

SHAWL-ANDERSON DANCE CENTER

Adult Classes: policies & guidelines for a successful dance experience

Choosing classes—levels & styles

- Regular classes are offered on a drop-in basis. We also offer workshops, introductory series and master classes year-round with local, national and international artists. More info at www.shawl-anderson.org.
- **All students must select classes at the level appropriate for their training. We support our teachers' recommendations regarding class level.** If you are trying a class that is new to you, please consult the teacher immediately after class to discuss what level will work best for your training. If you have any concerns, contact Rebecca Johnson for further discussion. Dancing at the appropriate level helps ensure your safety and allows the teacher to plan suitable class material.
- **IF YOU ARE UNDER 18, you must call us at (510) 654-5921 and set up a meeting with Rebecca Johnson or Abigail Hosein before attending any adult classes.**

Attending classes

- Please arrive on time. **Students may enter late ONLY at the teacher's discretion.** If admitted, please sign in and pay before you enter class.
- When you arrive please PRINT your name on the white class sign in sheet AND put your card in the basket, pay for a single, or purchase a class card.
- Some of our classes have a size limit to promote safety and the quality of the class. Please arrive early to secure a space.
- Classes are 90 minutes in length with the exception of hip hop (75 minutes) and Pilates, Gyrokinesis, Feldenkrais and Zumba (60 minutes).

Paying for classes

- **Single class drop-in rate** is \$14 (there is a \$1 discount for cash payments). Please pay at the front desk. We accept cash, checks or credit cards (MC, Visa, Discover, AMEX).
- Our fitness based classes (Gyro, Pilates, Zumba, Feldenkrais) are on special. You may pay \$10-14 sliding scale or buy an 8-class UNDATED card for \$88 (\$11 per class).
- You may buy your card ahead of time online on our website. The expiration date will be set when you come in to use it the first time, regardless of the date of purchase.
- Class cards are good for 28 days from the date of purchase. Extensions are available only due to injury, extended illness or family emergency. If possible, let us know in person or by phone before the card expires. Please discuss your situation with desk staff. The only exceptions are the 8-class Pilates/Gyro/Zumba/Feldenkrais card (undated) and the Gold Dance Pass (a full calendar month instead of 28 days.)
- Please understand that we are a non-profit center and are unable to accept IOUs. Thank you for your understanding and cooperation.
- We have a work study program for adults. Please contact abigail@shawl-anderson.org for more information. Work study inquiries are on a rolling basis. Extremely limited funds for adult scholarships are available. Email rebecca@shawl-anderson.org for information.



Adult Class Schedule: **FALL**

September 6th through December 31, 2011

CLOSED SEPT 2-5 for IMPROVEMENTS!

CLOSED Thanksgiving Thursday, November 24 and Christmas, Sunday December 25

**Welcome! All of these adult classes are run on a drop-in basis
Join us. We look forward to dancing with you.**



2704 Alcatraz Ave (at College)
Berkeley, CA 94705
510.654.5921

The Center is on AC Transit line #51
6 blocks north of Rockridge Bart at the
intersection of College & Alcatraz

www.shawl-anderson.org

Visit our website for teacher biographies, more information. To sign up for our e-mail list to receive special offers & updates, email info@shawl-anderson.org.

Ballet

Introduction to Ballet

Wed	10:00 AM	Whitehead
Sat	12:30 PM	Liboiron/ Macklin*

Perfect for those new to ballet, starting again after many years or current dancers interested in revisiting the basics. * Liboiron (Sept&Nov), Macklin (Oct&Dec)

Beginning I

Mon	6:30 PM	Bellah-Guther
Tues	10:00 AM	Williams
Wed	6:30 PM	Bellah-Guther
Thurs	10:00 AM	Sjahsam
Sun	10:00 AM	Li-Jue

Beginning II

Mon	10:00 AM	Liboiron
Tues	6:00 PM	Goto*
Wed	10:00 AM	Liboiron
Thurs	6:00 PM	Goto*
Fri	10:00 AM	Whitehead
Sat	9:30 AM	Goto*

Beg III Ballet Workshop^A Starts 9/18

Sun	10am-12:30	Liboiron
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^AThis 2.5 hour class is \$28/class to drop in or use **two** punches on your class card. Ideal for those looking to build the skills to move from Beginning to Int. Ballet

Intermediate

Mon	11:30 AM	Liboiron *
Tues	6:00 PM	Chinn*
Wed	11:30 AM	Liboiron *

Intermediate/Advanced

Tues	11:30 AM	Eglevsky*
Thurs	11:30 AM	Eglevsky*
Sun	11:30 AM	Feldman*

Advanced

Fri	11:30 AM	Diamond*
Sat	9:30 AM	Diamond*

*Classes have live accompaniment

Hip Hop

Mixed Level* (75-minute class)

Mon	6:15 PM	Wolf
Sun	11:45 AM	Wolf

*SNEAKERS required –please wear sneakers that are clean and free of street debris.

