

Community Classes for Adults and Teens

Youth Performing Arts Classes open for adult participation

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|--|--|---|---|--|---|
| 5:15-6:15 Advanced TAP Ages 13-adult | 3:45-4:30PM INTRO TO DRUMMING Ages 8-adult | 5:45-6:45 LET'S MAKE SOME NOISE Rhythm and Movement Class with a Fitness Ball January 12 - February 9 | 2-3:15PM BALLET ZEN - Adult Ballet, Core Strengthening, & Relaxation Ages 21+ | 10:00-11:00AM SHAKE YOUR SOUL Ages 16+ Starts Jan 7 | 9:30-11:00AM BALLET Adv. Beginner/Intermediate Ages 12+ |
| 6:15-7:45 CONTEMPORARY For movers of all levels Ages 14-adult | 5:00-6:00PM Intermediate TAP Ages 11-adult | 6:15-7:15PM YOGA Ages 13-adult FREE TO HOUSATONIC RESIDENTS | 5:20-7:00PM BALLET 4 ISADORA Ages 14-adult | 4:00-5:30PM BALLET 4 Ages 14+ | 11:45- 1:15 CONTEMPORARY 4 Ages 15-adult |
| | 6:00-7:30PM Intermediate BALLET Ages 12-adult | 7:15-8:30PM INTRO TO BURLESQUE EXPRESSION Ages 18-adult | 5:30-6:30PM SHAKE YOUR SOUL Ages 16+ Starts Jan 6 | 5:15- 6:30PM TIC TOK #DanceChallenge ILANA RT | 1-2:30PM ACTING YOUR SONG Ages 16-adult February 5, March 5, April 2, May 7, and June 4 |
| | 6:15--7:30PM Open level FLAMENCO Ages 18-adult | 7:30-9:00 PM MOVING LIFE STORIES Free Community Program All ages | 5:30-6:45PM MODERN Intermediate/Advanced Ages 16-adult | 5:30-7:00PM BROADWAY JAZZ 3-4 Ages 14-adult | 4:30-5:45PM CAPOEIRA Ages 12-adult |
| | | | 5:45-6:45PM INTRO TO AFRO BRAZILIAN MUSIC, Ages 11-Adult | 6:45-8PM Adult Broadway Jazz Ages 18+ | |
| | | | 7:00 - 8:00 PM SAMBA Ages 16+ | | |