

## YOUTH CLASSES

Placing students correctly is a core aspect to the Berkshire Pulse Performing Arts Program curriculum. For placement and class recommendations, we carefully consider a wide variety of factors: specific interest, physical skill, peer group, emotional maturity, years of previous study and age. Each student is placed where we believe they will have the greatest potential for fulfillment and growth.

NEW dance students age 9+ who would like to participate in the Ballet and Modern classes are encouraged to attend one class for placement prior to enrollment. Returning students are not required to take placement classes. Students who would like to try a class, or are seeking class recommendations, can email [berkshire.pulse@gmail.com](mailto:berkshire.pulse@gmail.com) for more information. Youth classes for the Fall session run September 12 to December 17, unless otherwise noted.

### JUMP START BALLET PROGRAM for ages 10-18

With Fiona Scruggs and Emily Hildebrand

This program offers students who are new or returning to Pulse the opportunity to resume training with three consecutive afternoons of classes before the Fall session begins. Previous dance experience is required.

Tuesday, Wednesday and Thursday Sept 6,7,8

4-5:30PM Advanced beginner + ages 10-12 with Fiona Scruggs

4:30-6PM Intermediate + ages 13-18 with Emily Hildebrand

Cost: \$60

### CREATIVE DANCE for ages 4-6

The joy of movement and imagination are inspired through a playful and guided approach to improvisation, shape, rhythm, balance, flow, and locomotor skills. Lively music, stories, and imagery are key elements of this class. Connections to real-world experiences are made to meet children where they are and build self-esteem in an inclusive group environment. Traditional technique is introduced for continuation in the dance forms of their choice.

Thursdays with Sara Kiesel, 3:45 - 4:15 PM

Saturdays with Erin Naylor, 9-9:45 AM

### TUMBLING for ages 5-7

With Erin Naylor

This class offers a fun and exciting introduction to tumbling and building basic skills for gymnastics for the young, active child. Students will practice balance, coordination, and strength that can support them in becoming more confident with their bodies. They will learn about major muscle groups and how to use them as well as some yoga stretching that will benefit them in dance, other sports, and play. Skills introduced and practiced

will include forward/backward tumbles, headstands, handstands, shoulder stands, backbends, cartwheels, and smart stretching for safe practice and flexibility.  
Saturdays, 10:00-11:00 AM

#### INTRO TO DANCE for ages 6-8

With Fiona Scruggs

A playful approach to traditional technique, improvisation, shape and rhythm, music and story, balance and flow, this class is an ideal introduction to dance. The pleasure of movement is inspired while preparing students for continuation in the dance form of their choice. Students must be at the first-grade level, to participate in this class.

Thursdays, 3:45-4:45 PM

#### DANCE FOUNDATIONS for ages 8-10

With Susan Quinn

Students build a basic understanding of traditional modern and ballet dance technique while learning to loosen, strengthen and explore their body's movement vocabulary. With joyful and dynamic exercises and improvisational techniques, basic principles of rhythm, movement quality, musicality, and alignment are acquired, laying a clear foundation for further interdisciplinary dance studies.

Tuesdays, 4:00-5:00 PM

#### BEGINNERS TAP for ages 7+

With Shaan Battersby

This class is an introduction to the tap fundamentals and terminology. We will focus on developing a strong foundation in tap technique - strengthening our feet and ankles, developing coordination, and building rhythmic skills. Students will work individually and together to develop interesting rhythmic patterns and choreography, all whilst having a ton of fun!

Wednesdays, 4:30-5:30 PM

#### BEGINNERS FLAMENCO for ages 9-12

With Joanne B. Jackson

In this class, beginner students will be introduced to all the basic aspects of Flamenco. Weekly classes will focus on footwork (as a percussion instrument), upper body coordination, understanding flamenco music, and compás and proper posture and breathing. With consistent attendance, students will begin to develop the muscular strength, movement skills, artistic nuance and musicality necessary for flamenco dance.

Thursdays, 4:15-5:15 PM

#### DANCES OF AFRICA for ages 9-12

With Kim Waterman

This high-energy class introduces students to the foundation principles of Modern/Jazz technique through the study of African rooted rhythms and dances. Students will study isolations, range in movement quality, elementary jazz form, and rhythmic footwork. They will learn to identify beat and pulse in music and in their own bodies. Traditional dances provide a rich forum for both technical and creative expression in individual and group process.

