



THE ART & TECHNIQUE OF ISADORA DUNCAN

Winter-Spring Term

February 3, 2026 – May 27, 2026 Annual Recital: TBD

(Vacations: March 17-18 & April 21-22)

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!

Infant/Toddler & Caregiver Rainbowdance® (Ages 0-3)	Tuesday	10:30AM-11:30AM
Preschool Rainbowdance® (Ages 3-5)	Wednesday	3:30PM-4:30PM
Duncan Dance (ages 5 – 7)	Wednesday	4:30PM-5:30PM
Duncan Dance (ages 8 – 11)	Tuesday	4:30PM-5:30PM
Duncan Dance (ages 12 – Teen/Adult Beginner)	Tuesday	5:30PM-6:30PM
Duncan Basics (ages 12 – Teen/Adult Beginner)	Once a month on Wednesdays	5:30-6:30PM*

*DATES: Feb 18, Mar 25, Apr 15, May 13

Class Rates:

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

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

Pre-Registration payment is required and due in full by January 28

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

Monthly Duncan Basics (ages 12-Teen/Adult): **\$48**. for 4 classes*

Those enrolled in our weekly class will receive a discount on monthly basics classes; **\$40 for 4 classes*

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

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

Dance Complex Community Cards: 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/classes-workshops/youth-teen-classes/> and then clicking: "Create an Account". 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, LMHC, BC-DMT: (617) 453-8075

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PROGRAM REGISTRATION FORM

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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/Avu2GGPdKXV43zuK6>

***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 2026 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

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, Ph.D., BC-DMT, 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:

Infant Rainbowdance® is offered to babies aged 5-12 months. Both parents are welcomed to join this small intimate group. Laced by the Primary Rainbowdance® structure of sound and gesture, these sessions offer open exploration within the containment of circle activities (with varied rhythmic components ranging from modulated gross motor exploration to a soothing closure/lullaby). Babies enjoy, with their parents: Rolling-Rocking-Swaying-Clapping-Bouncing and Swinging.

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.

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