

# MOUNTAINSIDE DANCE CENTER

2020-2021 Schedule.

## THIS SCHEDULE IS SUBJECT TO CHANGE!

### Class(es) Enrollment

Classes limited to 5 Children or 4 Adult Maximum per class, according to Covid19 Safe Distancing protocols.

### Children's Dance:

- Foundations of Dance and Movement 1 w/ Tap (Ages 4-6\*) Class 1: Thu. 3:30-4:15 pm & Class 2: Thu. 4:15-5:00 pm \$60 per month (in MPT DANCE STUDIO) Kitty Keyser
- Foundations of Dance and Movement 2 w/ Tap (Ages 6-9\*) Class 1: Wed. 3:30-4:30 pm & Class 2: Wed. 4:30-5:30 pm \$75 per month. Kitty Keyser
- Tweens n' Teens Beginning & Pre Ballet (Ages 9-13) Anne Williams  
This is a beginning Classical Ballet Class for Children with little or no training or experience in Classical Ballet. Thu. 4:30-5:30 pm \$75 per month
- Hip-Hop 1 (Ages 4-6\*) Sat. 9-9:45 \$60 per month. Carmen Grayson
- Hip-Hop 2 (Ages 7-12\*) Fri. 4:30-5:30 \$75 per month. (or a \$180 class card).
- Hip-Hop 3 (Ages 13+\*) Fri. 5:30-6:30 \$75 per month (or a \$180 class card).
  - o Carmen Grayson, instructor.

\* Students skill level is also considered for class placement.

### Adult & Teens Intermediate Ballet

These Classes are available online through Zoom.com or live in the studio: only 4 students in the studio at a time according to Covid19 Safe Distancing protocols. Philip Rosemond Instructor.

- Mondays 10:00-11:30 am: 10 class card for \$250, (\$25 per class)
- Tuesdays 5:30-6:30 pm 10 class card for \$250, (\$25 per class)
- Wednesdays 10:00-11:30 am: 10 class card for \$250, (\$25 per class)
- Thursdays 5:30-6:30 pm 10 class card for \$250, (\$25 per class)
- Saturdays 10:00-11:30 am: 10 class card for \$250, (\$25 per class)

o Philip S. Rosemond

### Adult Beginning

BALLET: Saturdays 11:30-12:30pm 10 class card for \$180 Philip S. Rosemond  
TAP: Fridays 10:15-11:00am 4 classes per month for \$60 Kitty Keyser

**OTHER CLASSES TO BE SCHEDULED, SUBJECT TO AVAILABILITY, INTEREST & ENROLLMENT:**

- Modern Dance

- Fitness Classes.

**Pre-Covid classes to be restored:**

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- Therapeutic Movement Class.
  - Fall with Grace: Fall Prevention and Balance Training.
  - Adult Experiential Movement Class.
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Some classes may be applicable to attend through Zoom.com online.

*In order to justify these classes, we must have a list of interested parties with their contact info. Please contact MDC at 540-987-9390 or Philip at 540-622-7308 or [MountainsideDanceCenter@gmail.com](mailto:MountainsideDanceCenter@gmail.com) for more*

## CLASSES TO BE ANNOUNCED UNTIL THE COVID19 CRISIS ABATES:

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### Adult & Teens Movement, Modern & Contemporary Dance (Ages 13+)

Philip S. Rosemond, Instructor

This class will be a beginning level, experiential movement class: a combination of Movement Fundamentals, Bartenieff Fundamentals, Floor Work, Lester Horton Technique™, Release Techniques and Movement Improvisation. The class will be scheduled only if there are at least 4 participants committed by payment to attend the class through the end of each semester.

- Mondays 5:30-7:00pm  
Drop-in \$28, Makeup \$0 or \*Class Card, \$250

### Fall with Grace<sup>(sm)</sup>. (“FWG”) *Balance, Fall Prevention & Falls Training Class, for elders & persons at risk of falling.* Philip S. Rosemond, Instructor

- Tuesdays & Thursdays at 10:15 to 11:00am.  
\$15 for one class, \$25 for two, if two classes are paid in advance at Mountainside Dance Center or “MDC.”

### Therapeutic Movement Class (“TMC”) Philip S. Rosemond, Instructor *Fitness for Elders for fitness and those in rehabilitation for illness or injur.*

- \$15 for one class, \$25 if two classes are paid in advance at MPT.  
(TMC May be paid through insurance or Medicare when applicable. Self-paid classes are through Mountainside Physical Therapy. All transactions must be made at MPT next door.)

*In order to justify all classes, we must have a list of committed parties with their contact info in each specific class. Please contact at 540-987-9390 or MountainsideDanceCenter@gmail.com for more information and to put your name on the list for that class. For questions about the class itself please call Philip at 540.622.7308*

*If a student and/or family can prove inability to pay, MDC has a limited number of scholarships available. All scholarships may be subject to a work/study requirement.*

**Instructors: Anne Williams, P.T., Philip S. Rosemond, CMA, Kitty Keyser, Early Childhood Spec.**

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### Class Descriptions

**Foundations of Dance & Movement for the Young Child:** is designed to help children discover movement, spatial awareness, rhythm and form. Emphasis in class is on exploration and experimentation in a cooperative atmosphere. There are 2 class levels. Placement is primarily according to age or instructor's approval. Level one will incorporate movement that is designed for children age 4 through 6. Level two, will do the same but the movements will become more complex for children ages 6 through 9.

