

# DanceMakers Newsletter November 2013

## Introducing Martial Arts!

We are pleased to announce that DanceMakers will expand their programs to include Martial Arts. Sensei Dave Couch is a former owner of his own facility in Whitby and brings a lifetime of experience to our facility. See his full bio on our website and Facebook Page. Classes for ages 5 and up, and special 6 week Self Defense Classes will be offered in Session 2 starting in January.

### Free Trial Classes:

Reserve your spot for a free trial class during the weeks of Nov. 11-16 & Nov. 25-30<sup>th</sup>.

Kidz Karate (Age 5-7) – Thurs. 5-6 pm, Sat. 12-1 pm.

Jr. Karate (Age 8-10) – Wed. 6:30-7:30 pm, Sat. 1:15-2:15 pm.

Int. Karate (Age 11-15) – Tues. 6:30-7:30pm.

Ladies Self Defense – Thurs. 6:15-7:15



Dave Couch, DM Martial Arts



Karen & Allen Kaeja,  
Kaeja d'Dance

## Elevations Workshop with Kaeja d'Dance at Dancemakers!

We are excited to bring professional dance experiences to our studio this year! Our first workshop will be with members of Kaeja Dance Company from Toronto. Look for up-coming workshops in Jazz and Contemporary in February.

Learn to Fly with Kaeja d'Dance on Sat. Nov. 16<sup>th</sup> from 4 to 5 pm. Please sign up at the front desk, cost is \$10 per person.

Allen and Karen Kaeja's partnering style has played a role in the creation of their 20 dance-on-screen films and over 100 stage creations. The workshop is rooted in contact improvisation, relying on the architectural structure of two bodies interacting while complimented by gravity, momentum, propulsion, breath and flow. Previous dance experience required.

## Important Session 1 Dates:

### November

Free Trial Classes Martial Arts:  
Nov.11-16 & Nov. 25-30<sup>th</sup>.

Dance Workshop "Partner Elevations" with Kaeja: Sat. Nov. 16<sup>th</sup> from 4-5 pm.

Provincial Gymnastics Qualifier:  
Orangeville Nov.29-Dec.1



Karate Classes for Age 5+

### December

Parents Week: Dec. 16<sup>th</sup>-21<sup>st</sup>.

Christmas Break: Mon. Dec. 23<sup>rd</sup> to Fri. Jan. 3<sup>rd</sup>.

Classes for Session 1 will resume on Sat. Jan. 4<sup>th</sup>.

Last day of Session 1 is Mon. Jan. 27<sup>th</sup>.