

## **ROZBARK BYTOM DANCE AND MOVEMENT THEATRE**

### **Educational projects**

In parallel to its artistic projects, the Rozbark Bytom Dance and Movement Theatre is going to carry out educational efforts, including dance classes and projects connected with dance less directly. There are going to be offerings for all ages – starting from the youngest children, to adults, to senior citizens. They will be taking place both on regular basis throughout the artistic season and in the form of brief but intensive workshops accompanying the International Contemporary Dance Conference and Festival of Dance Art. The classes will cover a variety of techniques so that the participants can explore different forms of movement, including but not restricted to contemporary dance. There are also going to be training courses for professional dancers, including classes on dance therapy or choreotherapy for therapists, physiotherapists, and other professionals working with the disabled using different forms of art therapy. ROZBARK will also try to reach out to the residents of Bytom by holding classes outside of its headquarters, e.g. in kindergartens, schools, social care centres, culture centres, and dance centres, as well as schools of higher education for dancers and therapists.

Apart from dance classes, ROZBARK will also carry out educational projects on dance history and theory, dance performance production, lighting and the use of multimedia in dance theatre, management, marketing and promotion in professional dance institutions. The classes will be cover both theoretical and practical aspects, making it possible for the participants to gain comprehensive knowledge that may facilitate their everyday work and artistic development.

### **REGULAR CLASSES**

#### **CLASSES FOR KIDS**

##### **Little ones +**

Classes focusing on all-round development, devised for children aged 2–5 and their parents/carers. The classes are meant to help children develop their sense of rhythm, hearing, and spatial imagination. Learning takes place through playful dancing activities involving both the children and their parents/carers.

Instructor: Anna Wiczorkowska

Thursdays / 4.30–5.15pm

Price: PLN 10 /class

##### **Eurhythmics**

Classes delivered by a specialist with long-standing experience in teaching eurhythmics, based on the most acclaimed methods, namely Dalcroze Eurhythmics, the Dennison method and Sherborne Developmental Movement. The classes involve exercises in making associations between movement and music or “brain gyms”; they also encourage participants to establish stronger connections with each other.

For children aged 5–7.

### Dalcroze Eurhythmics

A system of early music education that involves expressing music using movement. It was developed in the early 20th by Swiss composer and educator Émile Jacques-Dalcroze. Eurhythmics makes it possible for students to experience music physically through movement exercises and using other senses.

### Dennison Method

Relaxation and energising exercises that stimulate the integration of the brain's hemispheres and result in more effective performance. The method is simple and facilitates harmonic development. Applied with patience and persistency it helps children overcome different problems they may face. The underlying objective of the approach is to integrate thoughts and actions and help the brain and body work in perfect unison.

### Sherborne Developmental Movement

The method, devised by Veronica Sherborne, uses movement exercises to help children develop their physical capabilities, awareness of their body and the space around. Participants also learn how to act in the space around and share it with other people to build close relationships with them.

Instructor: Anna Wiczorkowska

Thursdays / 5.15–6pm

Price: PLN 10 / class

### **Ballet**

Classical dance classes for children aged 6–9. Learning classical dance helps children develop the right posture, while carefully selected exercises will make their movements graceful and harmonious while boosting their general strength and fitness.

Instructor: Alina Belyagina

Fridays/ 5–6pm

Price: PLN 10 /class

### **Pracownia Ruchu [Movement Studio] – dance ensembles for kids and teenagers**

We are looking for children and teenagers with dance experience or eager to try their hand (and foot) at contemporary dance to join classes involving such techniques as release, modern jazz, ballet, gaga and floor work, improvisation, or basic acrobatics.

The first, introductory, class will take place during the Open Days of the Rozbark Bytom Dance and Movement Theatre. During subsequent meetings we will divide the participants into two age groups to form permanent dance ensembles affiliated with ROZBARK.

First class (Open Days):

Teenagers (14–16 year-olds): Friday, 7 March / 6–7pm

Children (7–13 year-olds): Saturday, 8 March / 10–11am

Regular practice at Pracownia Ruchu [Movement Studio] will start on 10 March: teenagers – Tuesdays and Thursdays at 6.30–7.30pm.

Instructor: Agnieszka Doberska

Participation is free.

Please register in advance by phone or e-mail providing the child's name and surname, a carer's name and surname, and a telephone number. Children will be admitted to ensembles based on the instructor's decision.

### **Street Dance (7–11 year-olds; 12–16 year-olds)**

Dance classes covering different techniques, including break dance, locking, popping, hype, new style, wacking, house, street tap, or dancehall. The course combines solid workout and a review of the history of street dance. The instructor is an experienced educator, dance teacher, and director of kids' and teenage performances. Participants are divided into two age groups.

Instructor: Agata Zeliszek

7–11 year-olds / Wednesdays 4.30–5.30pm

12–16 year-olds / Wednesdays 5.45–6.45pm

Price: PLN 10 /class

## **CLASSES FOR ADULTS**

### **Contemporary Dance**

Classes devised and delivered by dancers of the Rozbark Bytom Dance and Movement Theatre and guest artists. Preferably, participants will have prior dancing experience (intermediate or advanced).

