

Seattle Dance Advance November 29 – December 1 Cornish College of the Arts

Class Schedule

* Subject to change

Friday, November 29

8 – 9am
Check-in

9 – 9:30am
Welcome and Orientation (parents invited)

9:30- 11:30am
Group A: Ballet with Francisco Gella
Group B: Ballet with Yusha-Marie 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: Ballet Stretch & Conditioning with Francisco
Group B: Port de Bras Technique with Yusha

3-4:15pm
Group A: Contemporary Technique with Karl Watson
Group B: Horton Modern with Yusha

4:15-4:30
Break

4:30 – 5:45pm
Group A: Jazz Technique with Steven
Group B: Contemporary Technique with Karl

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

Saturday, November 30

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: Limon Modern with Francisco

Group B: Jazz Technique with Steven

12:30 - 1:30pm

Lunch

1:30-2:45pm

Group A: Horton Modern with Yusha

Group B: Limon Modern with Francisco

2:45-4:15pm

Group A: Musical Theatre with Steven

Group B: Whim W'him Contemporary Rep with Karl

4:15-4:30pm

Break

4:30 –6pm

Group A: Whim W'him Contemporary Rep with Karl

Group B: Musical Theatre with Steven

6 – 6:15pm

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

6:15 – 7:15pm

Performance and Q&A with Whim W'him Contemporary Dance (Parents Invited)

Sunday, December

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 Yusha

10:15 – 11:30am

Group A: Contemporary Fusion with Francisco

Group B: Pilates for Injury Prevention with Steven

11:15am – 12:30pm

Group A: Pilates for Injury Prevention with Steven

Group B: African-Based Movement with Yusha

12:30-1:15pm

Lunch

1:15-2:15pm

The Life of a Dancer: A panel of professionals lead a career-oriented discussion/Q&A about preparation, perseverance, and purpose. (parents invited)

2:15-3:15pm

Group A: African-Based Movement with Yusha

Group B: Contemporary with Karl

3:15-4:15pm

Group A: Improv with Francisco

Group B: Improv with Karl

4:15 – 4:30

Break

4:30 – 6pm

Rehearse for closing session demonstration

6 -7:30pm

Large Group Closing Session (parents invited)