

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 for more information. Youth classes level 2+ run January 9 - May 27 while levels 1 and under run January 16 - May 27, unless otherwise noted.

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.

January 19 - May 25

Thursdays with Sara Kiesel, 3:45 - 4:30 PM

\$340 for the full session

January 21 - May 27

Saturdays with Erin Naylor, 9-9:45 AM

\$340 for the full session

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 tumblers, headstands, handstands, shoulder stands, backbends, cartwheels, and smart stretching for safe practice and flexibility.

January 21 - May 27

Saturdays, 10:00-11:00 AM

\$340 for the full session

INTRO TO DANCE for ages 6-8

With Shannon Nulf

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.

January 19 - May 25

Thursdays, 3:45-4:45 PM

\$340 for the full session

BEGINNERS TAP for ages 7+

With Teak Welch

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!

February 1 - May 24

Wednesdays, 4:00-4:45 PM

\$300 for the full session

BEGINNERS FLAMENCO for ages 7-12

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.

January 19 - May 25

Thursdays, 4:30-5:30 PM

\$340 for the full session

DANCES OF AFRICA for ages 6-10

With Nkoula Badila and Angel Lau

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.

February 7 - May 23

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

\$280 for the full session

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.

January 23 - May 22

Mondays, 3:45-4:30 PM

\$320 for the full session

BEGINNER FUNK BOX BREAKING, for ages 10+

With Andres Ramirez

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

We recommend students take the January Hip Hop Series with Dashawn Davis

February 3 - May 26

Fridays, 4:00-5:00 PM

\$280 for the full session

INTERMEDIATE FUNK BOX BREAKING, 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.

We recommend students take the January Hip Hop Series with Dashawn Davis

February 3 - May 26

Fridays, 5:00-6:00 PM

\$280 for the full session

JANUARY SERIES: HIP HOP for ages 10-15

With Dashawn Davis

Beginner Hip Hop with Dashawn consists of basic hip hop foundational grooves and repeated movement, allowing the student to work on gaining a clear understanding of the body.

January 6 - 27

Fridays 4-5pm

\$80 for the full series

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

With Genève Brossard / 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.

FREE for Housatonic and Great Barrington Youth

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

DANCE FOR BOYS for ages 10-14

With Tom Masters and Gillian Ebersole

Here's a chance to jump, turn, and soar! This class introduces boys, anyone who identifies as a boy, and nonbinary students 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. Dance for Boys provides an inspiring foundation for further study in all dance forms, theater, sports, and life!

January 19 - May 25

Thursdays, 3:45-5:00 PM

\$340 for the full session

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.

January 21 - May 27

Saturdays, 9-10 AM

\$340 for the full session

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, Dance for Boys.

January 21 - May 27

Saturdays, 10:10-11:25 AM

\$340 for the full session

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, Ballet 1, Funk Box Breaking, Beginners Tap, Dance for Boys.

January 18 - May 24

Wednesdays, 4-5:15 PM

\$340 for the full session

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 movements.

January 9 - May 22

Mondays, 4pm-5:30pm

\$340 for the full session

Requirements: Participation in 2 classes per week is required for level 2 dancers, 3 classes are recommended. Additional classes include: Dances of Africa, Jazz 2-3, Flamenco, Dance for Boys, Ballet (Ballet 2-3, or Ballet 1, depending on level and commitment), or Funk Box Breaking.

January Guest Series for Modern 2 & 3 Classes

African Dance with Nkoula Badila

We will work on getting in touch with our own rhythm, and finding a strong foundation in the relationship between the drum and the dance. We will work on unity, coming together to dance as a team, we will highlight grace in our arms and strength in our legs and feet, we will also work on building our stamina and energy, overall a high energy class with moments of cooling down reflection~ the goal is to feel free in your body while acknowledging the whole of the group.

January 9 - January 30

Mondays, 4-5:30 PM

BALLET 2-3 for ages 10+

With Fiona Scruggs

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. Students must take both the Tuesday and Friday Ballet 2/3 classes to participate.

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.

