# danceworks CLASSES

DANCE & DANCE FITNESS CLASSES FOR YOUTH & ADULTS

REGISTRATION IS OPEN | CLASSES BEGIN SEPTEMBER 8



REGISTER @ DANCEWORKSMKE.ORG

## **ADULT CLASSES**

#### **WATER STREET:** September 8 – December 18, 2021 (No class November 24 – 27)

Adult classes have on-going registration. You are welcome to join a class at any time, however, the more consistent your attendance is the more improvement you'll see in your technique.

MON	TUE	WED	THU	FRI	SAT
8am (recording available) Barre Workout (P)	9:15-10:15am**  Barre Workout (S/Z)	7-8am Barre Workout (Z)	8am (recording available)  Barre Workout (P)	9:15-10:15am Barre Workout (Z)	8am (recording available)  Barre Workout (P)
9:15-10:15am <b>50+ Beg Ballet</b> (S/Z)	10:30-11:30am** Classical Ballet Barre (S/Z) Z only beg 9/14	9:15-10:15am <b>50+ Int Ballet</b> (S/Z)	11:15am-12:30pm* 50+ Perf Workshop (S/Z)	10:30-11:30am Classical Ballet Barre (Z)	9-10am Intro to Contemporary (S/Z)
10:30-11:30am <b>50+ Yoga</b> (S/Z)	11am-12:30pm* Int/Adv Contemporary (S)	12-1pm <b>50+ Int Tap</b> (S/Z)	5:40-6:40pm <b>Beg Ballet</b> (S/Z)	11am-12pm Beg Jazz (S/Z)	10:15-11:15am Beg Ballet (S/Z)
12–1pm <b>Tap Choreography</b> (S/Z)	5:45-6:45pm <b>Beg Tap</b> (S/Z)	7-8pm Beg Hip Hop (S/Z)	6:45-8pm* Int Ballet (S/Z)	12-1pm <b>50+ Beg Tap</b> (S/Z)	12-1pm African Dance Workout (S)
5:45-6:45pm Barre Workout (S)	5:45-6:45pm <b>Beg Jazz</b> (S/Z)	7:45-9pm* Calming Contemporary (S)	7-8pm Int/Adv Tap (S/Z)	6:45-7:45pm SOCIAL DANCE SERIES (S/Z)	1:30-2:45pm* Int/Adv Ballet (S/Z)
6:30-7:30pm Int Jazz (S/Z)	6:50-8pm Beg/Int Ballet (S/Z)	* 75 minute single classes are \$17/per class  ** Offered virtually only from 9/14 – 10/5  In-Studio Classes (S): Temperature checks and masks are required for youth classes, however, masks are optional for adult		Beginner Waltz: Sept 10, 17, 24 Beginner Ballroom Tango: Oct 1, 8, 15	1:45-2:45pm Theater Dance (S/Z)
7-8pm Beg Contemporary (S/Z)	7-8pm Int Tap (S/Z)	classes. Social distancing, smaller of measures are in place as well for a be at least 2 hours before class beg Students should limit personal iter bag. There will be specific places in	lass sizes, and extra cleaning ill of our classes. Registration must gins. No walk-up registrations. ns to water bottle and purse/dance n the studio to put these items.	Beginner Fox Trot: Oct 22, 29, & Nov 5 Single/Triple Time Swing: Nov 12, 19 Social Salsa Patterns:	3-4pm <b>K-POP</b> (S/Z)
Please label your child's water bottle with their name.  Virtual (Zoom) Classes (Z): Must register at least 2 hours before class begins. An automated link will be emailed approx. 1 hour before class begins.  (\$\( \sigma \) Classes that are taught live in the studio and also live streaming.  Pre-Recorded Classes (P): Accessible for 24 hours. To purchase, go to our weekly virtual class schedule, and buy it as you would with any other virtual classes. A link will be emailed approximately 1 hour before the time				December 3, 10, 17  Due to Covid-19, the in-studio version of this class is currently only available when you bring your own portner. At this time, the social dance classes will not be rotating partners. For your convenience, we are also	SUN 10-11am Barre Workout

## **IN-STUDIO ADULT CLASS RATES:**

stated that the class will be available. Classes are marked with the expiration.

it as you would with any other virtual classes. A link will be emailed approximately 1 hour before the time

**General Single Class: \$16** 

Extended Single Class (75-90 min): \$17 Senior: \$12 (All classes for those age 62+) Military/Veteran: \$12 (With valid Military ID) College Student: \$12 (With valid college ID)

**Professional:** \$12 (For professional dancers, dance instructors, yoga instructors

with a minimum of 200 hr certification, and certified personal trainers. To qualify for the professional rate, you must be at least 18 years of age and show proof of affiliation with a dance company or dance school or present your certification document.)

Educator: \$12 (For school-teachers with a valid school ID)

Please note that all adult class rates & discounts apply for any student taking 50+ classes

Packages for multiple in-studio classes: Class Cards expire 6 months from first use.

