to move our bodies. This is a high energy class that involves young dancers using fun shapes and movement patterns. Through dance, students will get exercise and an opportunity to express themselves!

## ***Youth Hip Hop with Ron (youth ages 10-13 years)***

*Saturdays 11:30am-12:30pm*

A fun, fast-paced and energetic dance style using the latest street/urban dance moves set to hip hop music. Hip hop encompasses a wide range of street styles focusing on rhythms and movements by emphasizing musicality and creativity. No matter what your experience is with hip hop, this class is open to all youth!