

CLASS DESCRIPTIONS & SCHEDULE

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|----------|-------------------|-------------------|-----|-------------------|--------------|-------------------------------|-----|
| 9:00 am | Company Rehearsal | Company Rehearsal | | Company Rehearsal | | Creative Connections | |
| 9:30 am | | | | | | | |
| 10:00 am | | | | | | | |
| 10:30 am | | | | | | | |
| 11:00 am | | | | | | | |
| 11:30 am | | | | | | | |
| 12:00 pm | | | | | | | |
| 12:30 pm | | | | | | | |
| 1:00 pm | | | | | | Movements from the Motherland | |
| 1:30 pm | | | | | | | |
| 2:00 pm | | | | | | | |
| 2:30 pm | | | | | | | |
| 3:00 pm | | | | | | | |
| 3:30 pm | | | | | | | |
| 4:00 pm | | | | | | | |
| 4:30pm | | | | | | | |
| 5:00 pm | Modern I | Ballet I | | Ballet II | Modern II | | |
| 5:30 pm | | | | | | | |
| 6:00 pm | | | | | | | |
| 6:30 pm | | | | | | | |
| 7:00 pm | Cont/Jazz I | Adult Ballet | | Adult Modern | Cont/Jazz II | Connecting the Threads Party | |
| 7:30 pm | | | | | | | |
| 8:00 pm | | | | | | | |

Level I Classes: Ages 8-12, Level II Classes: Ages 13-18

Creative Connections: (SATURDAYS, 9-10AM)
This class is designed to introduce young children to the joys of movement and self-expression. Participants use movement to refine motor skills, explore rhythm through patterns and sound, and even create movement through guided play.

Modern I: (MONDAYS, 5-6:30PM)
Modern II: (FRIDAYS, 5-6:30PM)
These classes are grounded in classical modern techniques including Horton, Limon, and Graham with special emphasis given to providing age-appropriate education on the racial, physiological, and social implications and impacts of the dance form.

Ballet I: (TUESDAYS, 5-6:30PM)
Ballet II: (THURSDAYS, 5-6:30PM)
Classical ballet technique class with an emphasis on anatomical correctness and expressiveness. The class will also provide age-appropriate education meant to mitigate any racial, gendered, or emotional harm too often associated with the dance form.

Contemporary/Jazz I: (MONDAYS 7-8:30PM)
Contemporary/Jazz II: (FRIDAYS 7-8:30PM)
This class will introduce students to contemporary jazz-based techniques including contemporary, jazz, and hip-hop. Students will be challenged to develop multifaceted technique while also learning about the Black and Africanist roots of these dance styles.

FALL SESSION IMPORTANT DATES

- June 12th:** Early Registration Opens
- July 12th:** Regular Registration Period Opens
- September 13th:** Classes Begin
- November 24-28th:** Thanksgiving Break
- December 18th:** Last Day of Classes

Adult Ballet: (TUESDAYS 7-8:30PM)
A recreational class perfect for adults of any experience level. We will cover the fundamentals of ballet technique in an inclusive, approachable, and non-competitive atmosphere.

Adult Modern: (THURSDAYS 7-8:30PM)
A recreational class perfect for adults of any experience level. We will explore the basics of various modern dance techniques focusing on alignment, mobility, and expression.

Movements from the Motherland: (SATURDAYS, 1:30-3:00PM)
This class focuses on the fusion of African-based movements with Modern dance techniques and is designed to connect movers of all ages to the rhythms within them.

“Connecting the Threads” Dance Party*: (LAST SATURDAYS*, 7-8PM)
Monthly gatherings designed to build the community through dance and music. Participants will learn various social dance styles such as “The Hustle” or other line dances in a festive, improvisational, and social atmosphere appropriate for all ages.

THREADS
DANCE NEXUS

TO REGISTER FOR CLASSES & FOR MORE INFORMATION, VISIT WWW.THREADSDANCE.ORG/NEXUS/

“

DANCE IS FOR EVERYBODY. I BELIEVE THAT THE DANCE CAME FROM THE PEOPLE AND THAT IT SHOULD ALWAYS BE DELIVERED BACK TO THE PEOPLE.

– ALVIN AILEY

”

The Threads Dance Nexus shares Mr. Ailey's belief that anyone can dance and that we are all dancers. We strive to create an equitable and inclusive learning environment where students' gifts can be cultivated and opportunities for growth are embraced.

We welcome all individuals to experience our innovative and rigorous teaching methods designed to cultivate the mover in all of us. Our teaching philosophy is:

- **Culturally-relevant**—so that dancers of any race or ethnicity feel a sense of belonging
- **Trauma-informed**—dance education has the potential to reproduce harm or liberate. We chose liberation!
- **Anatomically sound**—working safely with the body to keep you dancing longer and stronger
- **Inclusive and equitable**—all are welcome and differing needs addressed
- **Socially just**—seeks to rectify injustices in our communities through arts activism



THREADS DANCE NEXUS COVID-19 RESPONSE



The Threads Dance Nexus seeks to provide a safe environment for its company, teachers, students, and community members. To ensure we have a safe and healthy workplace, Threads adheres to public health recommendations that strongly encourage continued mask-wearing in crowded spaces and everywhere for unvaccinated individuals.

We ask that any unvaccinated visitors mask and maintain social distancing, and recommend mask wearing for all others when in our space. Threads staff members are fully vaccinated and not required to wear masks while at work.

We will continue regular sanitation practices and limited class sizes as recommended by the CDC, MDH, MNOSHA, but cannot express any guarantee, promise, or assurance of 100% effectiveness in eliminating risk of infection. Everyone at Threads Dance Nexus— all company staff and dancers, teachers, students, and other visitors must work together to implement this plan.



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FALL YOUTH & ADULT CLASSES

2021



Learn
 Experience
 Create
 Connect