

CADE: Carolina Aerial and Dance Exchange 2018

Saturday, August 11 Schedule

CC&Co. Studio : 9315-E Monroe Rd., Charlotte, NC 28270

	Studio 1 (Left)	Studio 1 (Right)	Studio 2	Studio 3	Lobby
9:00 AM	Crossed Wires: Twisty, Wrappy, Spirally Vocabulary for Dance Trapeze		Hip Key Theory Silks	Rhythm n' Shoes Tap	Deconstructing Gyrokinesis
9:15 AM	Int		All levels	Int	All Levels
9:30 AM	April Skelton		Sarah Small	Jen MacQueen	Amy Eil
9:45 AM	16		8	8	8
10:00 AM					
10:15 AM			9:00am - 10:30am	9:00am - 10:30am	9:00am - 10:30am
10:30 AM					
10:45 AM	Let Go: Drops on Dance Trapeze		Intro to standing acrobatics: Counterbalances	The Buttermelt Workshop: How to stop posing and start being fascinating**	Anatomy for Movers - Lower Body
11:00 AM	All Levels		Int	All levels	All Levels
11:15 AM	April Skelton		Kerry Donny-Clark	Rachel Strickland	Amy Eil
11:30 AM	16		10	8	10
11:45 AM					
12:00 PM	10:45am - 12:15pm		10:45am - 12:15pm	10:45am - 12:15pm	10:45am - 12:15pm
12:15 PM					
12:30 PM	Cyr Wheel		Hand2Hand & Hand2Foot Basics	Contemporary Dance	Bridging the Gap: From Amateur to Pro
12:45 PM	Int.		Int/Adv	Beg/Int.	All Levels
1:00 PM	10		Kerry Donny-Clark	Caroline Calouche	Rachel Strickland
1:15 PM	Jen MacQueen		8	8	10
1:30 PM					
1:45 PM	12:30pm - 2:00pm		12:30pm - 2:00pm	12:30pm - 2:00pm	12:30pm - 2:00pm
2:00 PM	Cyr Wheel		Fabric Brain	Limber Up	Creating Dance & Circus Outreach Programs
2:15 PM	Beg.		Int/Adv	All Levels	
2:30 PM	Jen MacQueen		Amy Eil	Rachel Strickland	Caroline Calouche
2:45 PM	10		8	12	8
3:00 PM					
3:15 PM	2:00pm - 3:30pm		2:00pm - 3:30pm	2:00pm - 3:30pm	2:00pm - 3:30pm
3:30 PM	Contemporary Dance		Aerial Straps	Ballet	Anatomy for Movers - Upper Body
3:45 PM	Int/Adv		Int	Int	All Levels
4:00 PM	Caroline Calouche		Carlos Alexis Cruz	Skyla Caldwell	Amy Eil
4:15 PM	12		10	10	12
4:30 PM					
4:45 PM	3:45pm - 5:15pm		3:45pm - 5:15pm	3:45pm - 5:15pm	3:45pm - 5:15pm
5:00 PM					
5:15 PM	Spin Theory 101: Using Spiral momentum	Vertical Dance	Dancing on the Edge: Skills Using the Edge of the Fabric	Bollywood Fusion	ChoreoLab: Finding Meaning Through Horizontal and Vertical Space
5:30 PM	All Levels	All Levels	Int/Adv	Beg/Int.	All Levels
5:45 PM	Rachel Strickland	Amy Eil	April Skelton	Byron McDaniel	Caroline Calouche
6:00 PM	8	8	8	10	12
6:15 PM					
6:30 PM	5:30pm - 7:00pm	5:30pm - 7:00pm	5:30pm - 7:00pm	5:30pm - 7:00pm	5:30pm - 7:00pm
6:45 PM					
				**Students must take all 3 classes in this series.	