

Adult Dance

Introduction to The Dancer's Workout® (for former ballet dancers)



The Dancer's Workout® (TDW) is a high-energy adult dance fitness class which uses ballet, jazz, contemporary, pop, hip-hop, and toning exercises to deliver an exhilarating dancer's workout. These intermediate/advanced classes are taught throughout the Triangle and they move very quickly through choreography and assume dancers have solid training in ballet. Once a month, however, Jules slows it down and breaks it down in "Introduction to The Dancer's Workout®" workshops. These workshops are excellent for former dancers who want to start dancing again, for current TDW dancers who want to improve their dance technique, and for experienced dancers interested in the TDW Instructor Certification Program. Introduction to The Dancer's Workout® workshop includes warm-up, stretching, and a thorough dance cardio workout, with special emphasis on proper dance technique needed to execute the moves like a pro. Day of drop-ins allowed (\$17/class). Jazz sneakers or jazz slippers preferred.

Jules Szabo, Instructor

\$15 per workshop - preregistered

19W223.1

Saturday, 2:00 PM – 3:00 PM

January 12 (1 day)

19W223.2

Saturday, 2:00 PM – 3:00 PM

February 9 (1 day)

19W223.3

Saturday, 2:00 PM – 3:00 PM

March 9 (1 day)

19SP223.1

Saturday, 2:00 PM – 3:00 PM

April 13 (1 day)

19SP223.2

Saturday, 2:00 PM – 3:00 PM

May 11 (1 day)

NEW! Carolina Smooth Movers (Ages 16 & up)

Ever wondered how those people just always seem to know the steps to every line dance? Want your time on the dance floor, too? Join us as we learn some of the most popular "line dances" out there, including the electric slide, cotton-eyed joe, Gangnam style, wobble, and many more! We will also learn some lesser known but fantastic line dances, including the shim-sham (swing dance), flamenco (flamenco/samba), and "kick the dust up" (country). Music will range from oldies to country to pop, so get ready to learn and have some fun dancing!

Larisa Gearhart Serna, Instructor

19W227.1

Wednesdays, 6:00 PM – 7:00 PM

January 16 – March 6 (8 weeks)

\$80

19SP227.1

Wednesdays, 6:00 PM – 7:00 PM

March 27 – May 15 (8 weeks)

\$80

Adult Theater

Improv Theater Basics (Ages 16 & up)

This is your chance to learn and play with the basics of long-form improv. Key exercises will help get you into a 'Yes...and' frame of mind. Learn how to draw creatively from your own life experiences. Let humor emerge naturally. Create scenes from a truthful place. All this will happen using a playful improv mindset. The ultimate goal of this class is to have fun while learning. As an added plus, you will be encouraged to see local, live improv shows. **Improv Basics** or its non-identical twin, **Improv FUNDamentals**, each lay the groundwork for longform improv with a different emphasis. They can be taken in any order and students often choose to repeat them for more solid skill building.

Carolyn Cole, Instructor

18W300.1

Wednesdays, 7:00 PM-9:00 PM

January 9 – February 6 (5 weeks)

\$125



Theater Classes with Bulldog Ensemble Theater

Acting Basics (Ages 16 & up)

This class is an introduction to the fundamentals of acting as a process, a craft, a discipline – with basic techniques used by actors. You will develop an understanding of basic acting skills, theater/acting terminology, and learn to heighten powers of observation, focus, and invention through exercises in breathing, voice, movement, and improvisation. This beginning work will lead you to the exploration and performance of texts from short scenes. The class requires a high degree of participation and willingness to engage in structured play in an ensemble.

Bulldog Ensemble Theater, Instructor

19W310.1

Mondays, 7:00 PM – 9:00 PM

March 4 – April 29 (9 weeks)

\$225

Bulldog Ensemble Theater is a company of Durham artists who create exciting productions of the best new American plays that speak to our community.
bulldogdurham.org

Improv Theater Scenework (Ages 16 & up)

Scenework is the keystone of improvisation. Our focus will be on building relationships in worlds that you create. Live more in the moment, discovering what is present right now and how to work off that. No need to 'script' a scene. You already have everything you need to make a scene 'work.' It's a matter of discovering what is in you and in front of you (in your partner) and learning what to do from there. Experience the true collaboration that makes improvising wonderful. Be ready for active physical participation including frequently alternating between standing and sitting, plus physical movement. Background: You should have completed a beginning improvisation class or have a theater background.