January 10 - May 26

Tuesdays, 4-5:30 PM

Fridays, 4-5:30 PM

\$700 for the full session

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.
January 12 - May 25
Thursdays, 5:30-7:00 PM
\$360 for the full session

MODERN 3 for ages 13+

With Bettina Montano and Shannon Nulf

In this class students will broaden their dance vocabulary with new and increasingly difficult technical and artistic work. Students will continue their development of strength, stamina, flexibility, alignment and musicality. Topics frequently emphasized will be conscious use of breath, alignment, clarity of movement, rhythmic versatility, employment of musicality and creative expression. A conscientious group experience is an essential component to the individual and group goals of this class. Students invited into Level 3 Modern practice have an understanding of studio etiquette, the ability to accept corrections, and have a basic knowledge of modern floor and center work principles. These students have completed a minimum of one full year of Modern 2. For Spring session, a significant component of this class will be to build a piece for performance. Consistent attendance is a must!

****January Guest Series for Modern 2 & 3 classes****

African Dance with Nkoula Badila - 4-5:30pm

We will work on getting in touch with our own rhythm, and finding a strong foundation in the relationship between the drum and the dance. We will work on unity, coming together to dance as a team, we will highlight grace in our arms and strength in our legs and feet, we will also work on building our stamina and energy, overall a high energy class with moments of cooling down reflection~ the goal is to feel free in your body while acknowledging the whole of the group.

Requirements: A minimum of three other classes are required for participants in this class. These can include modern, ballet, flamenco, jazz, Funk Box breaking (beginner or intermediate), Int/Adv Tap, 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

January 9 - May 22

\$340 for the full session

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.

January 9 - May 22

Mondays, 5:45-7:00 PM

\$340 for the full session

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 class of the session.

January 10 - May 23

Tuesdays, 5:45-7:15 PM

\$360 for the full session

CONTEMPORARY 4 for ages 14 to adult

With Sayer Mansfield and Joe Poulson

Highly physical and dynamic, this class invites dancers into an exploration of contemporary forms. Drawing from a decade of dancing with Pilobolus Dance Theater and Compagnie Marie Chouinard, Sayer's approach to contemporary movement treats the body as a three dimensional, highly integrated source of power and virtuosity. Class will be structured to include an exploration of improvisation, technical phrase work and partnering techniques. Students will develop skills and comfortability moving on the floor, on their hands, upside down, in the air and with each other. This class will invite dancers to dive into a deep exploration of physical and artistic embodiment, honing technical and performance practices and self expression. For Spring session, a significant component of this class will be to build a piece for performance. Consistent attendance is a must!

January Guest Series w/ Joe Poulson

This series is interested in movement articulation and phrase work. We will begin class investigating our understanding of articulation and phrasing via simple/approachable improvised explorations. We'll continue with a set warmup sequence that will accumulate over the series. Class will develop each day based on what is happening in the room.

Requirements: Level 4 students are expected to take at least 5 classes a week, with at least one ballet technique class. Class options include flamenco, YCI, Broadway jazz, tap, ballet, FunkBox breaking, and supplementing community classes.

January 3 - May 23

Tuesdays, 4:00-5:30 PM

\$380 for the full session

BALLET 4/VARIATIONS for ages 14 to adult

With Alex Bloomstein

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. **For Spring session, a significant component of this class will be to prepare a piece for performance. Consistent attendance is a must!**

Requirements: Level 4 students are expected to take at least 5 classes a week. Ballet 4 students will need to take ballet 3 times a week with Ballet 4 on Wednesday, Thursday Intermediate Community Ballet, and Saturday Community Ballet.

The last portion of this class will be dedicated to Artistry and Variations, giving students an opportunity to apply 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.

January 11 - May 24

Wednesdays, 5:30-7:30pm

\$360 for the full session

PRE-POINTE for ages 11+, by invitation

With Fiona Scruggs

This class is for Level 2-4 students interested in pursuing Pointework. Pre-Pointe and Beginners Pointe curriculum includes barre and center work which targets building and maintaining strength and stability in the ankles and feet. More accurate alignment is also emphasized as well as expressive legwork and foot articulation. Additionally, focus will be placed on maintaining turnout and core strength. Thera-band exercises specific to developing metatarsal strength will support Pointe preparation. This is a preparatory class for Pointe. Class is taken in Ballet slippers.

Requirements: Students are required to take 2 additional ballet technique classes a week.

January 13 - May 26

Fridays, 5:40-6:20 PM

\$340 for the full session

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.

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. For the Spring session, a significant component of this class will be to build a piece for performance. Consistent attendance is a must!

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

January 13 - May 26

Fridays, 5:00-6:30 PM

\$340 for the full session

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.

