

August 2016 – June 2017

Dear Dance Class Families,

Please note: Adult Arts In Motion classes in Saratoga have been moved from Wednesday to Thursday evening.

Welcome to a new year of dance movement classes for all ages!



Our philosophy begins with the concept that dance arises from an active imagination and an intuitive mind. With this awareness life dances – trees dance with the wind, bees dance to share secret places of nectar and waves dance to wash rock faces. People dance to celebrate, to pray, to woo, to mourn, to meditate, to heal, and to express ideas not limited by words.

Through our own choreography, we embody the concept that dance movement involves purposeful integrated expression through the body.

It follows naturally that our classes build an appreciative community within which each student is safe to explore both traditional and expressive movement techniques.



Through physical exercises, we stretch and strengthen our bodies as well as our movement vocabulary. Through improvisation and choreography, we deepen our understanding that movement may be inspired by any of our senses, feelings or thoughts.

Within the class community, students work together to create their own dances, to appreciate the dance movements of others, and to feel proud of their abilities to communicate through their own dancing bodies.



Creative Ballet and Movement Studios classes for all ages are inclusive of all people. Please peruse our schedule and share it with your friends. Feel free to contact me with any questions. I look forward to seeing you all - new faces, returning students and old friends!

Warmly, Lili

Creative Ballet & Movement Studios

Saratoga - Fall/Winter/Spring 2016-2017

Fall Session: 9/10/2016 – 12/17/2016

Snow dates included

(class days are shaded)

Sept 2016						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Feb 2017						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Oct 2016						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

Mar 2017						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Nov 2016						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Spring Session: 4/1/2017 – 6/10/2017

Apr 2017						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

Dec 2016						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8*	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*Dec 8th – Tentative Sharing Day

May 2017						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18*	19	20
21	22	23	24	25	26	27
28	29	30	31			

Winter Session: 1/7/2017 – 3/25/2017

Jan 2017						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Jun 2017						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

*May 18th – Tentative Sharing Day

SUMMER SESSION TBA

Creative Ballet & Movement Studios

Saratoga - Fall/Winter/Spring 2016-2017

122 Regent Street in Saratoga

Lili Loveday, Instructor 518.480.5023

JOIN AT ANY TIME DURING THE SESSION**

Thursdays:

Arts In Motion / Organic Dance

5:30- 6:45pm (1 ¼ hours): adult beginners of all ages

In addition to warm-up exercises, beginning modern technique, choreographic techniques and relaxation exercises, this class includes a non-performance oriented group project. There will be live music at some classes.

Please wear black leggings or sweatpants and a comfortable top or T-shirt or similarly comfortable clothing.

Saturdays:

Creative Movement and Introduction to Dance with arts

9:45-10:45am (1 hour): pre-K to age 5+

Welcoming circle, creative dancing to stories & poems, music-making, art activities & jumping games.

Young Dancers' Modern Technique and Choreography Class (beginners welcome!)

10:45am-11:45am (1 hour): ages 7 and up

Beginning ballet, modern dance activities and student dance-making with costumes, lights and props. Informal presentation opportunities for this level. For dance students of all styles and new dancers who want to create and share their dances with a group of new friends.

STUDENT CREATIVITY AND CHOREOGRAPHY INCLUDED AT EVERY LEVEL

- Please feel free to call Lili for details about class content.
- Classes are co-ed unless specified.
- Class times may overlap to allow different groups to work together on movement activities.
- Class levels will be designed to be age appropriate for those who attend regularly.
- In case of inclement weather, please feel free to call Lili or other students.

Creative Ballet & Movement Studios

Saratoga - Fall/Winter/Spring 2016-2017

Attire (bare feet):

- Children 7 and under may wear leggings and clothing comfortable for movement.
- Students 8 and up may wear black leggings or stretchy pants and a leotard or comfortable top.
- Older teens and adults may wear black leggings or stretchy pants and a comfortable top.

Saratoga 2016-2017 Session Tuition

	Fall	Winter	Spring
Class Length	10 weeks	10 weeks	10 weeks
1 hour	\$100.00	\$100.00	\$100.00
1 ¼ hour	\$125.00	\$125.00	\$125.00

Single class cost: add 25%

Please pay within the first few weeks of session

Discounted Fees (1 discount per family)

- Students are welcome to bring a friend (guest) to 2 classes (for free) during the session. ALL guests must have a liability permission slip signed by a parent.
- Students who miss up to 3 classes may make them up (free) at a class of a similar age group at any location.
- Students taking two class series within the same session take a 25% discount off the shorter class.
- Sibling discount is 15% off younger level class cost.
- Students traveling to class more than 15 miles take 15% discount off class cost.
- Please pay within the first few weeks of the class. If you are unable to pay: barter / scholarship, etc.
- **Class session fees pro-rated only up to 50%

JOIN AT ANY TIME DURING THE SESSION**

Web site: <http://www.dancelili.com>

Contact us: info@dancelili.com