Modern

Beginning I

Mon	6:30 PM	Miner
Wed	6:30 PM	Petrarca

Beginning II

Sat	9:30 AM	Lawton
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Beginning II/Intermediate

Tues	7:30	Macklin
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Intermediate

Sat	11:00 AM	Lawton
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Intermediate/Advanced

Mon	7:30 PM	Hosein
Tue	7:30 PM	Lopez
Thurs	7:30 PM	Lopez

Advanced

Tues	10:00 AM	Hosein
Wed	10:00 AM	Haft
Wed	6:00 PM	Miner
Thurs	10:00 AM	Petrarca
Fri	10:00 AM	Miner
Sun	10:00 AM	Paufve

Horton Modern

Beginning I/II

Thurs	6:00 PM	Nauman
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Jazz

Beginning I/II

Sun	10:00 AM	Keeney
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Intermediate Contemporary

Tues	6:30 PM	Bregman
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Savage Contemporary Dance

Intermediate – starts with ballet barre

Mon	7:30 PM	Savage
Wed	7:30 PM	Savage
Sat	11:00 AM	Savage

Int/Adv- starts with ballet barre

Sun	11:30 AM	Savage
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Placement in Savage Jazz classes are at the teacher's discretion. Please ask for details.

Gyrokinesis

Flowing, gentle movements with roots in dance, yoga, swimming, and meditation and are suitable for all fitness levels. 60 min class. (\$10-14 sliding scale or use class card).

Fri	9:00 AM	Carper
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Pilates Mat

60-min class for dancers and non-dancers. Mats available. (\$10-14 or class card).

Sun	9:00 AM	Crain
Wed	11:30 AM	Sefchovich
Sat	11:00 AM	Martin

Zumba

Zumba was founded on blends of hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind 60min dance fitness program with interval training to tone and sculpt. (\$10-14 sliding scale or class card).

Wed	6:30PM	Ramanthan
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Feldenkrais

This 60-min. class is for dancers & non-dancers. Helps increase awareness & flow & release inefficient patterns & tension. (\$10-14 sliding scale or use class card)

Wed	9:00 AM	Armentrout
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Pirouette Workshop

Classes are 120 min.
(No class cards, \$30 per class to instructor)

Fri	5:45-7:45	Liboiron
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Core Flow™

Core Flow™ is a system of fitness and body awareness techniques founded in a dance perspective. Classes are 75min. (No class cards, \$15 per class to instructor)

Mon	9:30 AM	Welsh
Thur	9:30 AM	Welsh

Lifelong Movement

A class designed for older adults who choose to stay fit through dance, exercise and relaxation. This is a 90-minute class. (No class cards, \$15 per class to instructor)

Tue	9:30 AM	Harris
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Class Prices

\$14 per class

\$1.00 discount for **CASH PAYMENT**
OR purchase a discounted class card

4 classes	\$50 (\$12.50/class)
8 classes	\$92 (\$11.50/class)
12 classes	\$120 (\$10/class)
16 classes	\$144 (\$9/class)
20 classes	\$170 (\$8.50/class)
Dance Pass	\$190 (unlimited classes for 28 days from date of purchase)

Gold Dance Pass \$180 (unlimited classes for full calendar month-3-month or more commitment)

Pilates \$10-14/class Sliding Scale or
Gyro \$88 for an undated YELLOW
Zumba 8-class card (not good for
Feldenkrais: dance – only for fitness classes)

*Cards are valid for **28 days from the date of issue** (except Pilates/Gyro/Zumba/ Feldenkrais & Gold Dance Pass). All are **non-refundable & non-transferable**. Class cards may be used for any regular class except Lifelong Movement, Pirouette Workshops & Core Flow™. Rates subject to change.

Directors & Faculty

Co-Founders: Frank Shawl & Victor Anderson

Executive Director: Frank Shawl

Managing Director: Rebecca Johnson

Administrative Manager: Abigail Hosen

CURRENT TEACHING STAFF:

Mary Armentrout	Dana Lawton
Hally Bellah-Guther	Coco Liboiron
Jenni Bregman	Sue Li-Jue
Marcia Cantillana	Rogelio Lopez
Tammy Cheney	Troy Macklin
Sandra Chinn	Suzanne Martin
Abbey Crain	Mo Miner
Wendy Diamond	Katherine Nauman
Marina Eglevsky	Randee Paufve
Katie Faulkner	Anne-Rene Petrarca
Rachelle Feldman	Sridevi Ramanthan
Nina Haft	Reginald Ray-Savage
Joanna Harris	Isabelle Sjahsam
Abigail Hosen	Amanda Whitehead
Julie Kane	Susan Williams
Sarah Keeney	Janet Welsh
Alicia Lanølais	Jessica Wolf

For subs, cancelations, etc. please visit www.shawl-anderson.org