

# 2021 Summer Weekly Community Classes

Summer 2021 Weekly Community Classes for Adults and Teens PDF

*Weekly Community classes are running from July 5- August 21, unless otherwise noted. Classes will take place at either Berkshire Pulse or Chesterwood.*

## **Community class rates for the Summer Session:**

**4 for \$60 Class Pass**

**10 for \$150 Class Pass**

**20 for \$240 Class Pass**

**10 for \$100 Fitness Pass**

## **BALLET Beginners for adults and youth ages 11+ with Micheline Weiler**

The ballet classes are open to dancers ages 11+ with varying experience levels. Modifications and progressions are given to accommodate and challenge dancers appropriately. The beginning ballet dancer will learn the core foundations of ballet technique while learning the ballet vocabulary, musicality, and freedom of expression through movement. The intermediate/advanced ballet dancer will maintain stamina, develop speed in learning combinations, and further explore artistry in ballet. All dancers will be challenged to enhance balance, coordination, and flexibility. Small jumps, pirouettes and turns, and traveling movements are adjusted to fit small dancing spaces.

**Monday 6:30-7:45PM**

**Pulse studios and on Zoom**

## **BALLET Intermediate+ for ages 12+**

**With Micheline Weiler**

Dancers will be challenged to enhance balance, coordination, flexibility, and footwork. Barre work will include exercises to both improve speed and accuracy of movement, as well as those to build strength and control in adage. Center work will build upon the dancers' proficiency, as well as develop artistry through the movements – port de bras, adagio, small jumps, pirouettes and turns and traveling movements. Modifications and progressions will be made to accommodate each dancer's ability level.

**Pulse Studios**

**Tuesday, 6-7:30pm**

**Saturday, 10:30AM-12PM**

**MODERN Open level for ages 14 - adult**

**With Jordyn Cormier**

Let's move and feel good! This open level class is simply about indulging in the joy of movement. We'll explore some structured improvisation as well as basic contemporary techniques and gentle phrasework.

**Chesterwood**

**Thursday 6-7:30PM**

**MODERN Intermediate/Advanced for ages 16-adult**

**with Bettina Montano**

Drawing from a variety of modern dance traditions and techniques, this class emphasizes technical and artistic classwork which develops strength, flexibility, alignment, musicality and versatility of expression. Classes begin with structured improvisation and extensive floor-work, progressing to dynamic phrases in center, at the barre and traveling across the floor.

**Chesterwood**

**July 5 - August 16**

**Monday, 6-7:45 PM**

**MODERN Beginners+ for ages 14-adult**

**with Bettina Montano**

This gentle dance class for adults and teens is based on breath, flow, rhythm and release. Drawing on various expressions and techniques of modern dance, classwork includes opening with structured improvisation into warm-up exercises in center which move into more generous use of space with joyful and dynamic phrases.

**Chesterwood**

**Wednesday, 9-10:15AM**

**INTRO TO DRUMMING for ages 11+**

**with Rick Shrum**

This rhythm and world music introductory class offers students a chance to feel and play with the rhythms of their own lives and of the world. Drummers will listen and learn the pulse and patterns of rhythms to repeat and master, the "call and response" of songs and to hear and respond to "the break" (to start, change, and stop movement and playing.) As the class progresses the group will learn to play different parts against and with one another creating an ensemble of inspirational rhythm and music. Instruments provided.

**Chesterwood**

**Monday, 4:30-5:30pm**

**YOGA, ALL LEVELS**

**with Erin Naylor**

Whether this is your first or 200th class, you'll feel right at home here! With an emphasis on basic alignment and foundations, asana (postures), pranayama (breath exercises) and meditation are broken down for greater understanding and exploration of the body. Questions and requests are encouraged. Detailed instruction is provided, and all are welcome. Bring a mat, blocks, strap and anything else you like to use when taking a yoga class.

**Chesterwood**

**Wednesday, 6-7 PM**

**Saturday 9-10 AM**

## **BOUGIE POP UP CLUB for all ages**

**With Kim Waterman**

Sign up to be on the club list to receive links to learn dances, practice in person and participate in pop up dances in our community throughout the summer!

Learn simple dances to fun songs and have a blast dancing in the streets!

Join one or join them all.

All levels welcome, children and adults of all ages and skill levels, the only requirement is enthusiasm!

**Rehearsals on Friday afternoons**

**Pop up performances on Saturdays**

**Dates and Times TBD**

**Register for updates and information**

## **TAI CHI**

**with Berkshire Tai Chi**

Manage stress and enhance your health, focus, balance and vitality with the ancient Chinese art of Tai Chi. A unique form of "moving meditation," tai chi calms the mind, relaxes the body and strengthens the spirit. Much of tai chi is practiced slowly and gently, ideal for people of all ages and health conditions. Classes will include qi gong (energy cultivation), along with stretching and conditioning exercises. Sifu Kathy Crowe and Sifu David Crowe are certified teachers of authentic Ch'ang style tai chi.

Berkshire Tai Chi classes now include instruction in Dragon and Tiger Qigong, a simple yet very powerful set of movements designed to cultivate and move chi through the body. It is a 1,500-year-old self-healing movement system, based on the principles of acupuncture. Qigong, or energy work, helps develop good structure, vitality, balance and coordination, while gently increasing flexibility and stretching soft tissues of the body.

**Monday 6:30-8PM**

**Friday 9:30-11AM**

**at Pulse and on Zoom**

**Ongoing**

*Contact [greatchi@berkshiretaichi.com](mailto:greatchi@berkshiretaichi.com) for information and registration.*

*Summer 2021 classes for teens and adults (NOTE: commitment to the full session is required for these classes and class passes are not applicable)*

**BROADWAY Intermediate/Advanced for ages 13+  
with Tom Masters**

This high-energy class will prepare any dancer for the bright lights of Broadway! Relying heavily on a knowledge of ballet and jazz, this class will place a high focus on musical interpretation as you learn actual Broadway choreography. Participation in an additional ballet and/or modern technique class is required for students in this class.

**Pulse Studios**

**Thursday 4-5:30pm**

**\$64 for the session**

**TAP Intermediate/Advanced for ages 12-adult  
with Tom Masters**

This class will be focusing on clean technique, speed of sound and more complex combinations of steps.

**Pulse Studios**

**Thursday 5:45-6:45pm**

**\$64 for the session**