Tuesdays, 3:45-5 PM, with live music by Rick Shrum from 4:30-5:00 PM

#### BEGINNERS DRUMMING for ages 8-adult

With Rick Shrum

This rhythm and 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.

Mondays, 3:45-4:30 PM

#### INTERMEDIATE DRUMMING for ages 10-adult

With Rick Shrum

The intermediate drumming class will build on the foundations laid in the beginners class with more complex rhythms to explore and more emphasis on improvisation. We will continue to work with traditional west African rhythms using djembe, dun dun, and various other percussion instruments. Students will learn how to read the written versions of the rhythms as well. The class is open to children and adults and instruments will be provided.

Tuesdays, 3:45-4:30 PM

#### FUNK BOX BREAKING, Level 1 for ages 10+

With Andres Ramirez

Introduction to breaking, learn basic foundational moves with some fun games that help develop both strength and musicality.

\*Special Guest workshops in Hip Hop and Street Styles on 10/28,11/18, 12/9 from 4-6pm will take the place of regular class those days.\*

Fridays, 4:00-5:00 PM

#### FUNK BOX BREAKING, Level 2 for ages 10+

With Andres Ramirez

Move progression, working and increasing foundational moves for a more complete dance. Kids will start learning how to freestyle in and out of moves. Kids will also learn a variety of footwork types. Students will learn cypher etiquette.

\*Special Guest workshops in Hip Hop and Street Styles on 10/28, 11/18, 12/9 from 4-6pm will take the place of regular class those days, participation is required.\*

Fridays, 5:00-6:00 PM

### COMMUNITY BOXING GYM at the HOUSIE DOME for 8th graders to adults

With Genève Berkshire Boxing

This program provides a welcoming and supportive class for all levels of experience and fitness. This fun class focuses on improving fitness and learning all the elements of boxing training; practicing punch combos, footwork, throwing a great uppercut on the heavy bag, learning jump-rope tricks, mitt work with trainers, partner work, and conditioning. Mastering a physical skill does wonders for self-worth and confidence, not to mention health and fitness! Boxing is the perfect modality for the developing bodies of young athletes as well as adults from all backgrounds.

Light contact sparring is optional and with parental and coach permission only. Typically, it takes at least 6 months of non-contact training before a person is ready for this step. Sparring is not a part of the regular class routine.

Boxing bags (heavy and speed), jump-ropes, gloves, and all other training equipment will be provided. Students will need to buy their own hand wraps from us for \$5 or \$10. Students will also need to wear appropriate workout clothes, sneakers, and to bring their own water.

October 3 - December 14

Mondays and Fridays, 4-6pm

FREE for Housatonic and Great Barrington Youth

16 Spots Available

Everyone must apply, priority registration given to Housatonic and GB Youth

### DANCE FOR BOYS for ages 10-14

With Tom Masters

Here's a chance to jump, turn and soar! This class introduces boys, and male identifying persons, to the athletic and artistic skills required in dance training. The class includes elementary classical dance technique, improvisation and dance making. Rhythm, movement quality, musicality, and healthy alignment are developed while offering students the opportunity to explore their own strengths and abilities through a diverse dance practice. An inspiring foundation for further study in all dance forms, sports and life!

Thursdays, 3:45-5:00 PM

### BEGINNERS BALLET for ages 8-10

With Fiona Scruggs

The foundations of ballet class, technique, alignment, vocabulary, and rhythm are introduced. Students will learn introductory skills of using the ballet barre. Center and traveling classwork draw on character (theatrical folk dance) rhythms and traditional ballet technique progressions. Creativity and experiencing music through movement are

emphasized.  
Saturdays, 9–10 AM

#### BALLET 1 for ages 9-12

With Fiona Scruggs

Ballet fundamentals and skills are introduced through the use of the barre and mirror as training tools. Short ballet movement phrases are inspired by character (theatrical folk) dance and classical ballet technique to further develop musicality and vocabulary.