Carolyn Cole, Instructor

18W301.1

Wednesdays, 7:00 PM – 9:00 PM

February 27 – March 27 (5 weeks)

\$125

Improv Theater FUNDamentals**(Ages 16 & up)**

Want to have fun with others while expanding your creativity and sense of joy? Improv is the popular theater art form where you 'play' with others and create spontaneous scenes. In this class you will learn improv fundamentals using specially tailored games and exercises. Experience the accepting environment of 'Yes...and.' Be prepared for self-discovery. Live more in the current moment. Listen and respond more spontaneously. Boost your social confidence. All this while building scenes in the here and now. This class is for people new to improv, but anyone who has already taken an improv course is welcome (and encouraged) to revisit the basics, work those improv muscles and have some fun. **Improv FUNDamentals** or its non-identical twin, **Improv Basics**, each lay the groundwork for longform improv with a different emphasis. They can be taken in any order and students often choose to repeat them for more solid skill building.

Carolyn Cole, Instructor

18SP302.1**Wednesdays, 7:00 PM – 9:00 PM**

May 1 – 29 (5 weeks)

\$125

Improv with Carolyn Cole

The Joel Fund Operation A.R.T.™ Partnership Classes

The Joel Fund™ and the Durham Arts Council are proud to bring Operation A.R.T.™ classes to veterans and their families. This program gives people the opportunity to use art to speak without words. The Joel Fund™ is a 501(c)(3) nonprofit, tax-exempt organization. The Joel Fund's mission is to improve the lives of veterans and their families by providing a connection to non-traditional services. It is through this community of support that The Joel Fund encourages veterans to be active in their community.

**Winter Classes****Hand-building (Ages 18 & up)**

The class will teach various hand-building techniques including pinch pots, working with coils and slab construction. Students will also learn finishing techniques including painting with slip and glazing.

Lisa Brown, Instructor

19W900.1**Fridays, 10:00 AM – 12:30 PM**

January 18 – March 8 (8 weeks)

\$207**\$50 due at registration*****Drawing-Based Watercolor (Ages 16 & up)**

Easy and inexpensive! Only 3 brushes and 5 tubes of watercolor!! Each lesson focuses on one drawing strategy and one watercolor technique. Demos, examples, group critiques and projects guide our exploration. Students practice in class and through weekly homework projects. All experience levels are welcome. Please check the DAC website for the supply list.

Beth Craddock Smith, Instructor

19W902.2**Tuesdays, 2:30 PM – 5:00 PM**

January 15 – March 5 (7 weeks)

No Class February 5**\$157.50****\$35 due at registration*****Spring Classes****Beginning Wheel (Ages 16 & up)**

Use the potter's wheel to make cups, mugs, bowls, vases & much more. This class will allow students who have never used a potter's wheel before to learn the skills needed to make pottery.

Lisa Brown, Instructor

19SP900.1**Fridays, 10:00 AM – 12:30 PM**

March 29 – May 17 (10 weeks)

\$207 or two payments of \$103.50**\$50 due at registration*****Sculptural Hand-building Workshop****(Ages 18 & up)**

Using handbuilding techniques we will create a cool textured Birdhouse or Lantern to enjoy indoors or out. You will explore surface treatments with texture, and colored slips. All skill levels are welcome! Larry Downing, Instructor

19SP901.1**Thursdays, 6:30 PM – 8:30 PM**

April 4 – 11 (2 weeks)

\$45**\$20 due at registration*****Intuitive Painting (Ages 16 and up)**

In this workshop, students will learn the process of intuitive painting. This unique approach is about letting go of expectations, experimenting, and allowing your creativity to unfold naturally. Working in a non-judgmental and playful environment, students will focus on personal expression and their own creative journey. They will learn to connect more authentically with themselves, as well as reconnect with the present moment through creative expression. There is no experience necessary! This class is for all skill levels. There will be a 1 hour lunch break. Please check DAC website for supply list. Acrylics only, please.

Heather Gerni, Instructor

19SP903.1**Saturday and Sunday, 10:00 AM – 4:00 PM**

April 13 – 14 (2 days)

\$125**\$20 due at registration***

*The Joel Fund™ and Durham Arts Council Operation A.R.T.™ partnership classes are for veterans and their families. Proof of veteran status will be required. To register in these courses you must pay a deposit. If you are interested in receiving a scholarship for the remaining cost of the class through The Joel Fund please contact Brooke Dickhart at brooke@thejoelfund.org or (919)247-9333 at least one week prior to the start of the class. If you do not contact The Joel Fund prior to the start of the class you will be held responsible for the remaining balance due 5 days prior to the start of the class.