

CADE: Carolina Aerial and Dance Exchange 2018

Saturday, August 11

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

**Students must take all 3 classes in this series.