Group awareness, positive body image, and the joy of artistic expression and storytelling are emphasized.

Requirements: Participation in two classes per week is required at this level.

Additional class options include: Beginners Flamenco, Dances of Africa, Modern 1, Funk Box Breaking, Beginners Tap

Saturdays, 10:10-11:25 AM

#### MODERN 1 for ages 9-12

With Bettina Montano

Students build upon the fundamentals of dance technique through the study of traditional modern dance principles. Through center practice, basic phrase work, dynamic traveling sequences, improvisation and dance making, students will establish a strong sense of alignment, rhythmic and musical versatility and freedom of expression through movement.

Requirements: Participation in two classes per week is required at this level.

Additional class options include: Beginners Flamenco, Dances of Africa, Modern 1, Funk Box Breaking, Beginners Tap

Wednesdays, 4-5:15 PM

#### MODERN 2 for ages 11+

With Gillian Ebersole

The Modern 2 class draws on a variety of Modern techniques and vocabulary, while also integrating improvisation, chance, dance making, and artistry. Students continue to focus on alignment, balance, fall and recovery, as well as strengthening and releasing. This class emphasizes a conscientious and supportive group experience in a safe and caring environment, while encouraging dancers to take risks and try new movement.

Requirements: Participation in 2 classes per week is required for Modern 2 (3 classes are recommended.) Additional classes include: Dances of Africa, Jazz 2-3, Flamenco or Funk Box Breaking.

Mondays, 4-5:30 PM.

#### BALLET 2 for ages 10+

This class is for dancers with previous ballet training including a solid understanding of basic ballet vocabulary. We will build on that vocabulary and refine alignment through core strengthening warmups and dynamic barre work that directly relates to center ballet exercises. Level 2 ballet technique is learned with an emphasis on whole body movement, breathing, musicality, strengthening and stretching – all while cultivating a healthy body image and mental focus. Students may learn a ballet variation by the end of the semester. Pre-pointe work foot strengthening exercises are taught that are beneficial for all students, whether interested in progressing to pointe or choosing to remain in soft ballet slippers. Split sole, canvas ballet slippers are required. Hair shall be in a bun or high ponytail (if applicable) so the alignment of the student's neck is visible. Please see Pulse's dress code for more specifics.

Requirements: Participation in two ballet classes a week and either modern, Jazz 2/3, Beginners Flamenco, Dances of Africa or Funk Box breaking class is required for these students.

With Fiona Scruggs on Tuesdays, 4-5:30 PM

With Emily Hildebrand and combined with Ballet 3 on Fridays, 4-5:30 PM

JAZZ 2-3 for ages 11+

With Tom Masters

Straight from Broadway, this class focuses on integrating technique into the performance of more advanced jazz dance steps. Isolations, technique, specificity and rhythm lay the groundwork for this jazz class. This class comes down to performance and execution. Students will be expected to dance various styles of jazz, from Broadway to Pop to make the dancer competitive in today's contemporary market. Dancers should come to class with clean pirouettes, ideally at least a double.

Requirements: one additional class a week in either modern, ballet, Flamenco, Dances of Africa, or FunkBox breaking.

Thursdays, 5:30-7:00 PM

MODERN 3 for ages 13+

With Bettina Montano and Shannon Nulf

This class is centered on the principles and techniques of modern dance. Particular emphasis is placed on alignment and freedom of the body, as well as grounding and continuous movement.

Participants will learn the fundamentals of Limón, Cunningham, and Graham technique, and how these dance languages are relevant in contemporary dance. The class will progress through a series of set exercises and build upon phrase material informed by modern modalities.

Requirements: A minimum of three other classes are required for participants in this class. These can include modern, ballet, flamenco, jazz, Funk Box breaking, Int/Adv Tap, Musical Theater for Teens 1, or YCW etc.

Modern 3 students are encouraged to participate in the Young Choreographers Workshop which immediately follows this class on Wednesdays.  
Mondays, 4-5:40 PM

BALLET 3 for ages 12+  
With Emily Hildebrand

Students continue to lay a strong foundation for further development of technical and artistic skills including more challenging rhythmic variations and longer phrases and additional classical ballet vocabulary.

