

RDC 2021 WORKSHOP WEEK SCHEDULE - **BY AGE**

Age	Day	Time	Teacher	Class/Workshop	Description/preparation
All ages	Tuesday	5:00-5:30pm	Sarah	Ask me Anything: Dance Teacher Edition	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.
All ages	Thursday	8:30-9:00pm	Robert	Chat with Robert!	Learn about Robert, his time in New York and experience at Ailey/Fordham
All ages	Friday	5:00-5:30pm	Cristen	Bun making	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.
All ages	Friday	6:15-7:00pm	Jenna	Family Hip Hop	Bring your entire family to this class and groove together! This class is geared for dancers who have little or no dance experience.
3-7 years	Wednesday	4:00-4:45pm	Cristen	Unicorn Ballet	Calling all unicorn lovers (isn't that everyone?! Embark on a dance quest to find unicorns. Wear your wear unicorn clothes/accessories and bring anything unicorn related to dance with (stuff, etc.).
3-7 years	Thursday	4:00-4:40pm	Sarah	Under the Sea Creative Dance	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!
3-7 years	Saturday	10:00-10:45am	Morgan	Disney Creative Ballet	Explore all thing Disney through music, dance, rhymes and play!
4-6 years	Friday	4:00-4:35pm	Jilyan	Tumble Tots Acro + Creative Dance	Learn basic introductory acro mat movement with added creative dance fun!
4-9 years	Friday	5:45-6:30pm	Cristen	Hip Hop & Acro	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.
5-9 years	Wednesday	6:15-6:50pm	Jenna	Intro/Beginning Hip Hop for kids	This class is geared toward dancers who have little to no Hip Hop experience.
5-9 years	Thursday	4:00-4:30pm	Brynne	Hoop dance for littles	Empowering expression through flow art! Hoop Dance boosts physical and emotional well-being by merging improvisational dance with basic hoop technique. Experience the magic of continuous momentum through this enlivening class. You will need a hula hoop and some clear space for this class! You can order a custom-made hula hoop here: flidais.org/hoop-dance ("Order a Hoop" button on left hand side, halfway down page). Or, purchase one online or from a second hand store!
6-10 years	Monday	4:30-5:10pm	Jenna	Intro/beginning Jazz for kids	Learn basic Jazz dance terminology/movement with upbeat, popular music! This class is geared toward dancers with little or no Jazz experience.
6-11 years	Saturday	1:00-1:45pm	Morgan	Intro/beginning Contemporary for kids	Learn basic Contemporary dance terminology/movement. This class is geared for dancers who have little or no Contemporary experience.
6-11 years	Saturday	12:10-12:50pm	Morgan	Intro/beginning Jazz for kids	Learn basic Jazz dance terminology/movement. This class is geared for dancers who have little or no Jazz experience.
6 to adult	Thursday	5:30-6:00pm	Cristen	Breakdance - 6 step & coffee grinder	Learn these two popular breakdance moves. This class is geared for dancers who little or no breakdance experience.

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6 to adult	Friday	6:45-7:15pm	Cristen	Breakdance - 3 step & cc	Learn these two popular breakdance moves. This class is geared for dancers who little or no breakdance experience.
7-12 years	Monday	4:15-4:55pm	Markeith	Intro to Open Styles Hip Hop for kids	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.
7 to adult	Monday	6:00-6:30pm	Markeith	Musicality 101 workshop	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.
7 to adult	Thursday	6:45-7:45pm	Cristen	Intro/Beginning Tap	Learn basic Tap dance terminology/movement. This class is geared for dancers who have little or no Tap experience.
7 to adult	Friday	5:20-6:05pm	Jilyan	Intro/beginning Acro	Basic acro mat movement and strenghtening. Best in a carpeted area or with something soft under your body (yoga mat, etc.)
8 to adult	Tuesday	5:15-6:00pm	Melissa	Improvisation through fun games	Explore dance without learning/memorizing steps. If you/your dancer loves to move in their own way, this class is for you!
8 to adult	Tuesday	6:15-7:00pm	Melissa	How to make a dance film	Make a dance film on your phone! Bring your smartphone, separate from the device you use to sign in to the Zoom class.
8 to adult	Thursday	6:05-6:45pm	Robert	Beginning/Intermediate Ballet	This class is geared for dancers who have at least 1-2 years of Ballet.
9 to adult	Monday	6:45-7:15pm	Jenna	10 choreographers/dance companies you should know!	Introduction to some great choreographers/dance companies to watch - videos and fun facts!
9 to adult	Tuesday	6:40-7:20pm	Sarah	Contemporary Floorwork	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.
9 to adult	Tuesday	7:15-7:45pm	Melissa	Full body conditioning	This is a workout class focused on stengthening all parts of your body and is open to everyone!
9 to adult	Tuesday	7:30-8:15pm	Sarah	Choreography/composition	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.
9 to adult	Wednesday	7:00-7:45pm	Jenna	Beginning/Intermediate Jazz choreography	Learn some Jazzy Jazz dance choreography! This class is geared for dancers who have at least one year Jazz experience.
9 to adult	Thursday	5:50-6:30pm	Sarah	Improvistion exploration	Want to get better at improv? This is the class for you! This class can be taken in any style of dance.
10 to adult	Monday	5:15-6:00pm	Jenna	Intermediate/Advanced Jazz choreography	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.
10 to adult	Monday	6:10-6:40pm	Jenna	RDC Anti-racism curriculum spotlight	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-appropitrate way, through dance! Q & A included!

