

# AFTER SCHOOL ARTS ACADEMY PROGRAMS FOR MIDDLE SCHOOL STUDENTS

SPRING SEMESTER 2012

Summer Leadership Institute Arts Center Management Adult Education Programs Summer Scholars' Academy Arts Academy Exploring College Life/Boston Professional Development Programs Accreditation Oversight Teaching Intern Program SAT Prep Academy University Partnerships: Courses, Consultation, Internships, Articulation Agreements Writing Center Alumni Fellows Program/Alumni Outreach Exploring College Life/London Performances Exhibition Series Grant Writing Innovation Zone On-line Learning School-to-School Partnerships Community Celebrations

## Institute for Innovation and Creativity

Innovation Creativity Culture Critical Thought



TO ENROLL IN ARTS ACADEMY PROGRAMS FOR ELEMENTARY SCHOOL STUDENTS, CONTACT MS. MARIETTA GARBIS AT 210-6393-200, EXT. 302 OR [garbism@acs.gr](mailto:garbism@acs.gr) ENROLLMENT DEADLINE: FRIDAY, FEB. 3, 2012



## Study Yoga and Hip-hop/Jazz Dancing

Classes and workshops for students in Middle School

February 6 - May 15, 2012

The Institute for Innovation and Creativity is an initiative of the American Community Schools of Athens



## Modern Jazz Dance/Hip Hop Dance for boys and girls in grs. 4-8

**Fridays, 3:45 - 5:30 p.m.**

**Instructor: Ms. Katerina Mitakou**

**Dates: Fridays --FEB. 10, 17, 24; MAR. 2, 9, 23, 30; APR. 20, 27; MAY 4, 11, 18: 120 euros (12 classes)**

**Minimum enrollment: 6**

**Maximum enrollment: 15**

Jazz has become one of the most popular dance styles in recent years, mainly due to its popularity on television shows, movies, music videos and commercials. People enjoy watching jazz dancers, as the dancing is fun and energetic and consists of unique moves and fancy footwork. A jazz class explodes with energy. With music styles ranging from hip-hop to show tunes, the beat alone will get you moving. The class begins with a thorough warm-up, leading to a series of stretching exercises and isolation movements. Isolations involve moving one part of the body while the rest of the body remains still. Jazz dancers also practice the art of suspension. Suspension involves moving through positions instead of stopping and balancing in them. The class ends with a short cool down to help prevent muscle soreness. The goal is to produce physically and expressively well-trained dancers. Most importantly, students are encouraged to relax, breathe, and enjoy this exploration -- and to give it their best.

## Yoga Moves Me!

*an introduction to yoga for young students*

**for students in grs. 3 - 7**

**Wednesdays, 3:45 - 5:00 p.m.**

**Instructor: Ms. Anita Palimeri**

**Dates: Wednesdays -- FEB. 8, 15, 22, 29; MAR. 14, 21, 28; APR. 4, 18, 25; MAY 2, 9 (12 classes)**

**COST: 120 euros**

**Minimum enrollment: 6**

**Maximum enrollment: 15**

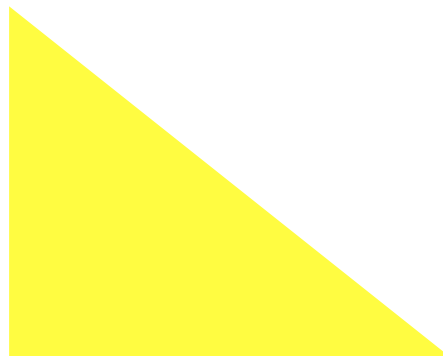
Join Yoga Moves Me! to learn in a fun and creative way why Yoga is so popular all over the world. It is relaxing and fun, full of challenges, games, acrobatics and yoga postures.

In Yoga Moves Me! you learn how to be an airplane, a cricket, a mountain or a candle; how to do partner poses and pyramids with your friends; how to relax body and mind.

Yoga Moves Me! combines exercise, movement, balance, relaxation and games. It is fun for boys and girls!

Instructor **Anita Palimeri** started teaching Creative Dance in 2003, while living abroad in Indonesia, Nigeria and Kenya. She cooperated with SPAN (Society for the Performing Arts in Nigeria), the American Playschool in Lagos, and later in Kenya she danced with the Pre-K kids at the International School of Kenya. Since 2007 she has held Creative Dance classes in schools and kindergartens in Athens with great results!

Her dance experience comes from for 12 years of classical ballet (Royal Academy of Dance) and continuous education in  
 -Authentic Movement & Improvisation  
 -Contact Improvisation  
 -Seminars in drama therapy, dance therapy and the Orf System  
 In 2010 she was certified as a Yoga for Kids and Families teacher, Rainbow Kids Yoga, LLC



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## registration form

To reserve a place for your child in any Arts Academy course(s), please contact Ms. Marietta Garbis at 210-6393-200, ext. 302, so that she may add your child's name to course roster(s).

then.....

Please fill out this registration form and enclose tuition for any class(es) -- Costs are provided as part of each course description in the program brochure -- to reserve a spot for you your child. Print and return the bottom this form and the money in a sealed envelope to **Ms. Marietta Garbis, IIC Administrative Assistant**, in the ACS Athens Bookstore (in the basement across the hall from the ES Dance studio) between 8:30 - 9:15 a.m. and 3:15 - 4:00 p.m., or in the IIC Office in the Arts Center lobby at all other times, **no later than Friday, February 3** . (If you have any questions, please contact Ms. Garbis at ext. 302). If enrollment in an activity does not reach the minimum number of participants required for the class to run, the class will be cancelled, and you will be notified and your tuition returned.

Student's name: \_\_\_\_\_

Parents' / Guardians' Name(s): \_\_\_\_\_

Parents' Email Address: \_\_\_\_\_

Phone #/s: Home: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Class(es): 1. \_\_\_\_\_ Tuition \_\_\_\_\_

2. \_\_\_\_\_ Tuition: \_\_\_\_\_

3. \_\_\_\_\_ Tuition: \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_ Thank You!

**Institute for Innovation and Creativity**

**Innovation** Creativity **Culture** **Critical Thought**