Requirements: Two additional ballet classes, Ballet 2/3 and Saturday Community Ballet as well as one modern or jazz technique class per week are required for participation in ballet 3.

Wednesdays, 4:00-5:30 PM and Fridays, 4:00-5:30 PM

YOUNG CHOREOGRAPHERS WORKSHOP for ages 13+  
With Susan Quinn  
Open level

This class offers dancers an opportunity to expand their own movement vocabulary while deepening their skills in spatial design, dynamics, rhythm and form. We will hone improvisational and collaborative skills by crafting dance into solo and group forms while at the same time uncovering how movement and space are both personal and political.

Requirements: One additional technique class is required to participate in this class. Participation in either Modern 2 and Modern 3 class is required for YCW students.

Mondays, 5:45-7:00 PM

YOUNG CHOREOGRAPHERS INITIATIVE FOR AGES 16+  
With Susan Quinn

This class is designed for young choreographers committed to transforming themselves and their world through the craft of dance-making while also expanding their dynamic range as performers. Artists will collaborate on a group piece for the end-of-year performance based on their discovery of what matters to them as a community. Get ready to connect, have fun, and create a dance that makes a difference! (This class is required for Senior YCI artists).

Requirements: Open to those who have completed 1 year of the Young Choreographers Workshop or by invitation. Students must commit to attending the session for the entire year and can look forward to creating work in collaboration with their peers. Since participation and partnership is an important part of this class, young artists may not miss more than 2 classes a semester. YCI participants can anticipate developing their leadership and showing initiative, which will require homework and rehearsal outside of regular class time. They will also be counted on to communicate with the director and their peers to fulfill their planning. **We will discuss all expectations in a mandatory family meeting during the first 30 minutes of the**

**first class of the session, September 13 5:45-6:15pm. Parents and guardians please attend.**

Tuesdays, 5:45-7:15 PM

CONTEMPORARY 4 for ages 14 to adult

With Isadora Wolfe

This class will explore the elements of alignment, weight, momentum and movement through space. Using a set and detailed warm up as a canvas, Isadora incorporates various modern modalities she was trained in, ranging from Cunningham, release technique, Pilates, yoga, floor work and hip hop. Students hone their tools of performance and process, emphasizing technical and artistic practices to challenge themselves as artists and self-assured dancers fully committed to individual growth.

Tuesdays, 4:00-5:30 PM

BALLET 4 for ages 14 to adult

With Emily Hildebrand

Building on the foundations of technique developed in Levels 1 -3, these classes introduce more advanced ballet vocabulary, develop artistic and musical phrasing, and hone the functional alignment principles necessary for a healthy and full movement experience. Classes build stamina and endurance, deepen each dancer's knowledge of their individual habits and strengths, and further refine qualitative expression, to give the dancer more options within their body and challenge them towards growth.

Requirements: Level 4 dancers are required to participate in a minimum of five classes per week. Two ballet 4 classes per week, the Thursday Community Ballet class, Artistry and Variations, and Contemporary 4.

Wednesdays, 5:45-7:15pm and Saturdays, 11:30-1:00 PM

ARTISTRY AND VARIATIONS - INTERMED / ADV for ages 14 to adult

With Emily Hildebrand

This class will offer the opportunity for students at level 3 and 4 to apply their ballet technique to classic and contemporary works from the ballet canon. This experience will provide dancers with the ability to learn the history (herstory!) of ballet through works that signify its technical and artistic evolution.

Requirements: Participants are required to attend ballet technique before class, Ballet 4 students are required to take Ballet 4.

Saturdays, 1:15-2:15 PM

GENERAL POINTE REQUIREMENTS:

Pointe work is extremely challenging and demands a high level of commitment in order to fine tune alignment, build strength, and develop coordination. Appropriate physical



and emotional maturity are required in order to begin and engage in Pointe work, which generally does not occur before the age of 12. At least two years of prior Ballet training are a necessary preparation. Pointe work is available to Intermediate and Advanced level Ballet students by invitation.

Participation in Pointe class en pointe requires consistent attendance in all technique classes throughout the week. For injury prevention, students who are absent from technique classes may be asked to participate in make up classes if available, or to take Pointe class in ballet slippers until all classes have again been attended.

