

## Hip Hop

with Nicole Steeves  
August 3 - 7th

Level 1/2 6:00-7:15 pm  
Level 3/4 7:15-8:30 pm



This hip hop class is for those who would like to improve co-ordination, style and strength. Throughout the week, a range of styles will be explored, including New Style, Locking and New Jack Swing. Classes will include the basics of each technique, taught within the broader context of choreography. It will be a week of movin' and groovin', so come to class ready to work, have fun and sweat! *Clean indoor shoes only.*

## Ballet

with David Roland  
August 10-14



### Introduction to Ballet 5:30-6:30 pm

For absolute newcomers to classical dance. Background discussion, clear explanation of foot positions, theory, step elements (barre), translations, and some basic practice combinations will draw the student to a "user-friendly" beginning to dancing ballet.

**Ballet 1/2 6:30-8:00 pm** For beginners with some experience. There will be lots of dancing and introduction to some new steps not touched on during the school year.

**Ballet 2/3 8:00-9:30 pm** For intermediate level students who want to move into "new territory" in their ballet awareness. For advanced dancers who want a solid, strength-building workout with plenty of movement in classical style.

## Contemporary

with Alison Denham  
August 17 - 21



Level 1/2 6:00-7:30 pm  
Level 3/4 7:30-9:00 pm

Alison Denham is one of Canada's most sought after contemporary dancers. Her class will have you eating up space. Thorough exercises to warm and prepare the body for a maximum range of motion while focussing on efficient use of energy, breath and use of weight. From floor work, to standing, to jumping – exploring a healthy integrated approach to dance.

## Modern

with Constantine Darling  
August 24-28

Level 1/2 6:00-7:30 pm  
Level 3/4 7:30-9:00 pm



Constantine Darling is a giant name in dance in our city. He was the founder and artistic director of both Spectrum Dance Circus, and Victoria Arts Collaborative, which ran Victoria's first professional dance training program. He is a dancer, teacher, martial artist and facilitator of his great passion for vision questing. Back by popular demand from last summer, prepare to sweat. Constantine's classes are a real workout. You will find elements of modern, jazz, boot camp and energy work all in one class.

### Course info

Each class costs \$99 [gst included].  
Registration by mail to:

Lynda Raino Dance  
Dance Centre for Adults  
715 Yates Street, 3rd Flr  
Victoria BC V8W 1L6

### Contact

p (250) 388-5085  
e [lyndarainodance@yahoo.ca](mailto:lyndarainodance@yahoo.ca)  
w [lyndarainodance.com](http://lyndarainodance.com)

*Only 20 students per class on a first come basis. Registration is required. Cheques made payable to Lynda Raino Dance. Sorry, no drop ins.*

9 weeks

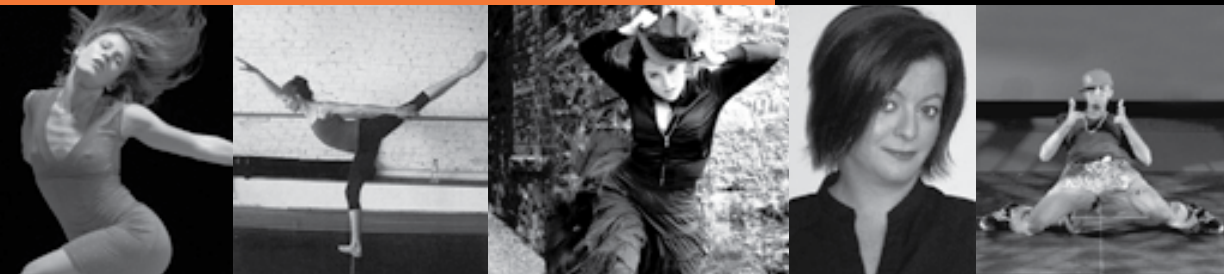
9 teachers

9 styles



Design: Maslany Creative





## Contemporary

with Brandy Baybutt

June 29 - July 3rd



Level 1/2 6:00-7:30 pm

Level 3/4 7:30-9:00 pm

Brandy Baybutt is a Vancouver based independent dancer and choreographer. She has recently worked with Kokoro Dance, Mascall Dance and Co Erasga. Her work is eclectic and undefinable in style but always moving, energetic and physical. Students in Victoria will remember her 4 years of teaching at Lynda Raino Dance and welcome her back for this week of unique dance à la Brandy.

## Dance Hall

with Kieran Noyze Heralall

July 6 - 10



Level 1/2 6:00-7:15 pm

Level 3/4 7:15-8:30 pm

Dance hall is a style of music and dance from Jamaica that takes influences from hip hop, African, and Latin dance styles. Based around the party venue and the dance hall, sets of moves are created in such a way that they can be learned and executed by the whole congregation and result in a high energy atmosphere. Many variations of dance

hall moves can be seen in popular hip hop choreography and when put in routines create a hype, raw, gritty, and energetic dance style. We're excited to welcome Kieran to his first summer with us!

*Clean indoor shoes only.*

## Ethno Funk and Flamenco

with Monique Salez

July 13 - 17



Ethno funk Open Level 6:00-7:15 pm

Ethno funk is pure west coast fusion created by Monique Salez to address her love of the musical ethno fusion that inspires her creatively. Referencing ethnic styles from flamenco to belly dance and fusing them with funk, jazz, modern and hip hop vocabulary, the style is a direct response to the vibe of the music – sexy, powerful, and cheeky.

Flamenco Level 1 7:15-8:30 pm

Focussing on the Tangos palo (4/4 time), we will explore the basics of brazeo (arms), torso, florea (hands), cadera (hips), marqueo (marking steps) and a few groovy breaks to introduce our bodies to this sensual, powerful form. Men and women alike, no experience necessary.

## Ballet

with Amalia Schelhorn

July 20 - 24



Level 1/2 6:00-7:30 pm

Level 3/4 7:30-9:00 pm

Beginner and advanced ballet classes focusing on discovering efficient movement and on expanding the students' vocabulary of ballet steps. Unleash the grace within!

## Jazz

with Allison Somerville

July 27 - 31

Level 1/2 6:00-7:30 pm

Level 3/4 7:30-9:00 pm



Allison Somerville is in her third year of teaching jazz at *Lynda Raino Dance*, but has been dancing since she was three.

An award winning choreographer and teacher, Alison's studio jazz classes are a groove based style that is fun and sexy. From Miles Davis to Rihanna, the music is always pumping and the sweat is running. A very popular summer class!

