

Levy Dance Fall 2022

Tuesday

BeMoved

BeMoved inspires participants to embrace dance as a lifelong path to health, joy and fulfillment. We believe that movement, expressed through dance and music, has a transformative power that enriches a person's wellbeing above and beyond the well-known physical benefits. In-person program only.

Instructor: Heidi Mokryzcki

Location: Levy Senior Center

Fee: 8 weeks \$90LM/110NM

Class#	Dates	Days	Time	Type
534632A2	Sept 6-Oct 25	T	10:30a-11:20a	In-Person
534632B2	Nov 1-Dec 13	T	10:30a-11:20a	In-Person

Wednesday

Adult and Senior Ballet

Regain your ballet technique. Come and practice your plies and tendus. We will enjoy a classical ballet class format with barre, center adagio and allegro, and ending with stretches. All exercises are encouraging our bodies to explore grace and strength. Modifications are available.. In-person program only.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 8 weeks \$64LM/\$84NM

Class#	Dates	Days	Time	Type
534613A2	Sept 7-Oct 26	W	10:30a-11:15a	In-Person
534613C2	Nov 2- Dec 21	W	10:30a-11:15a	In-Person

Adult and Senior Modern Dance

Improving your coordination, muscle tone, and flexibility through Modern Dance. Class contains warmups, isolations, progressive across the floor, improve from personal response to stimuli, and learn choreography. Clothing with freedom to move, no shoes or socks with grip soles.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 8 weeks \$64LM/\$84NM

Class#	Dates	Days	Time	Type
534631A2	Sept 7-Oct 26	W	11:30a-12:15p	In-Person
534631B2	Sept 7-Oct 26	W	11:30a-12:15p	Virtual
534631C2	Nov 2- Dec 21	W	11:30a-12:15p	In-Person
534631D2	Nov 2- Dec 21	W	11:30a-12:15p	Virtual

Line Dance Practice

If you haven't danced for a while and would like a refresher class or if you just prefer less complicated choreography- this class is for you. If you have never line danced before, you are welcome to attend this class. It might take you a few weeks to get up to speed with the other members of the class but I think you'll enjoy it and find it is worth it. Basic knowledge of steps and terminology and previous line dance experience would be helpful.

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 8 weeks \$64LM/\$84NM

Class#	Dates	Days	Time	Type
534608A2	Sept 7-Oct 26	W	1:00p-2:00p	In-Person
534608C2	Nov 2- Dec 21	W	1:00p-2:00p	In-Person

Continuing Line Dancing

This class is for dancers with previous line dance experience. The dance level of this class is "high beginner."

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 8 weeks \$64LM/\$84NM

Class#	Dates	Days	Time	Type
534607A2	Sept 7-Oct 26	W	2:15-3:15p	In-Person
534607B2	Nov 2- Dec 21	W	2:15-3:15p	In-Person

Thursday

Progressive Ballet Technique

This class is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focusing on training the muscle memory required in each exercise in all forms of dance.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 8 weeks \$55LM/\$65NM

Class#	Dates	Days	Time	Type
534616B2	Sept 8-Oct 27	TH	1:00p-1:45p	In-Person

Tap Dance

Learn the basic steps and fundamentals of tap dancing and be able to perform simple combinations. Tap shoes are required and this class is recommended for dancers with previous tap experience or with approval of the instructor.

Instructor: Laura Downey

Location: Levy Senior Center

Fee: 8 weeks \$64LM/\$86NM

Class#	Dates	Days	Time	Type
534609A2	Sept 8-Oct 27	TH	11:15a-12:00p	Virtual
534609B2	Sept 8-Oct 27	TH	11:15a-12:00p	In-Person
534609C2	Nov 3-Dec 22	TH	11:15a-12:00p	Virtual
534609D2	Nov 3-Dec 22	TH	11:15a-12:00p	In-Person

Friday

Adult and Senior Ballet

Regain your ballet technique. Come and practice your plies and tendus. We will enjoy a classical ballet class format with barre, center adagio and allegro, and ending with stretches. All exercises are encouraging our bodies to explore grace and strength. Modifications are available.. In-person program only.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 8 weeks \$64LM/\$84NM

Class#	Dates	Days	Time	Type
534613B2	Sept 9-Oct 28	F	11:30a-12:15p	In-Person
534613D2	Nov 4-Dec 23	F	11:30a-12:15p	In-Person