PRE-POINTE for ages 11+, by invitation

With Emily Hildebrand

Students in beginning pointe will discover the critical sense of balance and alignment that it takes to stabilize over the platform of pointe shoes. They will further develop their dance training, engaging more strength while employing a new coordination. Students will continue to employ resistance band exercises they learned in their pre-pointe work, as well as exercises at the barre, both in their slippers, and in pointe shoes, as they endeavor to develop the articulation and strength required in their feet and ankles. This slow process builds the pointe foundation for graduating from two hands on the ballet barre, to one hand, to the freedom of center work. Schedule of required classes for beginning Pointe students is determined based on the individual needs of each student and group with whom they are participating.

Requirements: A minimum of 5 classes a week is required. Beginning pointe students do not perform en pointe in the first year. Pointe work is a traditional extension of ballet technique, but not a requirement of the advanced level ballet student. Three ballet classes, in addition to a choice of modern or jazz class are required for students training en pointe.

Fridays, 5:40-6:20 PM

BROADWAY JAZZ 3-4 for ages 14+

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.

Requirements: Participation in an additional ballet and/or modern technique class is required for students in this class.

\*Special Guest workshops in Hip Hop and Street Styles on 9/30, 10/28 and 11/18 from 4-6pm will take the place of regular class those days, participation is required.\*

Fridays, 4:00-5:30 PM

TAP - ADV BEG / INTERMED for ages 10 to adult

With Shaan Battersby

This class will build on basic tap technique to provide students with a wider repertoire of steps to draw in as they continue their tap journey. We will continue to strengthen our feet and ankles, working to speed up our footwork as we explore the dynamic sounds we can make with our feet.  
Mondays, 5:15-6:15 PM

#### TAP - INTERMEDIATE / ADVANCED for ages 12 to adult

With Tom Masters

Get out your tap shoes, Francis! This class will focus on clean technique, rhythm, precision and performance. With a Broadway lens, our repertoire this session will focus on Susan Stroman, Casey Nicholaw, Gower Champion, and Kathleen Marshall. In addition to the precise execution of steps, we will focus on performance and execution.

\*Special Guest workshops in Hip Hop and Street Styles on 9/30, 10/28 and 11/18 from 4-6pm will take the place of regular class those days, participation is required.\*

Fridays, 6:00-7:00 PM

#### THE ART OF RAP for ages 10+

With Jackson Whalan

This class will cover the art of MCing, one of the five elements of Hip Hop. Examples of rap and the origins of Hip Hop culture and music will be introduced and discussed. Students will learn how to rap and explore techniques such as counting bars/beats, writing verses, freestyling "off-the-top" and collaborating. Time will be spent with fun, immersive, exercises that will build a foundation for students to take and build upon beyond the class. Students who feel called will be invited to share their work by performing at the Celebration Jam on Friday, July 15th.

Mondays, 4:45-5:45 PM

#### MUSICAL THEATER FOR TEENS 1 for ages 12-18

With Wendy Welch

Learning to use the body and voice for healthy acting and singing. Each student will work on at least one solo song, and a group number, with a performance showcase at the end of the session.

Thursdays, 4:00-5:00 PM

#### ROCK BAND CAMP for ages 11+

With Jeffrey Howard

Have you ever dreamed of playing in a band? This year, turn your rockstar dreams into a reality, with Jam Camp at Berkshire PULSE. Whether you are a newbie or an experienced jammer, we are looking for inspired drummers, bassists, guitarists, keyboardists and vocalists with a team spirit. Over the course of our program, we will develop a repertoire of student selected songs to perform for friends and family. Learn how to play new tunes, communicate with your bandmates, and level up your playing skills!

Fridays, 5:00-6:00 PM

### THERAPEUTIC MOVEMENT EDUCATION CLASSES FOR THE SPECIAL CHILD ages 6-9

With Sara Kiesel

Sara is a gifted therapeutic teacher with an empathetic and perceptive ability to meet the child where he/she is. She brings her knowledge of the special child's developmental, social and emotional needs to guide the child to expand their attention and focus as they explore movement ideas in space.

