

# RDC 2021 WORKSHOP WEEK SCHEDULE - **BY DAY & TIME**

| Day                              | Time        | Teacher  | Class/Workshop                                     | Age Range   | Description/preparation   |
|----------------------------------|-------------|----------|--|-------------|---|
| <b>MONDAY, FEBRUARY 15, 2021</b> |             |          |  |             |   |
| Monday                           | 4:15-4:55pm | Markeith | Intro to Open Styles Hip Hop for kids              | 7-12 years  | Focus on basic steps & progressions. Get your heart rate going & never stop dancing! Come ready to sweat!! This class is geared toward dancers who have little or no Hip Hop experience.  |
| Monday                           | 4:30-5:10pm | Jenna    | Intro/beginning Jazz for kids                      | 6-10 years  | Learn basic Jazz dance terminology/movement with upbeat, popular music! This class is geared toward dancers with little or no Jazz experience.  |
| Monday                           | 5:00-5:45pm | Markeith | Intro to Open Styles Hip Hop for teens/adults      | 12 to adult | Focus on basic steps & progressions. Get your heart rate going & never stop dancing! Come ready to sweat!! This class is geared toward dancers who have little or no Hip Hop experience.  |
| Monday                           | 5:15-6:00pm | Jenna    | Intermediate/Advanced Jazz choreography            | 10 to adult | We'll work on big commercial-like Jazz choreography. Please warm-up before you arrive! This class is geared toward dancers who have at least three years of Jazz experience.  |
| Monday                           | 6:00-6:30pm | Markeith | Musicality 101 workshop                            | 7 to adult  | What does it mean to have musicality? Come to this workshop & find ways to fall into the beat. This will be a class where we listen first & dance second. This is open to any level dancer.   |
| Monday                           | 6:10-6:40pm | Jenna    | RDC Anti-racism curriculum spotlight               | 10 to adult | Learn about RDC's upcoming anti-racism curriculum changes. We're working on lessons to address racial classification, white supremacy, black dance history, cultural appropriation and more in an age-appropriate way, through dance! Q & A included!             |
| Monday                           | 6:45-7:15pm | Jenna    | 10 choreographers/dance companies you should know! | 9 to adult  | Introduction to some great choreographers/dance companies to watch - videos and fun facts!  |
| Monday                           | 6:45-7:45pm | Markeith | HH Team 2 rehearsal (in-person)                    | N/A         | Closed private class/rehearsal  |
| Monday                           | 7:30-8:25pm | Jenna    | Contemporary 1 pod (in-person)                     | N/A         | Closed private class/rehearsal  |
| Monday                           | 8:00-9:00pm | Markeith | Intermediate/Advanced Pop/Commercial Choreography  | 10 to adult | Come ready to dance! Short warm up & right in to the choreography. We'll focus on picking up movement & full out performance by the end of the session. This class is geared toward dancers who have at least three years of Hip Hop/commercial dance experience. |
| Monday                           | 8:30-???    | Jenna    | Dance Parent Happy Hour/Q&A                        | Adult       | This time is just for dance parents/guardians to hang out, get support, share stories and ask questions! You can also use this time to ask Jenna anything about RDC. Bring a cocktail/mocktail of your choice!  |