**4-class card:** \$60 | **8-class card:** \$112

**12-class card:** \$156

**Monthly Unlimited:** \$220 Expires 30 days from first use; valid for virtual, in-studio, outdoor & pre-recorded classes

1 Week Unlimited: \$65 Expires 7 days from first use; valid for virtual, in-studio, outdoor & pre-recorded classes

#### **FIRST CLASS FREE!!**

(Z)

offering this class virtually over Zoom.

With so many classes a week to choose from, it can be tough to decide which class to take. We just made that a little easier!

If you're a **new** adult class student to Danceworks your first class is **FREE!** No coupon, no email, no hassle!

Register in person or online and select "new student" and your first class is on us!

Virtual & Pre-Recorded Adult Class Rates:

\$12/class

FOR MORE INFORMATION PLEASE CONTACT OUR FRONT DESK AT 414.277.8480.

# YOUTH CLASSES

#### **WATER STREET, Fall 2021:**

Wednesday, September 8 – Saturday, December 18, 2021 **JCC, Fall 2021:** 

Friday, September 17 - Friday, December 17, 2021

All youth classes will meet in-person. Interested in a virtual youth class? Please contact Danceworks Director of Education, Amy Brinkman at abrinkman@danceworksmke.org

All classes take place at our Water Street studio unless indicated otherwise.

#### **WATER STREET CLASSES:**

**Fall 2021:** Wednesday, Sep. 8 – Saturday, Dec. 18, 2021: \$196 (no class Nov. 24 – 27)

#### Winter/Spring 2022:

Monday, Jan. 10 – Saturday, June 4, 2022: \$280 (no class 4/11-16)

#### **Full Year Tuition:**

Wednesday, Sep. 8 – Saturday, June 4: \$445 (offer ends on 9/30/21)

#### **DANCEWORKS AT THE JCC:**

**Fall 2021:** Friday, September 17 – Friday, Dec. 17, 2021 \$169 JCC members | \$182 non-members (no class Nov. 24 – 27)

#### Winter/Spring 2022: Jan. 10 – June 4, 2022

(no class April 11 – 16)

Due to the observation of holidays there may be some dates off at the JCC location. Please check our website for more information.

#### Ages 21/2-3

**Tiny Dancer** Thu 10:45-11:30am **Tiny Dancer** Fri 11-11:45am JCC

#### Age 3

Creative Dance Mon 4:15-5pm JCC Creative Dance Sat 9:30-10:15am

#### Ages 3-4

Tap & Creative Dance Fri 12-12:45pm JCC

#### Age 4

Tap & Pre-Ballet Mon 5-6pm JCC Creative Dance Tue 4:15-5pm JCC Tap & Pre-Ballet Fri 4:15-5:15pm

#### Age 5

**Tap Pre-Ballet** Wed 4:15-5:15pm **Pre-Ballet** Sat 10:25-11:10am

#### **Ages 5-6**

**Tap & Pre-Ballet** Tue 5-6pm JCC **Tap & Jazz** Fri 4:25-5:25pm

#### Age 6

Tap & Pre-Ballet Sat 11:15am-12:15pm

#### **Ages 7-8**

Tap & Jazz Sat 12:25-1:25pm Intro to Hip Hop Fri 5:20-6:05pm Intro to Hip Hop Thu 4:30-5:15pm JCC Ballet I Thu 4:30-5:30pm Ballet II Thu 4:30-5:30pm

#### **Ages 7-9**

**Tap & Jazz** Wed 4:15-5:15pm JCC

#### Ages 9-13

Ballet I Tue 4:15-5:15pm
Ballet II/III Mon 4:25-5:25pm
Contemporary I Thu 6:15-7:15pm JCC
Contemporary I/II Wed 6:30-7:30pm
Hip Hop I Wed 5:45-6:45pm
Hip Hop I Thu 5:15-6:15pm JCC
Jazz I Tue 4:30-5:30pm
Jazz II/III Mon 5:25-6:25pm
Tap I Mon 4:15-5:15pm

#### **Ages 13+**

Tap II Fri 5:30-6:30pm

**Tap III** Wed 5:30-6:30pm

Ballet IV/V Wed 4:25-5:40pm Contemporary III/IV Thu 5:35-6:50pm Teen Hip Hop Wed 5:15-6:15pm JCC Teen Hip Hop Fri 6:15-7:15pm

# Save The Date!

Danceworks Annual Showcase Performance: Saturday, June 11, 2022

School Day Off Workshops

Travel the world on your days off from school! School Day Off Workshops are appropriate for children in grades 5K–5th and take place from 9am–4pm at our Water Street location.

Each workshop explores a different country of the world – traditions, music, and the day to day life of children thousands of miles away. Workshops have been scheduled around the MPS calendar.

October 22: GERMANY
October 25: SPAIN
November 15: JAPAN
January 3: EGYPT
January 17: THAILAND
February 14: PERU
March 18: CUBA
April 5: BRAZIL
April 15: ICELAND
April 18: SOUTH AFRICA

For School Day Off Workshop schedules and pricing, and to register for workshops, visit DanceworksMKE.org or call 414.277.8480 x6007.