With deep respect for the journey of the child whose perceptions and abilities are undeveloped and getting in their way, Sara offers individual and small group classes that develop skills in communication, behavioral skills management, and social/emotional interactions. This work supports the development of muscle strength, trunk stability, balance, breath and impulse control.

Classes will explore body parts, spatial relationships, and basic dance elements relating to time, rhythm, flow and breath. We will develop skills in listening and concentration while exploring imagery and simple dancemaking.

Sara is a seasoned educator specializing in dance and movement for the Special Needs student. She has worked as a teacher and Arts administrator, workshop leader and teacher trainer. Her background in dance, movement therapy, creative arts, yoga and mindfulness has given her a breath of experience while working with hundreds of children, families and teaching professionals.

Thursdays, 5:15-6:00 PM

## COMMUNITY CLASSES

Community classes for the fall session run September 13 – December 17, unless otherwise noted.

Community class rates for the Spring Session:

10 for \$170 Class Pass

20 for \$300 Class Pass

## COMMUNITY JAZZ for ages 13+

Shaan Battersby

Community jazz will expose the dancer to a range of jazz styles as we explore our bodies and the relationship between sound and movement. We will work on strength and conditioning, flexibility, and technical skills, pulling everything together as we learn a variety of choreography. Classwork can be modified and adapted to accommodate all dancers.

\*African Dance workshops by Nkoula Badila will take the place of this class on October 5, November 9, and December 7. All levels welcome!\*

Wednesdays 5:45-7:15pm

## LATIN DANCE SHINES at Simon's Rock for ages 16+

With Luana Dias David

*This course is offered through Pulse at the Bard College of Simon's Rock, located at 84 Alford Road, Great Barrington, MA 01230. Simon's Rock students should enroll through the college and Berkshire Pulse students register here.*

Upon completion of this course, students will be able to identify rhythms, learn and develop movement from Salsa and Samba steps, and progress into a choreography true to the original rhythm. Areas covered include:

SALSA - rhythm history and development, styles, dance musicality, body and facial expression, basic steps, combined sequences and choreography.

SAMBA - rhythm history and development, styles, connection between instruments and body movements, dance musicality, basic steps, combined sequences and choreography.

October 24 - December 16

Tuesdays and Thursdays 4:15-5:40 PM

## VITAMIN D for ages 14+

With Jessica Mahaney

September 16 - December 16

Fridays 9-10 AM

## SHAKE YOUR SOUL® for ages 18+

With Madeline Despres-Chen

Shake Your Soul® is a movement practice that relaxes the nervous system, energizes the body, and awakens the soul through a fluid dance repertoire set to music from around the world. All levels welcome! If you love to move but don't consider yourself a dancer, this class is for you. If

you do consider yourself a dancer and would like to connect with your body on a deeper level or try something new, this class is for you too!

Class typically begins with a Qi Gong warm up and/or somatic stretching, and then Madeline leads participants through movements that relate to the fluids in the body. The final portion of the class includes creative exercises that allow for individual expression, solo exploration, and moving in pairs or with the group. This class is about feeling and embodying, *not* about how you or your movement looks. Participants are encouraged to adjust any movement that Madeline offers according to their own needs and level of comfort.

Thursdays 5:30-6:45 PM

COMMUNITY BALLET, ADVANCED BEGINNER/INTERMEDIATE for ages 12+

With Shannon Nulf

Start your Saturday with a ballet class built to awaken the body and mind, develop strength and active flexibility, and foster community amongst dancers. Celebrating musicality, flow, and the value of individual style and progress, we will work each class to build muscularity, artistry, and endurance. Class begins with a body scan and self check-in and continues with a robust series of barre exercises designed to suit advanced-beginner students as well as challenge experienced dancers, utilizing appropriate alternative movement options. Then, we move into center with core exercises, adagio, pirouettes, traveling, and jumps. Class concludes with a reverential cool-down. Alternatives and progressions will be offered throughout class, and dancers are empowered to make choices that benefit themselves and where they are at that specific day. For advanced-beginner to intermediate dancers ages 12+.

This class is a requirement for PAP Level 3 Ballet students.

Saturdays 9:00-10:30 AM

MODERN, OPEN LEVEL BEGINNER+ for ages 16-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.

