



Evanston™
Parks & Recreation

Levy Dance Fall 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 the 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 on September 4 and October 30**

Instructor: Heidi Mokryzcki

Location: Levy Senior Center

Fee: 8 weeks \$120LM/156NM, 7 weeks \$105LM/137NM

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|-------------|-------------|
| 534632A3 | Aug 21- Oct 16 | M | 9:00-9:50a | In-Person |
| 534632B3 | Oct 23- Dec 11 | M | 9:00-9:50a | In-Person |

Tuesday

Modern Square Dancing

Not like you remember it. Casual clothes, no partner needed. Just lots of fun moving to rock-soul-pop music. Free introductory class opens up a world of activity and friends, giving your brain and body an invigorating workout. In-Person program only.

Instructor: Daniel Kaberon

Location: Levy Senior Center

Fee: 16 weeks \$208LM/\$270NM

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|-------------|-------------|
| 534644A3 | Aug 29- Dec 12 | Tu | 7:00p-8:45p | 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: 9 weeks \$81LM/\$105NM 8 weeks \$72LM/\$94NM

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|---------------|---------------------|
| 534623A4 | Aug 23- Oct 18 | W | 10:30a-11:15a | In-Person & Virtual |
| 534623A5 | Oct 25- Dec 13 | W | 10:30a-11:15a | In-Person & Virtual |

Adult and Senior Modern Dance

Improving your coordination, muscle tone, and flexibility through Modern Dance. The class contains warmups, isolations, progress across the floor, improvement from personal response to stimuli, and learning choreography. Clothing with freedom to move, no shoes or socks with grip soles.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 9 weeks \$81LM/\$105NM 8 weeks \$72LM/\$94NM

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|---------------|---------------------|
| 534631A3 | Aug 23- Oct 18 | W | 11:30a-12:15p | In-Person & Virtual |
| 534631B3 | Oct 25- Dec 13 | 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 on October 18th**

Instructor: Judith Grubner

Location: Levy Senior Center

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

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|-------------|-------------|
| 534608A3 | Aug 23- Oct 11 | W | 1:00p-2:00p | In-Person |
| 534608C3 | Oct 25- Dec 13 | 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 on October 18th**

Instructor: Judith Grubner

Location: Levy Senior Center

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

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|-------------|-------------|
| 534607A3 | Aug 23- Oct 11 | W | 2:15p-3:15p | In-Person |
| 534607B3 | Oct 25- Dec 13 | W | 2:15p-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 exercises are encouraging our bodies to explore grace and strength. In-Person & Virtual Program. **No class 11/23**

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 9 weeks \$81LM/\$105NM 7 weeks \$63LM/\$82NM

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|---------------|---------------------|
| 534623B4 | Aug 24- Oct 19 | TH | 1:00 pm-1:45p | In-Person & Virtual |
| 534623B5 | Oct 26- Dec 14 | TH | 1:00 pm-1:45p | 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. **No class 11/24**

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 9 weeks \$81LM/\$112NM 7 weeks \$63LM/\$82NM

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|---------------|---------------------|
| 534623C4 | Aug 25- Oct 20 | F | 11:30a-12:15p | In-Person & Virtual |
| 534623C5 | Oct 27- Dec 15 | F | 11:30a-12:15p | In-Person & Virtual |