- Danceworks strongly encourages all adult students to wear a mask while in class regardless of their vaccination status.
- Masks are required for everyone in the common areas such as the hallways and restrooms.
- Masks are required to be worn by all students taking youth classes.
- Effective September 8, 2021 masks will be required to be worn by all students. Danceworks is regularly monitoring updates from the CDC and will shift as needed with its community and City/State regulations at the forefront of the decision.
- Danceworks will no longer require a temperature screening for adults, but will continue doing temperature checks for those attending youth classes.
- Social distancing will remain in place in our dance studios.
- Individuals coming to Danceworks should self-assess for COVID-19 symptoms.

SOCIAL DANCE SERIES Fridays 6:45-7:45pm
Looking for something fun and different to freshen up your date night? Look no further! Each social dance series will start with an introduction to the dance style and will work on building patterns and lead/follow skills throughout the lessons. You can join at any time, however, we do recommend you register for an entire series to gain the most from the class. This will give you the choreography, practice time and confidence needed to dance socially.

#### Partner Rates (in-studio or virtual): \$27 per couple / per class

Due to Covid-19, the in-studio version of this class is currently only available when you bring your own partner. At this time, the social dance classes will not be rotating partners. For your convenience, we are also offering this class virtually over Zoom.

#### Individual Dancer Rates (virtual only): Single class: \$12

Beginner Waltz: Sept 10, 17, 24 Beginner Ballroom Tango: Oct 1, 8, 15 Beginner FoxTrot: Oct 22, 29, & Nov 5

Single/Triple Time Swing: Nov 12, 19 Social Salsa Patterns: December 3, 10, 17

## PRIVATE LESSONS

Private lessons are the best way to prepare you for an upcoming audition or special event, or to give you a boost of confidence on the dance floor. Sessions can be arranged around your schedule and are available in a wide range of dance styles and levels, both in-person and virtually.

All private sessions are with a qualified member of the Danceworks faculty who specializes in the dance style requested. Lesson material is based on your individual needs and moves at a pace that is comfortable for you. Private lessons can be scheduled as a single class or on an ongoing basis.

**Questions? Contact Gabi Sustache at** gsustache@danceworksmke.org.

## VIRTUAL & IN-PERSON PARTIES

Planning a party should be simple, not stressful! Let us give you a hand. We have some spectacular youth & adult party packages to choose from and make your event one to remember. We can help you celebrate a birthday, anniversary, or just host a fun night with your friends – virtually or in-person!

**Questions? Contact Teresa Drews,** Artistic Manager – Visual Arts at tdrews@danceworksmke.org.

### Need some dance gear?

Danceworks sells ballet, jazz and tap shoes for children and adults, as well as basic leotards, tights and ballet skirts for children. Visit DanceworksMKE.org to view our entire dress code.

#### SCHOLARSHIP & INTENSIVE STUDY SCHOLARSHIPS

Scholarships for Adults and Children: Scholarships are based on financial need and merit. Students may apply for a scholarship for an individual program or class, or for a full year of programming. To apply visit DanceworksMKE.org and click on the studio tab/scholarship & work-study opportunities. Questions? Contact Amy Brinkman-Sustache at 414.277.8480 x6002 or abrinkman@danceworksmke.org.

Intensive Study Scholarships (ISS): The ISS Program is for any student age 16 or older—novice through advanced who has the desire, drive and commitment to improve technical skills, range and expression through concentrated dance training and faculty feedback. The scholarship covers one session. ISS is an ongoing program. For more information or to schedule a placement class, contact Kim Johnson at 414.277.8480 x6018 or kjohnson@danceworksmke.org.

## NEW! CALMING CONTEMPORARY (CANDLELIT)

#### Open Level | Wednesdays 7:45-9pm

This class explores movement, breath work, and mindfulness meditation techniques geared toward calming the nervous system's fight or flight response. This class consists of floor work based in somatic practices, contemporary modern movement techniques (low impact) and guided by breath, body weight exercises based in internalization and mindfulness, and guided self massage techniques aimed at muscle release and deepening stretch.

# Corporate Weliness Offerings

Studies show that employees demonstrate greater productivity, less burnout, and more focus following a mindfulness practice. Let Danceworks provide this service to your business through our virtual wellness classes!

These classes will bring a sense of well-being and rejuvenation to your employees as they work from home or the office. Classes can be offered at the start of day, lunchtime, or end of the day. Class styles include: Gentle Stretch, Guided Meditation, or Barre Workout. Hoping for a different style? Let us know and we can work with you to customize a class for your employees.

#### **CLASS PRICES:**

15 Minute-Class

(recommended for Guided Meditation): \$45

30-Minute Class

(recommended for Gentle Stretch): \$60

45 Minute-Class

(recommended for Barre Workout): \$75

If you or your business is interested in joining us for a virtual mindfulness class, please contact Kim Johnson, Engagement Manager, at kjohnson@danceworksmke.org.

#### **Danceworks**

1661 N. Water St. Milwaukee, WI 414.277.8480 | DanceworksMKE.org







