



COLLAGE DANCE CONTINUUM

ELEVATE YOUR MOVEMENT

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ADULT COURSE CATALOG



ADULT CONCENTRATION COURSES

ARE PERFECT FOR ABSOLUTE BEGINNERS!

Held for six consecutive weeks each season, courses provide absolute beginners with an introduction into various dance genres and styles like ballet, jazz, tap and flamenco.

Each course is thoughtfully structured to be cumulative, allowing course attendees to gradually build on knowledge in a moderately paced and empowering environment.

At the end of each engaging course, attendees are equipped to drop into associated beginner adult classes held at the Collage Dance Center throughout the week.

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Faculty have an exceptional ability to teach every student in the class at whatever level that they're at.

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AMY W.
Adult Student
Collage Dance Continuum



PROVEN BENEFITS OF ADULT DANCE CLASSES

From better physical and mental health to a boost in emotional and social well-being, engaging in movement-based activities has been to proven transform lives. Below are just a few of the benefits of dance to inspire you to initiate or elevate your movement at the Collage Dance Center!

- ✓ Improve cardiovascular health
- ✓ Improve balance and strength
- ✓ Boost cognitive performance
- ✓ Boost emotional and mental moods
- ✓ Stimulate vital social interaction

ABOUT THE CONTINUUM

The Collage Dance Continuum seeks to dramatically increase access to dance and movement classes for Memphians, regardless of age, ability, disability, or body type.

This collection of beginner and intermediate level classes and introductory courses for adults are offered in a non-competitive, affirming environment with master teachers at the top of their craft.

So, join us each week at the Collage Dance Center in the centrally-located Binghampton community of Memphis.

ADULT COURSE DESCRIPTIONS & SCHEDULE

WINTER COURSES BEGINNING EARLY FEBRUARY 2024	SPRING COURSES BEGINNING EARLY APRIL 2024	SUMMER COURSES BEGINNING EARLY JUNE 2024	FALL COURSES BEGINNING MID-SEPTEMBER
<h3>INTRO TO BALLET</h3> <p>For adults with no previous experience who want to be introduced to the world of Classical Ballet. Students will learn the fundamentals of the ballet language and vocabulary, proper body alignment, and traditional movement technique. Hands-on instruction will equip students with several exercises that build healthy motion of joints, tendons and muscles.</p> <p><i>Attire: Comfortable clothing and footwear required. Dancewear such as leotards, tights and ballet slippers encouraged, but not required.</i></p>			
1:00 - 2:00 pm With Kevin Thomas	1:00 - 2:00 pm with Kevin Thomas	1:30 - 2:30 pm with Kevin Thomas	1:00 - 2:00 pm With Kevin Thomas
<h3>INTRO TO TAP</h3> <p>For adults with no previous experience who want to be introduced to the flair and artistic stylings of American Tap dance. Students will learn the fundamentals of tap vocabulary, proper body alignment and traditional movement technique. Hands-on instruction will leave students knowledgeable about the evolution of tap dance, proper use of the tap shoe, and deciphering musical measurements.</p> <p><i>Attire: Comfortable clothing and footwear recommended. Dancewear such as skirts and heels are optional.</i></p>			
-	3:30 - 4:30 pm with Lars Thomas Bergstig	3:30 - 4:30 pm with Lars Thomas Bergstig	-
<h3>INTRO TO JAZZ</h3> <p>For adults with no previous experience who want to be introduced to the rich history of American Jazz dance and music. Students will learn the fundamentals of Jazz vocabulary, proper body alignment and traditional movement technique. Hands-on instruction will guide students through rhythm patterns, performance theater practices, and clean isolated dance phrases.</p> <p><i>Attire: Comfortable clothing and footwear recommended. Dancewear such as skirts and heels are optional.</i></p>			
-	-	2:30 - 3:30 pm with DeAngelo Cheatom	11:30 am - 12:30 pm with DeAngelo Cheatom

Introductory concentration courses are 60 minutes each and sold in 6-week packages for \$100.

A minimum of eight students is required to begin each course. Register and reserve your spot with a 50% deposit by calling 901-800-1873 or visiting collagedance.org today!

ADULT CLASS SCHEDULE

JOIN US FOR CAPTIVATING
DROP-IN ADULT CLASSES
EACH WEEK!



The Collage Dance Center also hosts captivating drop-in adult classes each week. Build on your newfound knowledge from adult courses or tap into your previous training experience and join us for moderately paced instruction in various movement-based classes. To see the current Adult Class Schedule and to register simply, scan the QR code on the right.

TAKE ADVANTAGE OF UNLIMITED MONTHLY CLASS PASSES!

For just \$50, drop into as many adult classes as you'd like within a 30-day period. Unlimited Monthly Class Passes give you the freedom to explore a variety of movement styles each week, or more cost-effectively enjoy just your favorite class styles.

Each drop in is \$15 per adult class. Unlimited Monthly Class Passes are a great way to save and commit to four adult classes or more per month!