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10 to adult	Monday	8:00-9:00pm	Markeith	Intermediate/Advanced Pop/Commercial Choreography	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.
10 to adult	Tuesday	8:00-9:00pm	Melissa	Intermediate/Advanced Contemporary choreography	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.
10 to adult	Tuesday	8:20-9:00pm	Sarah	Injury prevention and body care for dancers	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.
10 to adult	Wednesday	5:55-6:45pm	Cristen	Intermediate/Advanced Lyrical Jazz	Learn Lyrical dance choreography. This class is geared for dancers who have at least three years of Ballet, Contemporary or Jazz.
10 to adult	Wednesday	6:50-7:20pm	Cristen	Intermediate/Advanced Ballet: Petite Allegro beats	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!
10 to adult	Wednesday	7:25-7:55pm	Cristen	Intermediate/Advanced Tap: TRICKS!	Learn over-the-top's, toe stands, trenches and more! This class is geared for dancers who have at least three years of Tap experience.
10 to adult	Thursday	4:40-5:20pm	Brynne	Hoop dance	Empowering expression through flow art! Hoop Dance boosts physical and emotional well-being by merging improvisational dance with basic hoop technique. Experience the magic of continuous momentum through this enlivening class. You will need a hula hoop and some clear space for this class! You can order a custom-made hula hoop here: flidais.org/hoop-dance ("Order a Hoop" button on left hand side, halfway down page). Or, purchase one online or from a second hand store!
10 to adult	Thursday	5:00-5:40pm	Sarah	Inversions, inversions, inversions	This is 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.
10 to adult	Friday	4:45-5:15pm	Jilyan	Stretch & Strengthen	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!
10 to adult	Saturday	10:50 -11:20am	Morgan	Stress less - how to use your body to relax!	Learn mindful techniques to access your parasympathic system. You will need warm clothing, a chair, a clear floor space and a quiet space.
11 to adult	Tuesday	5:40-6:25pm	Sarah	Intro/beginning Contemporary	Learn basic Contemporary dance terminology/movement. This class is geared for dancers who have little to no Contemporary experience.
11 to adult	Wednesday	4:30-5:00pm	Jenna	College dance and career paths	There's so many potential dance paths you can take after high school and college - let's explore them all!
11 to adult	Thursday	6:50-7:50pm	Robert	Horton Technique	Created by Lester Horton, 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.

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12 to adult	Monday	5:00-5:45pm	Markeith	Intro to Open Styles Hip Hop for teens/adults	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.
12 to adult	Thursday	8:00-8:30pm	Robert	Intermediate/Advanced Contemporary choreography	You will 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!
12 to adult	Thursday	8:00-9:00pm	Cristen	Intro/Beginning Jazz for teens/adults	Learn basic Jazz dance terminology/movement. This class is geared for dancers who have little or no Jazz experience.
14 to adult	Wednesday	8:00-9:00pm	Cristen	Intro/Beginning Ballet for teens/adults	Learn basic Ballet dance terminology/movement. This class is geared for dancers who have never taken Ballet, or have little experience.
14 to adult	Saturday	11:30am-12:00pm	Morgan	First job resume building	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!
Adults only	Monday	8:30-???	Jenna	Dance Parent Happy Hour/Q&A	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!