

Sessional Classes

The following classes are offered in 6-week sessions throughout our dance season. When registering, please indicate on the registration form which sessions you would like to enroll in (i.e. Fall, Winter, Spring).

Class:	Dates:	Cost:
<p>Adult Heels & Hip Hop <i>Tuesdays from 7:30pm – 8:30pm in Mack Studio</i></p> <p>Embrace your inner diva in this class focused on sassy and confident movements. Participants learn how to strut, pose, and perform dynamic movements that exude attitude and style.</p> <p>This class will incorporate hip hop basics and beginner heels technique. Perfect for those new to dancing in heels, it focuses on the fundamentals of dancing in heels, including proper posture, weight placement, walking, and basic movements like body rolls, hip isolations, and turns.</p>	<p>FALL: Oct 15, 22 and 29; Nov 5, 12 and 19</p> <p>WINTER: Jan 14, 21 and 28; Feb 4, 11 and 18</p> <p>SPRING: Mar 25; Apr 1, 8, 15, 22 and 29</p>	<p>\$100.00 per 6-week session</p>
<p>You Are the Music! <i>Saturdays from 9:15am – 10:00am in Mack Studio</i></p> <p>Dalcroze Eurhythmics: An Experiential Approach to Learning Music</p> <p>Dalcroze Eurhythmics music education is a unique, exciting, and powerful way of knowing music through the body. All musical concepts are developed in and through body movement, which is the link between the ear and the brain. This practical, physical music experience leads to a deep understanding of music while building essential musicianship skills and artistry.</p>	<p>WINTER: Jan 18 and 25; Feb 1, 8, 15 and 22</p> <p>SPRING: Mar 8, 15, and 29; Apr 12, 19 and 26.</p> <p>*No class Mar 22 and Apr 5</p>	<p>\$100.00 per 6-week session</p>
<p>Inclusive Dance <i>Saturdays from 4:00pm – 4:45pm in Studio A</i></p> <p>Inclusive Dance is a safe and welcoming space for dancers of all abilities. Inspired by Boston Ballet's Adaptive Dance Program, Inclusive Dance breaks down barriers to make dance accessible to students with disabilities allowing them to showcase <u>their</u> capabilities.</p> <p>This program enables students to explore dance and movement patterns while allowing their creativity to soar.</p>	<p>FALL: Oct 26; Nov 2, 9, 16, 23 and 30</p> <p>WINTER: Jan 18 and 25; Feb 1, 8, 15 and 22</p> <p>SPRING: Mar 8, 15 and 29; Apr 5, 12, 19</p> <p>*No class Mar 22</p>	<p>\$100.00 per 6-week session</p>