



## Levy Dance Winter 2024

### Monday

#### **BeMoved**

This energetic dance class will stimulate your mind and body as you move to great music! It starts with a warm-up that infuses stretching, breath work and movement through choreographed sequences and progresses to a fun dance combination that will challenge your brain and get your heart pumping! Finally, the class ends with a cool-down leaving you feeling balanced in mind and body. This standing class will work on balance, coordination, brain function and flexibility.

**No class January 15, February 19**

**Instructor:** Heidi Mokryzcki

**Location:** Levy Senior Center

**Fee:** 10 weeks \$150LM/195NM,

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544637A4	Jan 8-Mar 25	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

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544652-A4	Jan 9- Apr 23	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:** 12 weeks \$114LM/\$146NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544653A4	Jan 10- Mar 27	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:** 12 weeks \$114LM/\$146NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544641A4	Jan 10- Mar 27	W	11:30a-12:15p	In-Person & Virtual

## **Wednesdays (cont)**

### **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:** 12 weeks \$114LM/\$146NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544623A4	Jan 10- Mar 27	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.

**Instructor:** Judith Grubner

**Location:** Levy Senior Center

**Fee:** 12 weeks \$114LM/\$146NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544628A4	Jan 10- Mar 27	W	2:15p-3:15p	In-Person

### **Thursday**

This class will be an introduction to ballet positions, basic activation instruction, and vocabulary. 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.

**Instructor:** Nichola Goss

**Location:** Levy Senior Center

**Fee:** 12 weeks \$114LM/\$146NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544651A4	Jan 11-Mar 28	F	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. **No class 11/24**

**Instructor:** Nichola Goss

**Location:** Levy Senior Center

**Fee:** 12 weeks \$114LM/\$146NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
544654A4	Jan 12- Mar 29	F	11:30a-12:15p	In-Person & Virtual