



Evanston™
Parks & Recreation

Levy Dance Spring 2024

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.

Instructor: Heidi Mokryzcki

Location: Levy Senior Center

Fee: 8 weeks \$120LM/160NM, 9 weeks \$135/\$180NM

Class#	Dates	Days	Time	Type
514017A4	Apr 1- May 20	M	9:00-9:50a	In-Person
514017B4	Apr 4- May 30	TH	9:15-10:05a	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!

Instructor: Pat Bernard

Location: Levy Senior Center

Fee: 9 weeks \$113LM/ \$158NM

Class#	Dates	Days	Time	Type
514319A4	Apr 2- May 28	T	6:00-7:30pm	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. **No class March 26**

Instructor: Dave Mischler

Location: Levy Senior Center

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

Class#	Dates	Days	Time	Type
544652-A4	Jan 16- May 14	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 program only

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 9 weeks \$86LM/\$131NM

Class#	Dates	Days	Time	Type
514623A4	Apr 3- May 29	W	10:30a-11:15a	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

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

Thursday

BeMoved II

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.

Instructor: Heidi Mokryzcki
Location: Levy Senior Center
Fee: 9 weeks \$135/\$180NM

Class#	Dates	Days	Time	Type
514017B4	Apr 4- May 30	TH	9:15-10:05a	In-Person

Adult and Senior Ballet- Beginner

Regain your ballet technique. Come and practice your plies and tendus. We will enjoy a classical ballet class format with barre, center adagio and allegro, and ending with stretches. All exercises are encouraging our bodies to explore grace and strength. Modifications are available.. In-person program only.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 9 weeks \$86LM/\$131NM

Class#	Dates	Days	Time	Type
514623C4	Apr 4- May 30	W	10:30a-11:15a	In-Person

PLUS Square Dance I

This class is for square dancers who are fully proficient dancing the Social Square Dance level and would like to learn the Mainstream and Plus calls to dance at the Plus Level. This is for experienced dancers. To learn all the material will require class followed by Plus Square Dance II in the Spring. In-Person program only.

Instructor: Dave Mischler

Location: Levy Senior Center

Fee: 10 weeks \$130R/\$164NR

Class#	Dates	Days	Time	Type
544652-C4	Jan 11- Mar 14	Th	7:00p-8:45p	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: 9 weeks \$86LM/\$131NM

Class#	Dates	Days	Time	Type
514623A4	Apr 5- May 31	F	11:30a-12:15p	In-Person

Move and Groove Some More!

This class is for those who have already taken Move&Groove or have some line dance experience or just like dancing. We will continue adding on to our repertoire of high beginner to improver line dances. But the emphasis stays on having fun! So get your feet moving and your body grooving as you flow to the rhythms of Soul, Pop and Latin beats, and just a 'lil bit of country. 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 line dancing

Instructor: Pat Bernard

Location: Levy Senior Center

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

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