

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 | | Silks Repertory | | Deconstructing Gyrokinesis |
| 9:15 AM | Int | | All levels | | All Levels |
| 9:30 AM | April Skelton | | Sarah Small | | Amy Ell |
| 9:45 AM | 16 | | 8 | | 8 |
| 10:00 AM | | | | | |
| 10:15 AM | | | 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** | |
| 11:00 AM | All Levels | | | All levels | |
| 11:15 AM | April Skelton | | Kerry Donny-Clark | Rachel Strickland | |
| 11:30 AM | 16 | | 10 | 8 | |
| 11:45 AM | | | | | |
| 12:00 PM | 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 | Beg/Int | | Int/Adv | Int/Adv | 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 - Beg/Int | Limber Up | |
| 2:15 PM | Beg. | | Int/Adv | All Levels | |
| 2:30 PM | Jen MacQueen | | Amy Ell | Rachel Strickland | |
| 2:45 PM | 10 | | 8 | 12 | |
| 3:00 PM | | | | | |
| 3:15 PM | 2:00pm - 3:30pm | | 2:00pm - 3:30pm | 2:00pm - 3:30pm | |
| 3:30 PM | Contemporary Dance | | Aerial Straps | | Anatomy for Movers - Upper Body |
| 3:45 PM | Beg/Int | | Int | | All Levels |
| 4:00 PM | Caroline Calouche | | Carlos Alexis Cruz | | Amy Ell |
| 4:15 PM | 12 | | 10 | | 12 |
| 4:30 PM | | | | | |
| 4:45 PM | 3:30pm - 5:00pm | | 3:30pm - 5:00pm | | 3:30pm - 5:00pm |
| 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 | |
| 5:30 PM | All Levels | All Levels | Int/Adv | All Levels | |
| 5:45 PM | Rachel Strickland | Amy Ell | April Skelton | Byron McDaniel | |
| 6:00 PM | 8 | 8 | 8 | 10 | |
| 6:15 PM | | | | | |
| 6:30 PM | 5:15pm - 6:45pm | 5:15pm - 6:45pm | 5:15pm - 6:45pm | 5:15pm - 6:45pm | |
| 6:45 PM | | | | | |

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