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| <b>TUESDAY FEBRUARY 16, 2021</b> |             |         |   |             |  |
| Tuesday                          | 3:45-4:45pm | Sarah   | Contemporary 2 pod (in-person)                  | N/A         | Closed private class/rehearsal   |
| Tuesday                          | 4:00-5:00pm | Melissa | Ballet 1 pod (in-person)                        | N/A         | Closed private class/rehearsal   |
| Tuesday                          | 5:00-5:30pm | Sarah   | Ask me Anything: Dance Teacher Edition          | All ages    | Come prepared with 1-2 questions about anything dance related! Ask me about careers in dance, what it's like to be a part of a professional company, tips on how to pick up choreography more quickly, or anything in between.                                     |
| Tuesday                          | 5:15-6:00pm | Melissa | Improvisation through fun games                 | 8 to adult  | Explore dance without learning/memorizing steps. If you/your dancer loves to move in their own way, this class is for you!   |
| Tuesday                          | 5:40-6:25pm | Sarah   | Intro/beginning Contemporary                    | 11 to adult | Learn basic Contemporary dance terminology/movement. This class is geared for dancers who have little to no Contemporary experience.   |
| Tuesday                          | 6:15-7:00pm | Melissa | How to make a dance film                        | 8 to adult  | Make a dance film on your phone! Bring your smartphone, separate from the device you use to sign in to the Zoom class.   |
| Tuesday                          | 6:40-7:20pm | Sarah   | Contemporary Floorwork                          | 9 to adult  | We will slide, roll, and invert through a warm-up and a floor combo. A hard surface (non-carpeted) is best for this. Wear long sleeves and long pants to avoid floor burns! This class is geared for dancers who have at least 2 years of Contemporary experience. |
| Tuesday                          | 7:15-7:45pm | Melissa | Full body conditioning                          | 9 to adult  | This is a workout class focused on strengthening all parts of your body and is open to everyone!   |
| Tuesday                          | 7:30-8:15pm | Sarah   | Choreography/composition                        | 9 to adult  | Build your toolbox for creating and manipulating your own dance choreography. This class can be done in any dance style. This class is geared for dancers who have at least 1-2 years for dance experience.  |
| Tuesday                          | 8:00-9:00pm | Melissa | Intermediate/Advanced Contemporary choreography | 10 to adult | You will be learning contemporary choreography only. Please warm-up before you arrive! This class is geared toward dancers who have at least three years of Contemporary dance experience.   |
| Tuesday                          | 8:20-9:00pm | Sarah   | Injury prevention and body care for dancers     | 10 to adult | Part chat, part practice. Bring something to take notes with and any of the following tools you already have, no need to buy anything: theraband, tennis ball, lacrosse ball, bouncy ball, and/or foam roller.   |

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| <b>WEDNESDAY, FEBRUARY 17, 2021</b> |             |         |  |             |   |
| Wednesday                           | 4:00-4:45pm | Cristen | Unicorn Ballet                                     | 3-7 years   | Calling all unicorn lovers (isn't that everyone?! Embark on a dance quest to find unicorns. Wear your unicorn clothes/accessories and bring anything unicorn related to dance with (stuff, etc.). |
| Wednesday                           | 4:30-5:00pm | Jenna   | College dance and career paths                     | 11 to adult | There's so many potential dance paths you can take after high school and college - let's explore them all!  |
| Wednesday                           | 5:00-5:45pm | Cristen | Tap 2/3 pod (in-person)                            | N/A         | Closed private class/rehearsal  |
| Wednesday                           | 5:15-6:00pm | Jenna   | Hip Hop/Tap pod (in-person)                        | N/A         | Closed private class/rehearsal  |
| Wednesday                           | 5:55-6:45pm | Cristen | Intermediate/Advanced Lyrical Jazz                 | 10 to adult | Learn Lyrical dance choreography. This class is geared for dancers who have at least three years of Ballet, Contemporary or Jazz.   |
| Wednesday                           | 6:15-6:50pm | Jenna   | Intro/Beginning Hip Hop for kids                   | 5-9 years   | This class is geared toward dancers who have little to no Hip Hop experience.   |
| Wednesday                           | 6:50-7:20pm | Cristen | Intermediate/Advanced Ballet: Petite Allegro beats | 10 to adult | So many beats! This class is geared for dancers who have at least four years of Ballet experience. We suggest you take the Lyrical class before this or arrive with your body already warmed-up!  |
| Wednesday                           | 7:00-7:45pm | Jenna   | Beginning/Intermediate Jazz choreography           | 9 to adult  | Learn some Jazzy Jazz dance choreography! This class is geared for dancers who have at least one year Jazz experience.  |
| Wednesday                           | 7:25-7:55pm | Cristen | Intermediate/Advanced Tap: TRICKS!                 | 10 to adult | geared for dancers who have at least three years of Tap experience.   |
| Wednesday                           | 8:00-9:00pm | Cristen | Intro/Beginning Ballet for teens/adults            | 14 to adult | Learn basic Ballet dance terminology/movement. This class is geared for dancers who have never taken Ballet, or have little experience.   |
| Wednesday                           | 8:00-9:00pm | Jenna   | Jazz 3/4 pod (in-person)                           | N/A         | Closed private class/rehearsal  |

