



Adult Contemporary Curriculum

During this 9 week contemporary dance course, we will discover the mover and creator inside of you, and learn to love who we are becoming. Regardless if you “used to dance”, “currently dance”, “never have taken a dance class” or even “only have done ballet”... this class is for YOU! Contemporary dance is for every BODY. We will explore energy, space and time through honing technique skills, improvisation and collaborative choreography.

A typical 90 minute contemporary class will include a fun interactive warm-up, technique combinations, exercises to strengthen specific areas and skills of the body, locomotor traveling phrases, exploration, creation of movement, stretching and cool down. Wear clothing that you can be barefoot, move comfortably in, and that you can sweat in too. Leotards, leggings, exercise gear is acceptable as are sweats and t-shirts.

The spring 2024 session of contemporary dance is going to be centered around the theme of “shifting”. Many of our students are going through major shifts (life changes, jobs, mindsets, body changes etc) in their lives. Processing these shifts through movement and creativity we will come out stronger and more confident in our abilities to cope with the constant shift of life. Join me in this journey, my goal is to always make class fun, challenging and worthwhile. See you in March!