



FIT TO DANCE

A ONE-DAY INTENSIVE

Saturday, October 15, 2016
9:00am – 5:00pm

KEYNOTE INSTRUCTOR: SILAS FARLEY, NEW YORK CITY BALLET

All dance forms require an artful combination of knowledge, skill, discipline and ability. Participants will learn how to improve their ability to perform the art they love through this one-day series of workshops, with emphasis on building strength, endurance, balance and flexibility.

TIMES

9:00 – 9:30am

9:30 – 11:30am

12:00 – 1:30pm

1:45 – 3:15pm

3:30 – 5:00pm

WORKSHOP / INSTRUCTOR

Check-in

Keynote: Dance and Conditioning w/ Q & A, Silas Farley

Option 1: Barre Conditioning, Faith Kimberling

Option 2: Strength for Dance: Zumba, Yurie Yoshida

Option 1: Yoga for Dance, Lori Belilove

Option 2: Endurance for Dance:

Cardio Jazz, Jacqueline Acevedo

Option 1: Pilates for Dance, Makiko Sato

Option 2: Dance for Dance: GROOVE®, Leslie Howitt



WORKSHOPS

SILAS FARLEY A member of the New York City Ballet's corps de ballet since 2013, Silas started ballet, jazz and tap training at the age of seven. A few of the featured roles in which he has performed include: A Midsummer's night's Dream (Theseus, Titana's Cavalier), The George Balanchine's Nutcracker (Cavalier, Hot Chocolate), and Peter Martin's Romeo and Juliet (Prince of Verona). Silas teaches at the School of American Ballet. **KEYNOTE WORKSHOP: DANCE AND CONDITIONING** Silas will conduct a ballet technique workshop focusing on the importance of conditioning for dancers. Class will include barre, center exercises, and a grand allegro combination. Q&A session will follow.

BARRE CONDITIONING

Using the barre, Dancers will benefit from exercises that develop and strengthen legs and feet and introduce technique training. Proper foot and spinal alignment is also improved. Barre conditioning includes mat-based exercises and arm exercises with light weights and/or bands and balls.

FAITH KIMBERLING – For the past 15 years, Faith has enjoyed teaching ballet, jazz, modern, Isadora Duncan technique, and creative movement. Faith has danced with Lori Belilove's Isadora Duncan Dance Company since 2005. She currently teaches ballet and barre fitness at the YMCA.

STRENGTH FOR DANCE: ZUMBA

Latin and International music are combined with a fun and effective workout system. It's a whole-body aerobic exercise that uses a lot of energy and burns calories through dancing. Zumba improves your flexibility while it strengthens your core. This workshop will sample a variety of dance styles. **YURIE YOSHIDA** – Yurie started her career at the age of 3 in Tokyo, Japan. After she received her Bachelor in Physical Education in Japan, she came to NY and studied at Alvin Ailey American Dance Center. She has been dancing with several dance companies and festivals in NY since 1997, and currently teaches ballet and Zumba at the Y.

YOGA FOR DANCE

Dancers, no matter their style, who practice yoga stand to gain muscle strength, joint stability, and inner focus for their work. This workshop will explore Yoga poses that honor the dancer's impulse for expression and creativity while requiring thoughtful form.

LORI BELILOVE – Since the age of 12, Lori has pursued her passion for dance, training extensively in ballet and modern. Lori holds a M.F.A. in Dance, Religion and Classical Studies from Mills College. She is currently the Artistic Director of Lori Belilove & The Isadora Duncan Dance Company, and is recognized around the world as the premier interpreter and ambassador of the dance of Isadora Duncan. She has been teaching Isadora Duncan modern ballet to children and adults at the Y for several years.

ENDURANCE FOR DANCE: CARDIO JAZZ

Dancers will explore traditional, Broadway, funky and contemporary styles in a fun, energetic atmosphere. This workshop will focus on jazz that concentrates on technical fluidity and personal display of emotions and feelings. Dancers will get the opportunity to explore the lyrics and incorporate them into movement, thus expressing their own individuality. **JACQUELENE ACEVEDO** – Jacqueline trained at The Alvin Ailey School, New York School of Classical Dance, and Ballet Hispanico. As an instructor, she has over 10 years experience teaching ages 2 to 82 in a variety of dance forms including ballet, tap and jazz. She also teaches Pilates at the McBurney Y.

PILATES FOR DANCE

For most dancers, the greatest benefit Pilates provides is core strength. Your core keeps you balanced in your pirouettes, and allows you to move with ease and flow across the floor and through transitions. This workshop will explore the most beneficial exercises, and focus on technique and execution. **MAKIKO SATO** – Originally from Japan, Makiko started dancing when she was 5 years old and participated in the Asia Pacific Ballet Competition and the All Japan Ballet Competition when she was a teenager. Makiko moved to the United States in 2000 and joined Michael Mao Dance in NYC in 2001. Makiko has been teaching ballet at the YMCA since 2004.

DANCE FOR DANCE: GROOVE®

Here is an authentic dance experience designed for EVERYBODY! You will explore a dance movement that fosters self-awareness, creativity and unique self-expression, for the cultivation of vibrant holistic health for the mind, body, heart and soul. In a GROOVE class, you will be engaged with the group dynamic by unifying in a common simple movement of rhythm with amazing music. **LESLIE HOWITT** – Leslie has been teaching group fitness classes for 20 years. She teaches a variety of formats which incorporate elements of Yoga, Pilates, dance and Tai Chi. Leslie currently teaches GROOVE at the Y.

ENROLLMENT OPTIONS:

ALL WORKSHOPS ARE A COMBINATION OF INSTRUCTION, DEMONSTRATION AND PRACTICE FOCUSED ON THE ART OF DANCE.

Enrollment for each workshop is limited to 25 participants. Advanced enrollment is strongly recommended to secure participation. Day-of enrollment in workshops is subject to availability.

1

\$65 – Full Intensive
(includes Keynote Instruction
and three Workshops)

2

\$15 – Per Individual Workshop
(choose from six workshops)

REGISTER IN PERSON: McBurney YMCA Member Services 125 W 14th St, New York City
REGISTER ONLINE: ymcanyc.org/mcburneydance