



# THE ART & TECHNIQUE OF ISADORA DUNCAN

## **Winter-Spring Term**

February 4, 2025 – May 28, 2025    Annual Recital: May 31

**(Vacations: February 25-26 & April 22-23)**

## **Location: The Dance Complex**

536 Massachusetts Ave, Cambridge, MA 02139

### **Class Schedule:**

**CLASS SIZES ARE LIMITED FOR HEALTH AND SAFETY REASONS AND ARE FILLED UPON RECEIPT OF TUITION. IF CLASSES ARE AT CAPACITY UPON REGISTRATION, YOU WILL BE PLACED ON A WAITLIST.**

**Thank you for your understanding!**

Ages 1-3 Caregiver/Toddler	Tuesday	10:30AM-11:30AM
Ages 3.5 – 5 Preschool	Wednesday	3:30PM-4:30PM
Ages 5 – 7	Wednesday	4:30PM-5:30PM
Ages 8 – 11	Tuesday	4:30PM-5:30PM
Ages 12 – Adult Beginner	Tuesday	5:30PM-6:30PM

### **Class Rates:**

Pre-Registration: **\$235.** for 15 classes

Sibling rate: **\$220.** for 15 classes

Pre-Registration payment is required and due in full by September 3rd

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

### **Costumes for in-person classes, ages preschool - adult:**

3.5-5 students:	\$30 (skirt); \$20 (leotard)	Alternate choice: \$25 (preschool youth tunic)
5-7 yr students:	\$40 (skirt); \$20 (leotard)	
8-11 yr students:	\$45 (tunic); \$20 (leotard)	
Teen/Adult students:	\$70 (tunic)	

**Cancellations:** please visit [www.dancecomplex.org](http://www.dancecomplex.org)

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

**Safety Regulations: Masks are optional** for all students and parents/caregivers. We honor those who would like to continue wearing masks in our classes.

### **Dance Complex Community Cards:**

“Dance Complex Community Cards” will be used for signing into the building for class every week (takes the place of the paper/pen sign-in sheet). To get your cards, every student needs to register a MindBody account with the Dance Complex. **For students who are new to our classes:** you may create your MindBody account on your own at home by clicking this link: <https://www.dancecomplex.org/in-person-studio-classes/> and then clicking: “Sign up on MindBody Here”. Registering at home, rather than at the front desk, will save time and help with the flow of people in/out of the building.

### **Teachers:**

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

Ashlyn O’Dowd, MA, R-DMT: (617) 453-8075

Bella Mazza, LMHC, R-DMT

# The Art & Technique of Isadora Duncan

## PROGRAM REGISTRATION FORM

*Winter-Spring Term: February 4, 2025 – May 28, 2025 Annual Recital: May 31*  
*(Vacations: February 25-26 & April 22-23)*

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

Parent Name: \_\_\_\_\_

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

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

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

Desired Class: \_\_\_\_\_ Leotard/Skirt Size: \_\_\_\_\_

### **How did you hear about us?**

\_\_\_\_\_ Word of mouth    \_\_\_\_\_ Through the Dance Complex    \_\_\_\_\_ Google/Search Engine

\_\_\_\_\_ Reading an article    \_\_\_\_\_ Social media    \_\_\_\_\_ Referral    Other: \_\_\_\_\_

### **Photo Release:**

We occasionally take photos during classes that we later use in future website postings and flyers. Please let us know if you are comfortable with having you or your child's photo used.

\_\_\_\_\_ You may use photos of myself or my child in future website postings and flyers.

\_\_\_\_\_ Please DO NOT use photos of myself or my child in future website postings and flyers.

**\*Send completed form & pre-registration payment to:**

**Boston Children's Foundation**  
**850 Summer Street #206**  
**South Boston, MA 02127**

**\*\*Checks payable to: Boston Children's Foundation**

*\*Registration forms may also be completed online here:*

<https://forms.gle/gfNXNo3s4LSNargs5>

*\*\*Tuition may also be paid online via PayPal by following these simple instructions:*

1. Go to: [paypal.me/BostonCF](https://www.paypal.me/BostonCF)
2. Type your TOTAL Tuition Price and click "Next"
3. Type "**Spring 2025 tuition**" in the "Add a note" section and click "Continue"

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

**Boston Children's Foundation**  
**[www.bostoncf.org](http://www.bostoncf.org)**

# The Art & Technique of Isadora Duncan

*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. Parents of 8-11 year olds may dance along for free; Parents of teen dancers 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.**