



THE ART & TECHNIQUE OF ISADORA DUNCAN

Fall/Winter Term

September 18, 2018 – January 29, 2019

(Vacations: November 20-21, 2018 & December 25, 2018-January 15, 2019)

Class Schedule:

<i>Ages 1.5 – 3 with Caregiver***</i>	<i>Tuesday</i>	<i>9:45AM – 10:45AM</i>
<i>Ages 3 – 5***</i>	<i>Tuesday</i>	<i>4:00PM – 5:00PM</i>
<i>Ages 5 – 7</i>	<i>Wednesday</i>	<i>3:30PM – 4:30PM</i>
<i>Ages 8 – 11</i>	<i>Wednesday</i>	<i>4:30PM – 5:30PM</i>
<i>Ages 12 – Adult Beginner</i>	<i>Tuesday</i>	<i>5:30PM – 6:00PM</i>

Cancelled: please visit www.dancecomplex.org

Inclement Weather Policy: Classes cancelled when Boston and/or Cambridge Public Schools close.

Class Rates:

Pre-Registration: \$195 for 15 classes

Sibling rate: \$185 for 15 classes

Pre-registration payment is required and due in full by September 1, 2018.

No exceptions due to waiting list. No refunds issues after second class.

Class Location:

All classes will be held at:

The Dance Complex, 536 Massachusetts Ave., Cambridge, MA 02139

*****Special Note to Parents with Strollers:**

We've been alerted that the fire department of Cambridge FORBIDS strollers to be left in the entrance, hallways, and upstairs studios of the Dance Complex. If your class is held in Studio #7, you may bring strollers into the room and store them to the side. If your class is held in an upstairs studio, (such as Studio #2) you may lock strollers out front of the building on the bike racks. We greatly apologize for this inconvenience and appreciate your kind understanding.

Most sincerely,
Dicki & Rachel

Teachers:

Dicki Johnson Macy, BC-DMT, LMHC, M.Ed., IDMA: (617)699-1804

Rachel Assaf, R-DMT, MA: (225)572-1460

PROGRAM REGISTRATION FORM

Fall/Winter Term

September 18, 2018 – January 29, 2019

(Vacations: November 20, 2018 & December 25, 2018 – January 15, 2019)

Student Name: _____

Age: _____

Parent Name: _____

Address: _____

Email Address: _____

Phone: (____) _____

Desired Class: _____

Leotard/Skirt Size: _____

Please include:

3-5 & 5-7 yr students: \$30 (skirt); \$20 (leotard)

8-11 yr students: \$45 (tunic); \$20 (leotard)

teen/adult students: \$70 (tunic)

little boys' tunics: \$25

Send completed form & pre-registration payment to:

Boston Children's Foundation

850 Summer St. Suite #206

Boston, MA 02127

Checks payable to: Boston Children's Foundation

*Please note the Rainbowdance **"no cell phone"** policy. We will provide a special photo and video day during which all parents may film their children (We will provide photo release forms for all during that day). On all other days, we would request that you take the time to be present with the Rainbowdance experience with your children, leaving all tech in your bags!

Dicki Johnson Macy
dickijmacy@gmail.com
(617)699-1804

The Art & Technique of Isadora Duncan

Boston Children's Foundation

www.bostoncf.org

The choreographic etudes of Isadora Duncan explore, through the action/rest continuum, the dynamic relationship between affiliation and solitude. Celebrating Nature's unity and rhythm, these dances, remembering ancient rituals and archetypes, are simultaneously tribal and divine. The indomitable human spirit, ever hopeful, is present in this choreography, and in all true healing. Isadora Duncan's goal for the "highest intelligence in the freest body": that every living child might have available to them the birthright of beauty, strength and freedom. The "Art & Technique of Isadora Duncan" program offers to participating children, celebratory explorations of relationship: to classical music; to peers; to the ancestral community; and to the natural world. The "Mother of Modern Dance," Duncan sought movements expressive of the human spirit; Her technique: 1) glorifies natural movement, 2) sources rhythmic and emotional links fundamental to all life forms, and 3) traces dance to its sacred roots using mythological archetypes and ritual. Duncan Dance classes for children offer a non-competitive environment designed to encourage healthy emotional, creative, and physical development. Dicki Johnson Macy BC-DMT, M.Ed., LMHC, IDMA, has for the past 25 years encouraged children trained in this technique to remain responsive to beautiful music and to the joyful movements inspired by nature. Self esteem, grace, reverence, reciprocity and artistry are inherent to the work. A sense of rhythm and harmony develops as children dance the reconstructed choreographies to the music of Schubert, Chopin, Brahms, Beethoven, and Mozart.

Classes are offered at the Dance Complex in Cambridge for children aged 18 months through 18 years.

CLASS DESCRIPTIONS:

Rainbowdance: Primary Rainbowdance is offered to children aged 1.5- 3 years and a caregiver. A structured sequence of sound and gesture integrated movement activities encourage secure attachment to the caregiver and to the peer group, while providing a soothing and energizing first experience with peers. Through the language of the body children learn to discriminate safe and positive facial cues and physical territory exploring music, soft props and story.

Rainbowdance Preschool is the developmental sequel for children aged 3-5 years. The focus in the program is upon exploring the many dynamics of peer relationships. Children dance the sequences of the Primary program but are challenged toward competency as they embody stories whose themes are appropriate to healthy social development. Focus is placed upon reciprocity and the place of the child in the natural world.

The Art & Technique of Isadora Duncan: *Rainbowdance* prepares children aged 5-18 for this program. Having an established sense of harmony and affiliation to each other and to the natural world, they move forward to explore their unique and collective beauty and expression. Children explore emotional intention as it is manifested through music and physical movement. Themes include: Leadership and Following, Join and Retreat, Transition, Alone and together, Nature as Teacher, Myth Based Dances and Improvisation. Mothers of 8-11 year olds may dance along for free; Teen moms will pay a reduced rate to join their child's class. Dancers with special needs are always welcome. We will work with you to find the right class placement and offer 1:1 sessions when appropriate.