



Evanston™
Parks & Recreation

Levy Dance Summer 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. No class June 17 and July 29

Instructor: Heidi Mokryzcki

Location: Levy Senior Center

Fee: 12 weeks \$180LM/240NM,

Class#	Dates	Days	Time	Type
534632A4	Sept 9- Nov 25	M	9:00-9:50a	In-Person

Move and Groove

Get your feet moving and your body grooving as you flow to the rhythms of Soul, Pop, Latin, and just a 'lil bit 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. 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. If you can count to 8 you can line dance!

Instructor: Pat Bernard

Location: Levy Senior Center

Fee: Monday class: 12 weeks \$115LM/\$175NM..

Class#	Dates	Days	Time	Type
534635A4	Sept 9- Nov 25	M	10:30-11:30am	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: 13 weeks \$125LM/\$190NM

Class#	Dates	Days	Time	Type
534623A4	Sept 4- Nov 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 warm ups, isolations, progressions across the floor, improv 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, 13 sessions: \$125 LM/\$190 NM

Class#	Dates	Days	Time	Type
534631A4	Sept 4- Nov 27	W	11:30a-12:15pm	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. In person only.

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 12 weeks \$115LM/\$175NM

Class#	Dates	Days	Time	Type
534608A4	Sept 4- Nov 20	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. In person only.

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 12 weeks \$115LM/\$175NM

Class#	Dates	Days	Time	Type
534607A4	Sept 4- Nov 20	W	2:15p-3:15p	In-Person

Thursday

ADULT AND SENIOR BALLET- BEGINNER

Explore the grace and discipline of ballet in a supportive environment tailored to your needs. Focus on gentle movements, stretching and basic ballet techniques to improve balance, flexibility, imposter, while promoting overall well-being.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee, 12 sessions: \$115 LM/\$175 NM

Class#	Dates	Days	Time	Type
534623C4	Sept 5- Nov 21	Th	11:30am-12:15pm	In-Person

Move and Groove

Get your feet moving and your body grooving as you flow to the rhythms of Soul, Pop, Latin, and just a 'lil bit 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. 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. If you can count to 8 you can line dance!

Instructor: Pat Bernard

Location: Levy Senior Center

Fee: Thursday class: 12 weeks \$115R/\$175NR.

Class#	Dates	Days	Time	Type
534635A4	Sept 5- Nov 21	TH	6:00-7:00pm	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 \$115LM/\$175NM

Class#	Dates	Days	Time	Type
534623E4	Sept 6- Nov 22	F	11:30a-12:15p	In-Person