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| <b>THURSDAY, FEBRUARY 18, 2021</b> |             |         |   |             |   |
| Thursday                           | 2:45-3:45pm | Sarah   | Contemporary 1 pod (in-person)                  | N/A         | Closed private class/rehearsal  |
| Thursday                           | 4:00-4:30pm | Brynne  | Hoop dance for littles                          | 5-9 years   | Hoop Dance boosts physical and emotional well-being by merging improvisational dance with basic hoop technique. You will need a hula hoop and some clear space for this class! Order/find one on your own or order a custom-made hula hoop here: <a href="http://flidais.org/hoop-dance">flidais.org/hoop-dance</a> ("Order a Hoop" button on left hand side) |
| Thursday                           | 4:00-4:40pm | Sarah   | Under the Sea Creative Dance                    | 3-7 years   | Come explore the levels of the ocean! We'll dance in the depths with glowing jellyfish and surf away from sharks on top of big ocean waves!   |
| Thursday                           | 4:40-5:20pm | Brynne  | Hoop dance                                      | 10 to adult | Hoop Dance boosts physical and emotional well-being by merging improvisational dance with basic hoop technique. You will need a hula hoop and some clear space for this class! Order/find one on your own or order a custom-made hula hoop here: <a href="http://flidais.org/hoop-dance">flidais.org/hoop-dance</a> ("Order a Hoop" button on left hand side) |
| Thursday                           | 5:00-5:40pm | Sarah   | Inversions, inversions, inversions              | 10 to adult | All about going upside down! Please have a clear wall space for practicing handstands. Students under 12 should have an adult nearby for spotting if needed.  |
| Thursday                           | 5:30-6:00pm | Cristen | Breakdance - 6 step & coffee grinder            | 6 to adult  | Learn these two popular breakdance moves. This class is geared for dancers who little or no breakdance experience.  |
| Thursday                           | 5:50-6:30pm | Sarah   | Improvistion exploration                        | 9 to adult  | Want to get better at improvisation? This is the class for you! This class can be taken in any style of dance.  |
| Thursday                           | 6:05-6:45pm | Robert  | Beginning/Intermediate Ballet                   | 8 to adult  | This class is geared for dancers who have had at least 1-2 years of Ballet.   |
| Thursday                           | 6:45-7:45pm | Cristen | Intro/Beginning Tap                             | 7 to adult  | Learn basic Tap dance terminology/movement. This class is geared for dancers who have little or no Tap experience.  |
| Thursday                           | 6:50-7:50pm | Robert  | Horton Technique                                | 11 to adult | Horton technique uses flat backs and lateral stretches, tilt lines and lunges and incorporates lyrical, circular movements focusing on stretching in opposite directions. This class is geared for dancers who have had at least two years of Contemporary or Ballet.   |
| Thursday                           | 8:00-8:30pm | Robert  | Intermediate/Advanced Contemporary choreography | 12 to adult | You'll be learning choreography only with no warm-up, so we suggest taking either the Horton or Ballet class before this, or arrive already warmed up!  |
| Thursday                           | 8:00-9:00pm | Cristen | Intro/Beginning Jazz for teens/adults           | 12 to adult | Learn basic Jazz dance terminology/movement. This class is geared for dancers who have little or no Jazz experience.  |
| Thursday                           | 8:30-9:00pm | Robert  | Chat with Robert!                               | All ages    | Learn about Robert and his time in New York at Ailey/Fordham!   |

