DANCE CENTER CLASSES

REGISTER FOR CLASS PACKAGE OR JUST DROP IN!
Quick and easy online registration offers 10-week class packages! Don’t want to commit? Pay as you go for drop-in classes. Spring 2017 non-credit classes run Feb. 4-April 24.

OPEN TO THE HARVARD COMMUNITY!
Includes Harvard & MIT students, staff, faculty, & alumni. Classes for all levels of dance experience! Tuition assistance available for students. More details at ofa.harvard.edu/dance-non-credit-classes.

SPRING 2017 CLASSES:

Ballet I, I/II, II, & III
Ballet classes focus on the curvilinear designs of ballet technique and its inextricable connection to musicality and motion. Ballet classes range from beginning level to advanced.

Bharatanatyam
A class for all levels introducing students to Bharatanatyam, an ancient classical dance form of India that is highly stylized combining pure dance and mime accompanied by music, rhythm, and lyrics.

Cardio-Sculpting Workout
Intense cardio and bodyweight resistance training for sculpting lean muscle and a strong core, incorporating various fitness and dance formats. Choreography inspired by Latin, hip-hop, house, and contemporary dance styles.

Conditioning: Strength & Stretch
Combines the Katherine Dunham barre vocabulary, yoga, Pilates, integrated breathing exercises, and musicality to build stamina and coordination essential to the dancing body.

Contemporary I: Countertechnique
Introduction to Countertechnique, a dynamic dance practice that focuses on directing and counter-directing the body through space so that each participant can develop authentic, sincere, and unique movement vocabularies.

Contemporary II/III
Intermediate/advanced contemporary classes concentrate on the exploration of technique, the creative process, and theoretical concepts of modern dance, with a focus on proper body alignment, quality of movement, phrasing, and dynamics.

Hip Hop
Geared towards all levels, this class breaks down the movement through an understanding of body control and texture. Each class offers a new choreographic phrase and develops dancers’ movement retention, musicality, and performance qualities.

Contemporary Latin/Ballroom
A class for all levels, Contemporary Latin/Ballroom applies foundations from ballet and modern techniques to Latin/Ballroom dynamics; this class strongly emphasizes bodily rhythm, coordination, and musicality.

West African Dance
A class for all levels introducing students to traditional West African dance and culture. Students will develop body strength and flexibility by learning intricate feet patterns, hand movements, and full movement sequences. Each class will include live drumming, a warm-up, a break-down of the movements, high-energy dancing, and will close with a community dance circle.

SPRING 2017 TEACHERS:
Joh Camara (West African Dance)
Joy Davis (Contemporary I: Countertechnique)
Boyko Dossev (Ballet II)
Tarikh Campbell (Hip Hop)
Tai Jimenez (Ballet III)
Sunanda Narayanan (Bharatanatyam)
Sheryl Pollard-Thomas (Contemporary II/III)
Nailah Randall-Bellinger (Contemporary II/III, Conditioning)
Sarah Speltz (Cardio-Sculpting Workout)
Catherine Ulissey (Ballet I & I/II)
Ilya Vidrin (Contemporary Latin/Ballroom)
Yury Yanowsky (Ballet III)
**Spring 2017 Dance Center Schedule**

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**DANCE CENTER (NON-CREDIT) CLASSES BEGIN FEBRUARY 4**

**CREDIT COURSES IN DANCE BEGIN JANUARY 23**

Register online by visiting ofa.fas.harvard.edu/dance

<table>
<thead>
<tr>
<th>Class Registration</th>
<th>Harvard Student</th>
<th>Harvard Community (faculty, staff, alumni/ae, &amp; MIT)</th>
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<tr>
<td>Two classes/week (20 classes)</td>
<td>$70</td>
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<tr>
<td>One class/week (10 classes)</td>
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<td>Single Drop-In</td>
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**Methods of Payment:** Register online with credit card, university term bill (students only), or TAP (eligible Harvard employees). Classes can be refunded until Friday, February 17. Money should never be a barrier! Tuition assistance available.

Class placement is at the discretion of instructors. Class sizes are limited and a class may be cancelled due to insufficient enrollment. Preference will be given, in the following order: Harvard undergraduates, Harvard graduate students, Harvard community, and students from other affiliated institutions.

**No classes on the following holidays:**
- President’s Day, Monday, February 20
- Spring Break, March 11-19

Harvard University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact 617-495-8883. The Harvard Dance Center is accessible for individuals using wheelchairs.