

CADE: Carolina Aerial and Dance Exchange 2018

Sunday, August 12

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

	Studio 1	Studio 2	Studio 3	Lobby
9:00 AM	Spanish web All Levels Jill Scheidt & Javier Gonzalez 12 9:00am - 10:30am	Fabric Brain Beg/Int Amy Ell 8 9:00am - 10:30am	Intro to standing acrobatics: Lifts, swings, and supports Int. Kerry Donny-Clark 10 9:00am - 10:30am	InBody scans for targeted nutrition Rachel Strickland 9 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	Partner trapeze: intro to dynamic partner trapeze Int Kerry Donny-Clark 6 bases 6 flyers 10:45am - 12:15pm	The Buttermelt Workshop: How to stop posing and start being fascinating** All levels Rachel Strickland 8 10:45am - 12:15pm	Musical Theater Beg/Int. Jen MacQueen 8 10:45am - 12:15pm	Anatomy for Movers - Upper Body All Levels Amy Ell 12 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	Theater Prep for Showcase 12:30pm - 2:00pm	Aerial Straps All levels Carlos Cruz 6 12:30pm - 2:00pm	A Perfect Circle: Advanced Spinning and Sequences All Levels Rachel Strickland 8 12:30pm - 2:00pm	
12:45 PM				
1:00 PM				
1:15 PM				
1:30 PM				
1:45 PM				
3:00 PM	CADE SHOWCASE 3:00pm - 5:00pm Privates 5:00pm - 7:00pm			
5:00 PM				
5:15 PM		Privates 5:00pm - 7:00pm	Privates 5:00pm - 7:00pm	Privates 5:00pm - 7:00pm
7:00 PM				

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