



***The Art & Technique of Isadora Duncan  
Fall/Winter 2016 Schedule  
September 19, 2016 through February 2, 2017***

*(No classes: Nov 22-24; December 19-Jan 12<sup>st</sup>. Fall/Winter classes resume Jan 17-Feb 2). **For cancellations, check website: [BostonCF.org](http://BostonCF.org) Cambridge Dance Classes Portal.** Spring Term: February 7 - June 1, 2017; Recital June 4, 2017*

***Class Schedule:***

<b>Tuesdays (with caregiver)</b>	<b>10-11AM</b>	<b>Toddler 1.5-3 YRS</b>
<b>Tuesdays</b>	<b>11AM-12PM</b>	<b>Preschool 3-5 YRS</b>
<b>Thursdays</b>	<b>3:30-4:30PM</b>	<b>Preschool 3-5 YRS</b>
<b>Wednesdays</b>	<b>3:30-4:30PM</b>	<b>5-7 YRS</b>
<b>Wednesdays</b>	<b>4:30-5:30PM</b>	<b>8-11 YRS</b>
<b>Tuesdays</b>	<b>5:30-6:30PM</b>	<b>Teen/Adult (12+)</b>

*Pre-Registration- \$195 for 15 classes*

*Sibling rate: \$180 for 15 classes*

*Pre-Registration payment is due in full by September 1, 2016. Pre-Registration is required. No exceptions due to waiting list. No refunds issued after second class.*

***Class Location:*** *All classes will be held at: **The Dance Complex**, 536 Massachusetts Ave. Cambridge, MA 02139*

***Teachers:***

*Dicki Johnson Macy, BC-DMT, LMHC, M.Ed., IDMA (617) 699-1804  
Jennifer Mueller, M.A., BC- DMT (207) 939-9591*



## *PROGRAM REGISTRATION FORM*

*Fall/Winter Term: September 19, 2016-February 2, 2017*

*(No classes: Nov 22-24, Dec 19-Jan 12)*

*Student Name:* \_\_\_\_\_ *Age:* \_\_\_\_\_

*Parent Info: Name:* \_\_\_\_\_

*Address:* \_\_\_\_\_

*Email Address:* \_\_\_\_\_

*Phone: ( )* \_\_\_\_\_

*Desired Class:* \_\_\_\_\_

*Leotard/Skirt Size:* \_\_\_\_\_

*Please include: 3-5 and 5-7 yr. students: \$25 (skirt) and \$20 (leotard).  
8-11 yr. students: \$45 (tunic) and \$20 (leotard). Teen /adult students:  
\$60 (tunic). Silk carry bag: \$10. Little boys' tunics: \$25.*

*Send completed form & pre - Registration payment to: Boston  
Children's Foundation at 807 Hale St., Beverly, MA 01915*

*Checks payable to Boston Children's Foundation*

*Contact Information:*

*Dicki Johnson Macy*

*(617) 699-1804*

*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, 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. Special classes are offered to teen girls who are on the autism spectrum. (Dancin' on the Spectrum).*