**Hip-Hop.** Come dance in a safe environment both experienced and beginners will have fun learning new routines, choreographed 8 count moves with current hits and fresh music. **Hip-hop dance** refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking which was created in the 1970s and made popular by dance crews in the United States. It has become mainstream in dance schools such as MDC and others, where it is taught as a performance dance form.

**Classical Ballet:** is the instruction of the Classical Theatrical Dance of European origin. At MDC, the method of training is called the "Vaganova Method." It is the curriculum of classical ballet created in 1932 for schools in what is now, Russia. It is based upon the early Imperial Russian, French, Mediterranean and Central European schools of ballet. As per the wishes of Mdm. Vaganova, the method must be upgraded continually to meet the current every growing technical and artistic standards of the art form for the time it is being taught and performed. It teaches grace, aplomb, joy, musicality, discipline; creating growth and confidence by making a movement technique, that seems be foreign to the human body, as natural to move in for the dancer, as it is for a non-dancer to simply walk.

In this method, full training does not begin until age ten or eleven. (Pre-ballet may be taught before this, as it is here in Creative Movement 3.) The language of Classical Ballet is mostly French, as ballet began as a formal study in France with the formation of the Paris Opera in 1661-66 and has grown and evolved from there. But, the classes are taught in English using the French terms as will be taught in the progression and order of learning. The training of classical ballet includes knowledge of the steps and positions, the French terms that codify them, as well as the history of dance. But, please note that we train ballet in a recreational format. So, don't worry about us trying to make you a première danseuse or danseur; we simply want you to learn as much as you can about ballet as a discipline and practice with a sense of joy and fun!

The Classical Ballet classes range from age 8 through adult.

**Therapeutic Movement Class "TMC":** Therapeutic Movement class is for people struggling with recovery from injury, disease-oriented movement issues, age related issues, coordination issues that are habitual or related to injury. The class is also for those interested in exploring a larger range of movement options than they have in the past. Anne Williams is a Physical Therapist and Philip Rosemond is a dance and movement specialist. Together they "tag team" to work with the class as a whole as well as with each client on specific problems. The class is designed to use simple movements beginning with the arms and head, working through the body to the legs. No student is pushed to work beyond their ability, rather they are encouraged to work towards better mobility, flexibility and stamina. We use chairs, the ballet barre, fitness balls and other simple tools to help the students with their specific issues. Some of the techniques we incorporate are drawn from floor work, yoga and other movement modalities designed to help both general as well as specific movement issues. The class is held, when C19 Restrictions are not in place, at Mountainside Dance Center & Physical Therapy, in conjunction with on Tuesdays and Thursdays at 10:15am.

**Fall with Grace © (sm) "FwG"** As human beings encounter injuries and accidents, as others have trouble with equilibrium, and as all of us get older, we encounter difficulties with balance and falling. Fall with Grace© is designed to help anyone with such issues take control of their lives by through self-empowerment: I teach them to take control of balance, being aware of self and environment, and to become aware of their inner-state to conquer the fear that is at the root of the majority of falling: "Don't let the fall control you; you are in control of the fall." A prerequisite for Fall with Grace is that all students also must be active in a fitness class such as Therapeutic Movement to attend FwG.

### **Instructors:**

**Director, Anne Williams, MPT**, is the owner of Mountainside Dance Center, Mountainside PT and Lakeside Manual PT. She has a degree in Dance from Radford University, and a Masters in Physical Therapy.

**Artistic Director, Philip Rosemond, CMA** was a fulltime professional dancer for 21 years, with 8 ballet and 3 modern dance companies. He has been teaching since 1978. He has a Bachelors in dance education, performance, composition and direction, from the U of Cincinnati plus years of ongoing pedagogy with his mentors. He also is a professional choreographer, and director, nationally. Philip is a Certified Movement Analyst and is the founder of Fall with Grace, Balance & Falls training and Prevention classes and workshops. He is certified teach in yoga, floor work & cross training methods. He leads seminars and consults in fine art curating, aesthetics and dance, culture, and objectives training & mindfulness for artists.

**Kitty Keyser** teaches Creative Dance & Movement for Children. She has been a Certified Waldorf Teacher for 18 yrs. and is an early childhood specialist, with 30 years of experience teaching movement and dance. She is a Virginia licensed daycare provider.

**Carmen Lopez Grayson, MA** has three years of Fitness and Dance training from Brigham Young University Dance Department where she earned her Bachelors degree. She won the Balloon Silver Competition Award in 2005. She has been a Fitness and Wellness coach for 5 years. Carmen is a Nutrition Certified Coach, under Beachbody. She earned her MS degree from Clemson University Civil and Environmental Engineering Department.

All teachers and staff are American Heart Association CPR certified