

ACDF Class Schedule, Saturday, March 13

	W150	W350	W325	Carlson	Mainstage	305 (office)	Other			
8-8:30	Pilates- Susan Whipp	Renewing Movement Patterns* – Shannon Preto	Reflexology appts – Danica Robinson	Stretch – JoAnn Staugaard- Jones		Reg. Office open 9am - noon	Careers in Dance Panel – Loft Theatre	8-8:30		
8:30-9								8:30-9		
9-9:30									9-9:30	
9:30-10	Modern (Dunham) – Alicia Pierce	Ballet – Jane Slusarski- Harris	T'ai Chi – Ting-Chu Cho	Adv. Jazz & Improv – Monte Black						9:30-10
10-10:30										10-10:30
10:30-11										10:30-11
11-11:30								11-11:30		
11:30-12	Afro-Cuban – Daniel Stark	Ballet – Lisa Fusillo	Reflexology appts – Danica Robinson – sign up in 305	Modern – Chung-Fu Chang			Video Showing Ellen Bromberg (HUMN 1B50)	11:30-12		
12-12:30								12-12:30		
12:30-1								12:30-1		
1-1:30					Tech for Gala Concert			1-1:30		
1:30-2	Modern (Limon – based) – Donna Jewell	Int/ Adv Contact – EE Balcos	Interlocking Rhythms – Jesse Manno	Int. Jazz - Jennifer Fenn Brau				Adjudication feedback (Fri concert) – Loft Theatre	1:30-2	
2-2:30									2-2:30	
2:30-3									2:30-3	
3-3:30									3-3:30	
3:30-4	Modern (Humphrey- Weidman/ Limon) Muriel Cohan	Sound Workshop*** – Tom Bourcier	"Panning for Gold" a Q&A on Fundraising with Fran Holden	Sokolow Repertory** – JoAnn Staugaard- Jones			Reflexology appts – Danica Robinson	Video showings Ellen Bromberg (HUMN 1B50)	3:30-4	
4-4:30					4-4:30					
4:30-5					4:30-5					
5-5:30								5-5:30		
5:30-6	Warm-up for gala concert							5:30-6		
6-6:30								6-6:30		
6:30-7								6:30-7		
7-7:30						GALA concert			7-7:30	
7:30-8									7:30-8	
8-8:30										8-8:30
8:30-9									8:30-9	
9-9:30								9-9:30		
9:30-10								9:30-10		
10-10:30							Party at the UMC	10-10:30		

* Renewing Movement Patterns – through the use of Body-Mind Centering & developmental movement patterns, we'll wake up the body's systems towards a new awareness of moving.

** A 1 1/2 hour repertory and discussion of Anna Sokolow's contributions to modern dance. Rep will include movement from one of her last works (1996) *Homage to Rachmaninoff*.

***Instinctual Expression Sound Workshop – Tom Bourcier leads participants in exercises that facilitate the use of sound as a means of creative expression. By depriving out senses of vision and movement, focused use of the voice becomes a primary communicative tool. The recorded results serve as a sound score for movement and theatrical improvisation.

All classes are Intermediate/Advanced, unless otherwise noted.