



**Evanston™**  
Parks & Recreation

# Levy Dance Spring 2023

## Monday

### **BeMoved**

Start your week off right with this 50 minute dance class that will have you moving to great music! From start to finish, this class will work on balance, flexibility, coordination, and brain health. The Warm-Up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous, engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the Cool Down brings your workout full circle, leaving you balanced in mind, body and soul – feeling rejuvenated. **No class June 26, July 3, July 10, August 7**

**Instructor:** Heidi Mokryzcki

**Location:** Levy Senior Center

**Fee:** 6 weeks \$90LM/117NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524624A3	June 12-Aug 15	M	9:00-9:50a	In-Person

## Wednesday

### **Adult and Senior Ballet- Leveled**

The lesson plan for this course will remain the same for every session, allowing for improved technique. Enjoy a classical ballet class format with barre, center adagio and allegro. Modifications are available. In-person & Virtual program.

**Instructor:** Nichola Goss

**Location:** Levy Senior Center

**Fee:** 10 weeks \$95LM/\$123NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524623B3	June 14- Aug 16	W	10:30a-11:15a	In-Person & Virtual

## 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:** 10 weeks \$95LM/\$123NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524628A3	June 14-Aug 16	W	11:30a-12:15p	In-Person & 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. **No class July 12, August 2**

**Instructor:** Judith Grubner

**Location:** Levy Senior Center

**Fee:** 8 weeks \$72LM/\$94NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524609A3	June 14- Aug 16	W	1:00p-2:00p	In-Person

## Continuing Line Dancing

Designed for dancers who have a solid understanding of basic line dance steps and patterns. Participants will continue to build upon their skills and learn more complex routines and techniques. **No class July 12, August 2**

**Instructor:** Judith Grubner

**Location:** Levy Senior Center

**Fee:** 8 weeks \$72LM/\$94NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524607A3	June 14- Aug 16	W	2:15-3:15p	In-Person

## **Thursday**

### **Adult and Senior Ballet- Beginner**

Introductory ballet technique. This class will overview beginner ballet techniques. Enjoy a classical ballet class format with barre, center adagio and allegro. All exercise are encouraging our bodies to explore grace and strength. In-Person & Virtual Program

**Instructor:** Nichola Goss

**Location:** Levy Senior Center

**Fee:** 10 weeks \$95LM/\$123NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524623A3	June 15- Aug 17	TH	11:30a-12:15p	In-Person & Virtual

## **Friday**

### **Adult and Senior Ballet- Adult**

Regain your ballet technique. The lesson plan for this course will remain the same for every session, allowing for improved technique. Enjoy a classical ballet class format with barre, center adagio and allegro In-person & Virtual program

**Instructor:** Nichola Goss

**Location:** Levy Senior Center

**Fee:** 10 weeks \$95LM/\$123NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
524623C3	June 16- Aug 18	F	11:30a-12:15p	In-Person & Virtual