

the **UnAbashed** school of dance

2009/2010 Schedule

Classes run September 8 – June 10

Open House Orientation – September 1st 2:30-6:30pm

*To offer a glimmer into the heart of our Maker
And to stir people towards a personal relationship with Jesus Christ
Through the unique richness of dance.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>9:00-10:45 Adult Ballet</p> <p>10:45-3:00 UnAbashed Professional Co. Rehearsal</p>	<p>10:45-3:00 UnAbashed Professional Co. Rehearsal</p>	<p>10:45-3:00 UnAbashed Professional Co. Rehearsal</p>		<p>8:45-9:30 Baby Bops</p> <p>9:30-10:30 Tutus Ballet/ Jazz tumbling</p> <p>10:30-11:30 Little Feet</p>
	<p>4:45-5:45 Ballet I</p> <p>5:45-6:30 Jazz/Tumbling I</p> <p>6:30-8:00 Ballet II/III</p> <p>8:00-9:00 Adult Beg. Modern</p>	<p>4:45-5:30 Baby Bops</p> <p>5:30-6:30 Adult Beg. Ballet</p> <p>6:30-7:30 Hallah Dance</p> <p>7:30-8:30 Fuel the Flame</p>	<p>5:30-7:00 Ballet II/III</p> <p>7:00-8:00 Jazz/Modern II/III</p>	<p>6:00-7:30 Free Hip-Hop</p>	<p>7:00-9:00 Fuel the Flame</p> <p><u>2nd Saturday of month</u></p>

* Classes subject to change based on enrollment *

Baby Bops- (3-4 yrs.) Creative movement and basic motor skills.

Little Feet- (5-6 yrs.) Introduction to basics of technical ballet dance training.

Tutus- (6-7 yrs.) Continuation of basics of technical ballet dance training.

Tutus Jazz/Tumbling- (ages 6-7) Basics of jazz technique which is upbeat movement that stems from ballet technique. We will also learn fun tumbling steps such as cartwheels, handstands, rolls, headstands, butterflies, and walkovers. Students required to take ballet in conjunction.

Jazz/Tumbling I- (ages 8-10) Beginning jazz technique which is upbeat movement which stems from ballet technique. We will also learn fun tumbling steps such as cartwheels, handstands, and rolls. Students required to take ballet in conjunction.

Ballet I,II,III- Vagonova, RAD, and contemporary ballet styles intertwined for a strong and solid yet not forced technique. Placement begins with age and adjusted according to skill. Basic guide- Ballet I: 8-10, Ballet II: 11-12, Ballet III: 13-18. Students in Ballet II and III will be required to take twice a week and are strongly encouraged to take Modern as well. Adults who have prior ballet training are welcome to take Ballet III.

Modern II, III- students will be required to take ballet class in conjunction with modern. Modern dance is vast in its expression as it borrows from many different forms of dance. In its formation, Modern dance was both a rebellion and a parallel to ballet. At UnAbashed, Modern class will draw upon its ballet roots while also learning its counterpoints with all its array of expression.

Adult Ballet: no age or ability requirement, classes will be geared toward the intermediate level while welcoming all beginners.

Adult Beginner Ballet: Classes will be geared to those with little to no experience.

Adult Modern-no age or ability requirement, classes will be geared toward the intermediate level while welcoming all beginners. Many find modern dance to be less rigid form of dance than the structures of ballet. It is a great class for those who have less dance experience.

Hallah Dance- ages 13 to Adult.

Hallah- Hebrew for praise; to make a show or rave about; to glory in or boast upon; to be clamorously foolish about your adoration of God

“In God we boast all day long, and praise His name forever.” –Psalm 44:8

Expect to sweat. Ever miss that disconcerted and abandoned way you were able to dance as a child? Well here is a chance to let go again and again in the presence of the Lord. This is a free-will offering class.

FREE Hip-Hop: ages 10 to adult. No charge and no specified level. There will be a pot for voluntary donations. We envision a time of learning, exploring, and sharing hip-hop skills. We will dance, talk, pray, and hang out together. Possibilities could arise for participants who desire to share their routine at a special event or performance.

Fuel the Flame: This is not a class, but a time open to the community for free form prayer and worship. A space to invite God’s Holy Spirit to come into our lives, our studio, our community and meet us before we start our day. A time for old and new seekers alike to seek and find deeper clutches of God’s majesty. You can come and go at anytime during the hour. You can sit or stand or walk or dance. You can sing along with the worship music or just be silent. You can read Scripture or write in your journal. Just some and be led by the Spirit.