January 9 - May 22

Mondays, 5:25-6:25 PM

\$340 for the full session

MUSICAL THEATER FOR TEENS for ages 12-14

With Wendy Welch

Learning to use the body and voice for healthy acting, improvisation, 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. This is a continuation of the Fall semester class for those who have advanced to the Spring class.

January 12 - May 25

Thursday 4:00-5:00

\$360 for the full session

COMMUNITY CLASSES

Community classes for the fall session run September 13 – January 15, unless otherwise noted.

Community class rates for the Spring Session:

10 for \$170 Class Pass

20 for \$300 Class Pass

JANUARY SERIES: DUNHAM TECHNIQUE WORKSHOP for ages 12+

Saroya Corbett, Bolin Fellow of Dance, will share again her expertise in Dunham Technique, an Afro-Modern dance technique. As a certified instructor in and a life-long practitioner of Dunham Technique, Saroya will discuss the dance technique as a holistic practice and the work of Katherine Dunham, the technique's creator. After the discussion, participants will experience a Dunham Technique movement class which will combine the theories and philosophies of the technique into physical practice.

Saturday, January 7

9:30-11:30 AM

\$20 per class, or pay with class passes

JANUARY SERIES: HIP HOP for ages 14+

With Dashawn Davis

Intermediate/ Advanced Class with Dashawn involves Different foundational styles that'll experiment with levels, grooves and performance. This class will allow you to understand the body as well as explore small and big movements within the combination.

January 6 - 27

Fridays 5:30-6:45 PM

JANUARY SERIES: AFRICAN DANCE for ages 12+ (Open to adults)

with Nkoula Badila

We will work on getting in touch with our own rhythm, and finding a strong foundation in the relationship between the drum and the dance. We will work on unity, coming together to dance as a team, we will highlight grace in our arms and strength in our legs and feet, we will also work on building our stamina and energy, overall a high energy class with moments of cooling down reflection~ the goal is to feel free in your body while acknowledging the whole of the group.

Must commit to all three workshops

January 9 - January 30

Mondays, 4-5:30 PM

JANUARY SERIES: CONTEMPORARY for ages 14+

With Joe Poulson

This series is interested in movement articulation and phrase work. We will begin class investigating our understanding of articulation and phrasing via simple/approachable improvised explorations. We'll continue with a set warmup sequence that will accumulate over the series. Class will develop each day based on what is happening in the room.

Must commit to the whole 4-weeks

January 3 - January 24

Tuesdays, 4:00-5:30 PM

\$80 for the full series or pay with class passes

JAZZ'N WITH JONES' for ages 13+

With Holly Jones

Jazz'n with Jones' is a high energy, feel good class that draws inspiration from many styles and techniques. The 90min. class includes elements of improvisation, contemporary, lyrical, musical theatre, and modern jazz dance. This class will investigate stylization and technique with a sense of humor and curiosity. Class begins with rooting down through breath work and finding a gentle groove. Next we reach, release, contract, and stretch. A simple plie (bend) and tendu (stretch) combo is followed by a juicy adagio with big plies and extensions of the legs. We get the heart rate up by doing a "pre-sweat" cardio dance of 80's aerobics moves, core work, isolations of each body part, and a brain dance of arm exercises. Across the floor sequences are followed by a fun movement phrase and cool down all together. All are welcome to participate and share in the Joy of Jazz. Let's dance!

Begins January 11

Wednesdays 5:45-7:15 PM

TSIFTITELI AND RAQS SHARQI, open level for ages 12+

With Myrto Daskaloudi

In this class series, students will learn several styles of what is commonly referred to as 'belly dance'. Students will learn the names of these regional dances of the Eastern Mediterranean Basin, as well as terminology of movements, identification of rhythms and traditional instruments. These dances are rooted in community, celebration, expression, history and culture! We will have discussions during cool-downs to understand the history of the dances as well as reflect on feelings and sensations which arose during class. The special emphasis on the hips, belly and spine bring immense healing to the body and soul! Students who stay in the session through the end of Spring may participate in a Student Showcase.

Begins January 21

Saturdays 2:00-3:15 PM

BEGINNER EAST COAST SWING for ages 16+

With Alex Bloomstein

This class is designed for people who have never taken a social dance class before. The class will introduce the participants to some fundamental East Coast Swing steps, and basic social dance partnering. The goal is to give participants the confidence to step out onto a dance floor, relax, and have fun dancing. Full six week "payment commitment" is required. Students should sign up with a partner, but contact the studio if you do not have a partner, and we may have a partner for you.

