



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 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 September 4, October 30**

Instructor: Heidi Mokryzcki

Location: Levy Senior Center

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

Class#	Dates	Days	Time	Type
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: Dave Mischler

Location: Levy Senior Center

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

Class#	Dates	Days	Time	Type
534644-A3	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
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. 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: 9 weeks \$81LM/\$105NM 8 weeks \$72LM/\$94NM

Class#	Dates	Days	Time	Type
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 October 18th**

Instructor: Judith Grubner

Location: Levy Senior Center

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

Class#	Dates	Days	Time	Type
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 October 18th**

Instructor: Judith Grubner

Location: Levy Senior Center

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

Class#	Dates	Days	Time	Type
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 exercise 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
534623B5	Oct 26- Dec 14	TH	11:30am-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. **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
534623C5	Oct 27- Dec 15	F	11:30a-12:15p	In-Person & Virtual