



# 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 5th,**

**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

## **Tuesday (cont)**

### **Move and Groove**

Get your feet moving and your body grooving as you flow to the rhythms of soul, pop and Latin beats, and just a tiny bit of country. Line dancing is a fun way to exercise your brain, work on balance, improve your stamina and memory all with low impact to your joints. It's also a great way to socialize, have fun, and make new friends.. We will learn beginner to intermediate line dances and each class is customized to the level of those attending. If you can count to 8 you can line dance! Each week we add to the previous week's list of dances, emphasize proper step technique and how to combine them, in order to build your repertoire of line dancing skills!

**Instructor:** Pat Bernard

**Location:** Levy Senior Center

**Fee:** 12 weeks \$114LM/\$148NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
543325A4	Jan 12-Mar 29	T	6:00-7:00p	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 program only

**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

### 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

Class#	Dates	Days	Time	Type
544641A4	Jan 10- Mar 27	W	11:30a-12:15p	In-Person

### Square Dance- Gold Seal Fundamentals

This class is for students who have completed the full introductory Square dance class who want to have fun and gain more complete mastery of the Social Square Dance calls at dance speed. Each class will focus on raising skills and confidence to participate and enjoy square dancing. In-Person program only.

**Instructor:** Dave Mischler

**Location:** Levy Senior Center

**Fee:** 12 weeks \$156LM/\$203NM

Class#	Dates	Days	Time	Type
544652-B4	Jan 10- Mar 27	Tu	7:00p-8:45p	In-Person

### 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

Class#	Dates	Days	Time	Type
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**

### **BeMoved II**

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 18, February 22**

**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>
544637B4	Jan 11-Mar 28	TH	9:15-10:05a	In-Person

## **Adult & Senior Ballet**

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	TH	11:30a-12:15p	In-Person

## **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:** 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

### **Move and Groove**

Get your feet moving and your body grooving as you flow to the rhythms of soul, pop and Latin beats, and just a tiny bit of country. Line dancing is a fun way to exercise your brain, work on balance, improve your stamina and memory all with low impact to your joints. It's also a great way to socialize, have fun, and make new friends.. We will learn beginner to intermediate line dances and each class is customized to the level of those attending. If you can count to 8 you can line dance! Each week we add to the previous week's list of dances, emphasize proper step technique and how to combine them, in order to build your repertoire of line dancing skills!

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**Location:** Levy Senior Center

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<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
543325B4	Jan 12-Mar 29	F	6:00-7:00p	In-Person