Please enter BOTH participants' names at check out.

Jan 3 - Feb 14 (no class 1/10)

Tuesdays, 7:30-8:30 PM

\$240 for the full series for two partners

INTERMEDIATE SWING for ages 16+

With Brianne Szymanski

Intermediate Swing builds on the partnered basics of Beginner East Coast Swing with a particular emphasis on rhythm, artistry, and jazz dance history. We'll explore more complex movement patterns that establish the foundations of Lindy Hop as a social, vernacular jazz dance. The goal is to boost your confidence to hit the dance floor and have fun, while celebrating the music, movement, and spirit of the Harlem Renaissance and Swing Era! Students will benefit from having taken Beginner East Coast Swing. Beginners that are okay with a challenge are welcome to jump into this class. No partner required.

Begins January 11

Wednesdays 7:30-8:30 PM

COMMUNITY CONTEMPORARY (Monday) for ages 14+

With Sayer Mansfield

A movement class designed for all bodies and movers. This class is playful and highly physical. Together we will access pockets of possibility in our moving bodies and discover the incredible propensity for individual creativity and expression. Through guided improvisation this class will bring you into the pure pleasure of movement and invoke imagination to explore a deeper physical embodiment. Come for good music, good sweat and really feel good moves.

**this class truly is for all bodies, if you are not a dancer please don't shy away - all that is needed is an open mind and curious body!*

Begins January 9

Mondays 7:00-8:15 PM

REWRITING RELATIONSHIPS WITH OUR FEMALE BODY for ages 18+

With Erica Rodas

Every Second Monday of the Month: Jan 9, Feb 13, Mar 13, Apr 10, May 8, and June 12
7:15-8:15 PM

\$25 per workshop

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.

Begins January 6

Thursdays 5:30-6:45 PM

Fridays 9:00-10:00 AM

SATURDAY 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.

Guest Dunham Workshop with Saroya Corbett on January 7 9:30-11:30am

Begins January 7

Saturdays 9:30-11:00 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.

Begins January 3
Tuesdays, 9-10:20 AM

COMMUNITY CONTEMPORARY (Saturday) - adv beginners/intermediate ages 14 to adult
With Gillian Ebersole and Shannon Nulf

This class incorporates improvisation, workshopping, and short phrases to explore an all-levels approach to contemporary floorwork. Beginning with a guided improvisational warmup, the class will build energy through passes across the floor and opportunities to workshop movement in center. Each class will end with a short phrase exploration. Alternatives will be provided for all levels of movers. Participants are encouraged to wear pants and long sleeves for ease of movement, and class will be taught in socks or barefoot.

Begins January 7
Saturdays, 11:30-1:00 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.

Begins January 10
Tuesdays, 5:45-6:45PM

TAI CHI (Rental)
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 for information and registration.

SCOTTISH COUNTRY DANCE (Rental)
With Ted Randolph
Email tedfr4@gmail.com for more information.
Thursdays, 7:00-9:00 PM

TAEKWONDO (Rental)
With Grand Master Thomas Brown
Email maibtaekwondo.com for more information
Or call (413) 528- 9560
Mondays, 5:45 -6:45 PM
Wednesdays, 7:15-8:15 PM
Saturdays, 11:30-1:30 PM

MUSICAL THEATER FOR ADULTS, 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.
Begins January 4
Wednesdays, 4:45-5:45 PM

TUESDAY 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.
Begins January 3
Tuesdays, 5:40-7:00 PM

COMMUNITY BEGINNERS TAP for ages 13-adult
With Teak 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!

Begins January 31

Tuesdays, 7:00-8:00 PM

THURSDAY COMMUNITY BALLET for ages 14-adult

With Alex Bloomstein

COMMUNITY TEENS AND ADULTS: Community teens and adults will be able to fully and freely express themselves as dancers in this ballet class, while continuing to hone their technical skills.

PERFORMING ARTS PROGRAM STUDENTS: This class will introduce PAP students to more and more complex ballet steps, combinations and movement vocabulary, while maintaining focus on alignment and proper technique. Emphasis will be placed on musicality, dynamic range, communication through movement, and individual artistry.

This class is a requirement for PAP Level 4 Ballet students. PAP students – check out the Spring 2023 Registration Guide, Level Requirements, and Dress Code before registering.

Please note that the last half-hour of class (7:30-8:00 PM) will be dedicated to Men's technique.

Begins January 5

Thursdays, 6:00-8:00 PM