Tuesdays, 9-10:20 AM

COMMUNITY CONTEMPORARY - ADVANCED BEGINNERS/ INTERMEDIATE ages 14 to adult

With Gillian Ebersole and Shannon Nulf

Saturdays, 1-2:30pm

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. FREE to Housatonic Residents!  
Wednesdays, 6:00 – 7:00 PM

#### BEGINNERS FLAMENCO for ages 14+

With Joanne B. Jackson

This class will focus on exercises for Flamenco footwork, body posture, movement and coordination. Exercises will then be incorporated into short segments of choreography, taking the student beyond the steps and into the experience of individual style and expression. Joanne's classes increase self-confidence and emphasize individuality, supporting the student in expression of personal character and emotion. This class is best suited for students with basic knowledge of flamenco.

Tuesdays, 5:45–6:45PM

#### 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.

Mondays, 6:30-8PM

Fridays, 9:30-11AM

at Pulse and on Zoom

Ongoing

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

#### SCOTTISH COUNTRY DANCE (Rental)

With Ted Randolph

Email [tedfr4@gmail.com](mailto:tedfr4@gmail.com) for more information.

Thursdays, 7:00-9:00 PM

### TAEKWONDO (Rental)

With Grand Master Thomas Brown

Email [maibtaekwondo.com](mailto:maibtaekwondo.com) for more information

Or call (413) 528- 9560

Mondays, 6:00 -7:00 PM

Wednesdays, 7:15-8:15 PM

Saturdays, 11:30-1:30 PM

### ZUMBA for ages 14 to adult

With Luana Dias David

Perfect For Everybody and every body! Each Zumba®class is designed to bring people together to sweat. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Benefits: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Mondays, 8:00-9:00 AM

### MUSICAL THEATER FOR ADULTS 1 for ages 18+

With Wendy Welch

Love to Sing! Explore the fun and freedom of singing through a healthy vocal technique, breath and connection to the material. All song styles and all levels are welcome.

Wednesdays, 4-5 PM

### COMMUNITY BALLET - BEGINNERS for ages 13 to adult

With Fiona Scruggs

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.

Tuesdays, 5:40-7:00 PM

### BEGINNERS TAP for ages 18+

With Molly Welch

Have you always wanted to tap, but never got the chance? In tap you get to be the musician and the dancer. This class is a perfect start to your tapping journey. Our beginners adult tap class will start with the basics of classic tap and help you find and feel the rhythm, and have FUN!

Tuesdays, 7:00-8:00 PM

THURSDAY COMMUNITY BALLET for ages 14-adult

With Alex Bloomstein

September 15 - December 15

Thursdays, 6:00-8:00 PM

\*REQUIRED for Level 4 Ballet students\*

EAST COAST SWING - BEGINNERS for ages 16+

With Alex Bloomstein

This class is designed for people who have never taken a partnering ballroom class before. The class will introduce the participants to ballroom partnering and basic East Coast Swing steps. The goal is to give the participants the confidence to step out onto a dance floor with a partner, relax, and have fun dancing. Full six week participation is required. Students should sign up with a partner. Open level, for students age 16+.

Payment for two people for the full session – \$240 – is due with registration.

Please enter BOTH participants' names at check out.

September 16 - October 21

Fridays, 6:30-7:30 PM

MONTHLY WORKSHOPS IN HIP HOP AND STREET STYLES - OPEN LEVEL for ages 14+

With Special Guest Artists

October 28 - Hip Hop with DaShawn Davis

November 18 - Groove and Chicago Footwork with Kelli Forman

December 9 - Hip Hop with DaShawn Davis

Fridays, 4:00-6:00 PM

MONTHLY WORKSHOPS IN AFRICAN DANCE - OPEN LEVEL for ages 13+

With Nkoula Badila

During our class sessions we will be learning different Traditional dances of Ancestral Africa, accompanied by live percussion. These movements will be celebratory of the celebration of life.

The students will learn Dances of cultivation, rights of passage, cleansing, dance of warriors, and welcoming in royalty. We will weave in the lessons of the day and share reflections from what we learned to support a wholesome experience of the class.

Wednesdays, October 5, November 9, and December 7 from 5:45-7:15PM