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| <b>FRIDAY, FEBRUARY 19, 2021</b> |             |         |                                   |             |  |
| Friday                           | 3:00-3:45pm | Jilyan  | Acro 1 pod (in-person)            | N/A         | Closed private class/rehearsal   |
| Friday                           | 4:00-4:35pm | Jilyan  | Tumble Tots Acro + Creative Dance | 4-6 years   | Learn basic introductory acro mat movement with added creative dance fun!  |
| Friday                           | 4:00-4:45pm | Cristen | Hip Hop/Acro pod (in-person)      | N/A         | Closed private class/rehearsal   |
| Friday                           | 4:45-5:15pm | Jilyan  | Stretch & Strengthen              | 10 to adult | Want to increase your flexibility and/or gain more strenght? You'll learn exercises to help with both and you'll get a great workout!                  |
| Friday                           | 5:00-5:30pm | Cristen | Bun making                        | All ages    | Learn and practice how to make your own (or your dancer's) bun! You'll need hair ties, bobby pins and some hairspray or gel. Hair donuts are optional. |
| Friday                           | 5:20-6:05pm | Jilyan  | Intro/beginning Acro              | 7 to adult  | Basic acro mat movement and strenghtening. Best in a carpeted area or with something soft under your body (yoga mat, etc.)                             |
| Friday                           | 5:45-6:30pm | Cristen | Hip Hop & Acro                    | 4-9 years   | 20 minutes of beginning Hip Hop and 20 minutes of beginning Acro. This class is geared for dancers who have little or no Hip Hop or Acro experience.   |
| Friday                           | 6:15-7:00pm | Jenna   | Family Hip Hop                    | All ages    | Bring your entire family to this class and groove together! This class is geared for dancers who have little or no dance experience.                   |
| Friday                           | 6:45-7:15pm | Cristen | Breakdance - 3 step & cc          | 6 to adult  | Learn these two popular breakdance moves. This class is geared for dancers who little or no breakdance experience.                                     |
| Friday                           | 7:30-9:30pm | Cristen | Dance team Rehearsal (in-person)  | N/A         | Closed private class/rehearsal   |
| Friday                           | 7:30-9:30pm | Jenna   | Dance Team Rehearsal (in-person)  | N/A         | Closed private class/rehearsal   |

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| <b>SATURDAY, FEBRUARY 20, 2021</b> |                        |         |  |             |   |
| <b>Saturday</b>                    | <b>10:00-10:45am</b>   | Morgan  | Disney Creative Ballet                       | 3-7 years   | Explore all thing Disney through music, dance, rhymes and play!   |
| <b>Saturday</b>                    | <b>10:50 -11:20am</b>  | Morgan  | Stress less - how to use your body to relax! | 10 to adult | Learn mindful techniques to access your parasymphatic system. You will need warm clothing, a chair, a clear floor space and a quiet space.  |
| <b>Saturday</b>                    | <b>11:30am-12:00pm</b> | Morgan  | First job resume building                    | 14 to adult | Are you a teen who may be looking for a job soon? This workshop will help you create a resume - things to include, things to stay away from, etc. Feel free to bring your current resume and ask questions! |
| <b>Saturday</b>                    | <b>12:10-12:50pm</b>   | Morgan  | Intro/beginning Jazz for kids                | 6-11 years  | Learn basic Jazz dance terminology/movement. This class is geared for dancers who have little or no Jazz experience.  |
| <b>Saturday</b>                    | <b>1:00pm-1:45pm</b>   | Morgan  | Intro/beginning Contemporary for kids        | 6-11 years  | Learn basic Contemporary dance terminology/movement. This class is geared for dancers who have little or no Contemporary experience.  |