Monday–Sunday / 6.30–8pm

Price: PLN 15 /class

### **Improvisation**

Classes for intermediate students of dance and above. The objective of the course is to deepen your body awareness, teach you to find dance within yourself and to be open to various developments that may come your way.

Instructor: Anna Piotrowska

Wednesdays/ 7.30–9pm

Price: PLN 15 /class

### **Jazz**

Jazz dance will teach you to express your feelings, release the emotions hidden inside. It is a great way to defuse mental and physical tension. Based on ballet concepts, it is free from some of its limitations, just like contemporary dance. Jazz dance is characteristic for “isolations”, namely moving different parts of your body in independently of the others, and “contractions”, which are also used in hip-hop dance, but the principle is different. Jazz dance generally seems “light and independent” just like contemporary or modern dance yet the technique's difficulty is second to ballet's only and requires a great deal of effort from the

dancer. It helps to develop all muscle groups, improves the body's motor abilities, stretches stiff joints, and boosts blood circulation. Regular training helps to increase general fitness.

Classes for people with prior dance experience (intermediate and advanced levels).

Instructor: Katarzyna Nowak

Thursdays / 7.30–9pm

Price: PLN 15 /class

### **Elementary Classical Dance**

Classes for people with prior dance experience who wish to learn the basics of classical dance, including elements of the technique and short choreographies. Learning classical dance improves your posture; carefully selected exercises will make your movements graceful and harmonious while your body becomes stronger and more fit.

Instructor: Alina Belyagina

Saturdays / 6–7.30pm

Price: PLN 15 /class

### **Latino Dance SOLO**

The class teaches solo exercises and dance sequences deeply rooted in Latino dances such as: the samba, rumba, cha-cha, paso doble, jive, and elements of salsa and flamenco. Hot Latino rhythms born in Columbia or Cuba will activate your whole body, especially the hips, arms, and chest. The classes will improve your fitness, help you relax and strengthen your body, but – first and foremost – they will set it free from the rigid confines it is usually forced into and send some forgotten body parts swinging. Come, have fun, and enjoy what our body offers: pure movement.

Classes for men and women, no age restrictions, no prior dance experience required.

Instructor: Katarzyna Baran

Fridays/ 5–6.30pm

Price: PLN 15 /class

### **Dance classes for women (contemporary dance/elementary level)**

The classes' objective is to improve your fitness and movement coordination, to strengthen your body, and help you learn contemporary dance technique. Starting from an intensive warm-up of the whole body, step by step each class will introduce more and more complex exercises, combinations, and choreographies generally based on contemporary dance techniques. The class will conclude with stretching and cooling down exercises to help the whole body relax after intensive workout. The classes are open to all ladies, regardless of their dance skills and experience: the programme will be adjusted to your abilities.

Please bring a comfortable outfit (e.g. a tracksuit). We dance barefoot.

Instructor: Katarzyna Baran

Fridays / 6.45–8.15pm

Price: PLN 15 /class

### **Relaxation – An Aware Body**

Classes open to everybody, regardless of age or physical fitness. You will learn basic techniques of body and mind integration through breathing. The main objective is to help you relax tense body parts and find an appropriate body posture that will be an asset in everyday life and will help you avoid the most frequent problems resulting from poor posture.

Instructor: Agnieszka Doberska

Saturdays / 11–12.30am

Price: PLN 15 /class

### **Yoga**

Two groups of Iyengar Yoga. The Iyengar method is characteristic for precision and rigour; it engages and unifies all aspects of human existence: physical, mental, and spiritual.

Tuesdays / 6–7.30pm – beginner group

Thursdays / 6–7.30pm – intermediate/advanced group

Price: PLN 15 /class

### **Pilates**

Stretching, strengthening, and stabilising exercises for the whole body, in particular the deep muscles of the core, as well as thighs, buttocks and calves. The practice is set to calm music; you exercise to the rhythm of your breathing. The classes will help you develop good posture, raise your awareness of movement, improve coordination, make your body more harmonious, and boost your well-being.

We welcome everyone, regardless of age or fitness, including those suffering from joint pains or back pains.

Instructor: Katarzyna Nowak

Tuesdays / 7.30–9pm

Price: PLN 15 /class

### **Dancing for Seniors**

Dance and movement classes for seniors eager to spend their leisure time actively. The course covers different forms of movement, including ballroom dancing, circle dancing, improvisation, movement exercises, and relaxation methods that will help you develop physically and mentally. The objective is to encourage participants to stay active through dance and movement, make them familiar with different forms of artistic expression, help them develop their interests, integrate with each other, maintain a healthy posture, stay fit and strong mentally. Also, perhaps most importantly, the classes are simply great fun.

Instructor: Ewelina Dehn

Tuesdays and Thursdays / 4–5.30pm

Participation is free.

**Lindy Hop** (first group in Silesia!)

**Argentinean Tango**