

Seattle Dance Advance
November 23-25, 2018
Cornish College of the Arts

Class Schedule

*** Subject to change**

Friday, November 23

8 – 9am

Check-in

9 – 9:30am

Welcome and Orientation – students, faculty and parents

9:30- 11:30am

Group A: Ballet with Francisco Gella

Group B: Ballet with Yusha Sorzano

11:30-11:45am

Break

11:45am – 1pm

Group A: Port de Bras Technique with Yusha

Group B: Ballet Stretch and Conditioning with Francisco

1-1:45pm

Lunch

1:45-3pm

Group A: Jazz Technique with Chris Montoya

Group B: Port de Bras Technique with Yusha

3-4:15pm

Group A: Ballet Stretch and Conditioning with Francisco

Group B: Jazz Technique with Chris Montoya

4:15-4:30

Break

4:30 – 5:45pm

Group A: Contemporary Movement with Karl Watson

Group B: Contemporary with Yusha

5:45-6pm End-of-Day Cool-Down and Check-in with Yusha and Francisco

Saturday, November 24

9 – 9:15am

All Dancer Warm-up and Preparation for the Day with Francisco

9:15 - 11:00am

Group A: Ballet with Yusha

Group B: Ballet with Francisco

11 -11:15am

Break

11:15am – 12:30pm

Group A: Horton Technique with Yusha

Group B: Limon Modern Technique with Francisco

12:30 - 1:30pm

Lunch

1:30-2:45pm

Group A: Limon Modern Technique with Francisco

Group B: Horton Technique with Yusha

2:45-4:15pm

Group A: Ballet/Modern/Contemporary Fusion with Francisco

Group B: Contemporary Movement with Karl

4:15-4:30pm

Break

4:30 –5:45pm

Injury Prevention with Dr. Dan Delucchi

5:45 – 6pm

End-of-Day Cool-Down and Check-in with Yusha and Francisco

Sunday, November 25

9 – 9:15am

All Dancer Warm-up and Preparation for the Day with Francisco

9:15 - 10:15am

Group A: Ballet with Francisco

Group B: Ballet with Chris

10:15 – 11:15am

Group A: Contemporary Rep with Karl

Group B: Jazz Rep with Chris

11:15am – 12:30pm

Group A: Jazz Rep with Chris

Group B: Ballet/Modern/Contemporary Fusion with Francisco

12:30-1:15pm

Lunch

1:15-2:15pm

Careers and College Dance Panel Discussion (Parents Invited)

2:15-3:15pm

Group A: African-Based Movement with Yusha

Group B: Improv with Francisco

3:15-4:15pm

Group A: Improv with Francisco

Group B: African-Based Movement with Yusha

4:15 – 5:30pm

Rehearse for closing session demonstration

5:30-7pm

Large Group Closing Session - students, faculty and parents