

CADE
Carolina Aerial and Dance Exchange
Friday, August 10
9315-E Monroe Road, Charlotte, NC 28270

	Studio 1	Studio 2	Studio 3	Lobby
6:00 PM				
6:15 PM	Lyra	Sling	Shapeshifter: Transforming Classic Moves into Undiscovered Creatures	
6:30 PM	Int.	All Levels	Int/Adv	
6:45 PM	Rachel Strickland	Sarah Small	April Skelton	
7:00 PM	12	8	16	
7:15 PM	6:00pm - 7:30pm	6:00pm - 7:30pm	6:00pm - 7:30pm	
7:30 PM				
7:45 PM	The Buttermelt Workshop: How to stop posing and start being fascinating**	Beat It! (Rope Beats)		Anatomy for Movers - Upper Body
8:00 PM	All levels	Int.		All Levels
8:30 PM	Rachel Strickland	Jill Scheidt		Amy Ell
9:00 PM	8	8		12
9:15 PM	7:45pm - 9:15pm	7:45pm - 9:15pm		7:45pm - 9:15pm

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

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	Fabric Brain	Dynamic Partner Acrobatics	In-Body scans for Targeted Nutrition
9:15 AM	All Levels	Beg/Int	Int.	All Levels - Free Class
9:30 AM	Jill Scheidt & Javier Gonzalez	Amy Ell	Kerry Donny-Clark	Rachel Strickland
9:45 AM	12	8	10	9
10:00 AM				9:00am - 10:30am
10:15 AM	9:00am - 10:30am	9:00am - 10:30am	9:00am - 10:30am	
10:30 AM				
10:45 AM	Partner trapeze: intro to dynamic partner trapeze	The Buttermelt Workshop: How to stop posing and start being fascinating**	Musical Theater	Anatomy for Movers - Upper Body
11:00 AM	Int	All levels	Beg/Int.	All Levels
11:15 AM	Kerry Donny-Clark	Rachel Strickland	Jen MacQueen	Amy Ell
11:30 AM	6 bases	8	8	12
11:45 AM	6 flyers			
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	Theater Prep for Showcase	Aerial Straps	A Perfect Circle: Advanced Spinning and Sequences	
12:45 PM		All levels	All Levels	
1:00 PM		Carlos Cruz	Rachel Strickland	
1:15 PM		6	8	
1:30 PM				
1:45 PM	12:30pm - 2:00pm	12:30pm - 2:00pm	12:30pm - 2:00pm	
3:00 PM	CADE SHOWCASE			
5:00 PM	3:00pm - 5:00pm			
5:15 PM	Privates	Privates	Privates	
7:00 PM	5:00pm - 7:00pm	5:00pm - 7:00pm	5:00pm - 7:00pm	

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