

# Family Arts Day at HCA

## DANCE WORKSHOPS

### Family Ballet

Instructor: Denise van Es

All Ages

10am – 10:45am

11am – 11:45am

*Sweep and glide across the floor in our fun and exciting classical ballet class. Participants will have the opportunity to explore expression, movement vocabulary, and music in this introductory workshop.*

### Family Hip Hop

Instructor: Anton Le

All Ages

10am – 10:45am

11am – 11:45am

*Learn a Hip-Hop routine and freestyle with your own moves in this high-energy dance class!*

### Dance Improv

Instructor: Alyssa Nedich

All Ages

12pm – 12:45pm

*This class will allow dancers to express freely through rhythm and dance, learning that dance comes from any movements within the body. Dancers will go through a series of exercises that allow them to move in unconventional ways.*

### Family Jazz Dance

Instructor: Alyssa Nedich

All Ages

1pm – 1:45pm

*Learn an upbeat jazz dance with the whole family!*

## MUSIC WORKSHOPS

### Yamaha Apple Course

Instructor: Teresa Sanecki

Ages: 2-3 (must be 2 by Sept 2020) with caregivers

10am – 10:30am

12:30pm – 1pm

*Allow your children to explore the world around them through music, movement, and creative play. Yamaha Apple is specifically designed to give two-year old students an enriching musical experience.*

### Music Wonderland

Instructor: Teresa Sanecki

Ages: 3-4 (must be 3 by Sept 2020) with caregivers

10:30am – 11:15am

1pm – 1:45pm

*Introduce your child to a music class that develops skills in listening, singing, rhythm, and playing – all part of the Yamaha Music Wonderland experience!*

### Yamaha Junior Music Course

Instructor: Teresa Sanecki

Ages: JK + SK with caregivers

11:15am – 12:15pm

*Develop the musical child from within. The Yamaha Junior Music Course introduces young kids to the language of music – with an emphasis on listening, verbalizing, playing, and reading.*

### Fun with Percussion Drum Circle

Instructor: David Gould

All Ages

12pm – 12:45pm

1pm – 1:45pm

*Make as much noise as you like! Bang out some beats and enjoy the opportunity to experiment with percussion instruments.*

## THEATRE WORKSHOPS

### **Intro to Improv Theatre**

Instructor: Stephanie Hope Lawlor

All Ages

10am – 10:45am

11am-11:45am

*Learn the creative power of saying 'yes and...' by jumping into games and exercises suitable for families of all ages! Play, laugh and explore...and discover some superpowers along the way.*

## VISUAL ARTS WORKSHOPS

### **Drop-in Collage Making**

Instructor: Melissa Star Charlies

All Ages

10am-2pm

*Have fun as a family creating artwork using a variety of found materials!*