

Ballet/Dance for Ice Skaters

This unique class will focus on expanding movement vocabulary through *Laban Movement Analysis, **ballet technique, performance quality, and building their characters through their face and bodies for their programs.

***Laban/Bartenieff Movement Analysis**, it uses a multidisciplinary approach, incorporating contributions from anatomy, kinesiology, psychology, Labanotation and many other fields. It is used as a tool by dancers, actors, musicians, athletes, dance/movement therapists, physical and occupational therapists, psychotherapy, peace studies, anthropology, business consulting, leadership development, health & wellness and is one of the most widely used systems of human movement analysis today.

Laban Movement Analysis is generally divided into these categories:

- Body (Bartenieff Fundamentals, total-body connectivity)
- Effort
- Shape
- Space

****Ballet** for ice skaters will focus on **Port de bras** and **Épaulement**.

The literal translation of Port de bras is “carriage of the arms”. The term port de bras has two meanings: (1) A movement or series of movements made by passing the arm or arms through various positions. The passage of the arms from one position to another constitutes a port de bras. (2) A term for a group of exercises designed to make the arms move gracefully and harmoniously.

The literal translation of Épaulement is shouldering. A term used to indicate a movement of the torso from the waist upward. This includes the use of the head and shoulders.

Dates and Times (all classes located in lobby of McFarland Community Ice Arena):

Wednesday 6/13/18 11:15am-12:15pm
Wednesday 6/20/18 11:15am-12:15pm
Wednesday 6/27/18 11:15am-12:15pm
Wednesday 7/11/18 11:15am-12:15pm
Wednesday 7/18/18 11:15am-12:15pm
Wednesday 7/25/18 11:15am-12:15pm
Wednesday 8/1/18 11:15am-12:15pm
Wednesday 8/8/18 11:15am-12:15pm
Wednesday 8/15/18 11:15am-12:15pm
Wednesday 8/22/18 11:15am-12:15pm

Cost:

\$120 for 10 classes