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June 29 - July 2, 2020

ndiLIVE! Free online dance classes from National Dance Institute

Company: National Dance Institute
Venue: ONLINE - National Dance Institute
Location: New York, NY

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Through our ndiLIVE! platform of free online classes, NDI teaching artists are leading children in signature NDI choreography, a variety of high-energy dance classes for all ability levels. All videos will be available on NDI's Facebook, Instagram, and YouTube channel after the video has aired.

Schedule for June 29 through July 2, 2020:

NDI Dance! with Jennifer Aks-Neuman (All ages)

4 pm EDT • Monday, June 29 on [Facebook](#), [Instagram](#), and [YouTube](#)

Join NDI Teaching Artist Jennifer Aks-Neuman for an energetic and joyful NDI dance class! Jen will lead a warm-up and teach original choreography. The dancing will be accompanied by music from NDI Associate Music Director Yakir Ben-Hur.

DREAM Project@Home (All ages and all abilities)

4 pm EDT • Tuesday, June 30 on [Facebook](#), [Instagram](#), and [YouTube](#)

To view with closed captioning, please watch on YouTube.

Find your audience! DREAM Project@Home series continues! This class series focuses on introducing the NDI style of dance class to children with a wide variety of abilities. In this 35 minute class, Kay Gayner (NDI Associate Artistic Director), Agnes McConlogue Ferro (Board Certified Pediatric Physical Therapist), Elizabeth Sellner (NDI Teaching Artist), Michelle Phillips (NDI Teaching Artist), and children with and without disabilities from the NDI DREAM community provide strategies for adapting movement for different levels of abilities. Steps are broken down and choreography builds throughout the series culminating in a mini-performance. Musical accompaniment is provided by NDI Musicians Tony Allen, Yakir Ben-Hur, and Micha Gilad.

Join us and share this class with your community for a dance class experience that is one of a kind! Families and children of all ages and with a wide variety of abilities are encouraged to participate!

Warm-Up Wednesdays! (All ages)

8 am EDT • Wednesday, July 1 on [Facebook](#), [Instagram](#), and [YouTube](#)

NDI Teaching Artist Calia Marshall will lead an energizing dance warm-up for everyone to join in. This 5 minute warm-up will give you an extra boost for the day ahead, while sprinkling in some positivity and joy. Accompanying Calia is NDI Musician Todd Keller.

NDI Choreography Workshop: "Why Dance...Because!" with Jessi Colón (All ages)

4 pm EDT • Wednesday, July 1 on [Facebook](#), [Instagram](#), and [YouTube](#)

NDI Teaching Artist and Alumna, Jessi Colón guides you through a section of choreography from "Why Dance... Because!," a classic NDI repertory piece. "Why Dance...Because!" (also known as "Jump!") was choreographed by Michael Owens in the early 1990s and has been performed at events to this day, including alumni homecoming. Joined by NDI Music Director Jerry Korman, let's learn a section and watch the Celebration Team perform a special edition of this cherished piece. "Why Dance...Because!" will make you want to get up and dance!

NDI Arts Encounter with Emily Meisner (3K–2nd Grade)

4 pm EDT • Thursday, July 2 on [Facebook](#), [Instagram](#), and [YouTube](#)

Join Teaching Artist Emily Meisner for a movement exploration of creatures that live in and around rivers! Through dance, music, and stories you will soar like an eagle, creep like a crab, and wiggle like a water snake. Accompanying Emily is NDI Associate Music Director Yakir Ben-Hur.

Friday, July 3 (Holiday–no class)

NDI is closed on Friday, July 3 in observance of Independence Day and does not have ndiLIVE! scheduled for this day. Happy Fourth of July!

Thank you to this week's video editors, Jennifer Aks-Neuman, Yakir Ben-Hur, Kay Gayner, and Micha Gilad!

About NDI: National Dance Institute (NDI) is a non-profit arts education organization founded in 1976 by ballet star Jacques d'Amboise. Through school partnerships, after-school classes, public performances, and teaching artist trainings, NDI uses dance as a catalyst to engage children and motivate them toward excellence both in school and in life. <http://nationaldance.org/>

National Dance Institute
217 W. 147th Street
New York, NY, 10039

Schedule
June 29, 2020: 4:00pm
June 30, 2020: 4:00pm
July 1, 2020: 8:00am, 4:00pm
July 2, 2020: 4:00pm

[< back](#)

[previous listing](#) • [next listing](#)