

Workshop Offerings



**EDUCATION
& COMMUNITY
ENGAGEMENT**

Updated January 2026

Workshop	Description	Grade/ Age
Techniques & Foundations		
Ballet	Learn ballet's Renaissance origins, French vocabulary, basic positions, and foundational technique.	All
Contemporary/ Modern	Expressive movement influenced by ballet, modern, and jazz; focused on current styles.	6th-12th
Hip Hop	Learn the four pillars of hip hop and learn the core movements with a focus on groove, isolated coordination, and authentic self-expression.	All
Jazz	Learn jazz fundamentals including turns, kicks, leaps, and expressive movement to age-appropriate music.	All
Folklórico	Explore regional styles, driving rhythms, and footwork while building confidence, group-oriented coordination, and cultural appreciation.	Kinder & up
West African*	Dance, sing, and learn rhythms, histories, and attire from West African cultures. *Extra fee; limited availability.	All
Polynesian Dance	Learn movements and cultural meaning from one Polynesian dance style (Hula, Tahitian, Haka, or Poi).	3rd & up
Brazilian Dance*	Experience Brazilian Samba and Afro-Bahian dance traditions connected to Carnival. *Extra fee; limited availability.	3rd & up
Flamenco	Explore this expressive Spanish form featuring percussive footwork, hand clapping, and intricate movement.	6th & up
Creating		
Creative Movement	Explore movement concepts (size, levels, rhythm, energy) to build spatial awareness and problem-solving.	ECE-5th
Animal Exploration	Move, dance, and play like various animals using props, songs, and games.	0-5 years
Avengers Dance Battle	Explore superhero-inspired movement qualities—from tiny like Ant-Man to powerful like the Hulk.	ECE-3rd
Dance Makers Lab	Discover the fundamentals of creating and structuring dance in this choreography basics workshop.	6th-12th
Intergenerational Dance	Get moving and grooving together in a safe and nurturing environment that encourages adult/child interaction and connection.	All
Movement Storytime	Add movement and ballet concepts to storytime through games, songs, and vocabulary.	0-5 years

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Workshop	Description	Grade/ Age
Social - Emotional & Connection		
Folk Dance	Expose students to other cultures, build community, and work together as a group while learning a dance from a different part of the world.	All
Reconnecting with Rhythm	Support social-emotional wellbeing through movement, interaction, reflection, and rhythm.	Kinder & up
Ballet Heroes	Discover ballet heroes and explore ballet basics like pliés and tendus.	K-8th
Importance of Movement	Learn how movement supports lifelong wellness, including injury prevention and brain-body connection.	Adults
BrainDance Fundamentals	Learn and practice the BrainDance sequence to improve focus, coordination, and neurological integration.	Adults
Movement for Mindfulness	Engage in gentle, intentional motions designed to cultivate presence, reduce stress, and integrate mindful awareness into daily habits.	Adults
STEAM		
Force Frenzy	Explore pushes, pulls, speed, and direction through movement	Kinder
Performing Plants	Embody plant growth through level-based movement	Kinder
Balancing Bodies	Explore balance and body parts through creative movement	1st
Phases of the Moon	Embody the phases of the moon through dance and movement games, helping them better understand nature's predictable cycles	1st
Moving Matter	Use movement to embody states of matter and phase changes	2nd
Water Cycle Waltz	Dance through evaporation, condensation, precipitation, and collection	2nd-3rd
Muscle Mechanics	Intro to the skeletal and muscular systems, warm-ups, and anatomy-based choreography.	6th-12th
Metamorphosis Moves*	Learn the butterfly life cycle through dance. *Collaboration with Butterfly Pavilion	K-5th
Words in Motion	Build vocabulary and sentence skills through embodied word activities and dance.	ECE-12th
Dance for Dignity	Create dance phrases that explore individuality, dignity, and collective expression through embodied emotions and shared experiences.	6th-8th

Workshops by Age



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Technique & Foundations	ECE	K	1st	2nd	3rd-5th	MS	HS	Adults
Ballet	★	★	★	★	★	★	★	★
Contemporary/ Modern						★	★	
Hip Hop		★	★	★	★	★	★	
Jazz		★	★	★	★	★	★	
Folklórico		★	★	★	★	★	★	
West African		★	★	★	★	★	★	
Polynesian					★	★	★	
Brazilian					★	★	★	
Flamenco						★	★	
Creating	ECE	K	1st	2nd	3rd-5th	MS	HS	Adults
Creative Movement	★	★	★	★	★			
Animal Exploration	★	★						
Avengers Dance Battle	★	★	★	★				
Dance Makers Lab						★	★	
Intergenerational	★	★	★	★	★	★	★	★
Movement Storytime	★	★						

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Social - Emotional & Connection	ECE	K	1st	2nd	3rd-5th	MS	HS	Adults
Folk Dance	★	★	★	★	★	★	★	★
Reconnecting with Rhythm		★	★	★	★	★	★	★
Ballet Heroes		★	★	★	★	★		
Importance of Movement								★
BrainDance Fundamentals								★
Movement for Mindfulness								★
STEAM	ECE	K	1st	2nd	3rd-5th	MS	HS	Adults
Force Frenzy		★						
Performing Plants		★						
Balancing Bodies			★					
Phases of the Moon			★					
Moving Matter				★				
Water Cycle Waltz				★	★			
Muscle Mechanics						★	★	
Metamorphosis Moves		★	★	★	★			
Words in Motion	★	★	★	★	★	★	★	
Dance for Dignity						★		