July, 6-10, 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.

JULY 6 – 10, 2020:

http://nationaldance.org/ndilive/

NDI Dance! with Andrea Davey-Gislason and Calia Marshall (All ages)

4 pm EDT • Monday, July 6 on Facebook, Instagram, and YouTube
Come discover the young inventors of today and uncover your own inner dance inventor! Led by NDI Teaching Artists Andrea Davey-Gislason and Calia Marshall, you will learn an energetic dance and groove to original music by NDI Musician Todd Keller in this exciting class series.

DREAM Project@Home (All ages and all abilities)

4 pm EDT • Tuesday, July 7 on Facebook, Instagram, and YouTube
To view with closed captioning, please watch on YouTube.
NDI's DREAM Project (Dancers Realize Excellence through Arts and Movement) is live! The DREAM Project@Home series of 30 minute classes focuses on introducing the NDI style of dance class to children with a wide variety of abilities. Kay Gayner (NDI Associate Artistic Director), Agnes McConlogue Ferro (Board Certified Pediatric Physical Therapist), Jerron Herman (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! Please note that for this week's DREAM video, we are re-airing week 1 of the series, featuring choreography to James Brown's "Superbad."

Warm-Up Wednesdays! (All ages)

8 am EDT • Wednesday, July 8 on Facebook, Instagram, and YouTube
Wake up with NDI Teaching Artist Nicole Frazzini for an uplifting morning warm-up! With NDI Musician Claudia Govantes on the piano, you'll be ready to take on the rest of your day with joy and positivity. Everyone is welcome!

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

4 pm EDT • Wednesday, July 8 on Facebook, Instagram, and YouTube
NDI Teaching Artists Jessi Colón and Jennifer Aks-Neuman along with NDI Musician Tim Harrison lead a joyful dance class series. This class will be a heart-pumping and enriching dance class with a curricular focus celebrating Aretha Franklin, the "Queen of Soul." Grab your sneakers and join us for 20 minutes of movement.

Body Percussion with Yakir Ben-Hur (All ages)

4 pm EDT • Thursday, July 9 on Facebook, Instagram, and YouTube
Join us for a joyful, hands-on exploration of rhythms from the Middle East. Use your body as a drum to create exciting rhythms and sounds. Find a comfortable seat and get ready to move and groove!

NDI Jams! (All ages)

4 pm EDT • Friday, July 10 on Facebook, Instagram, and YouTube
Piano, Percussion and more! This week we will feature performances from some of the great musicians who are teaching artists at NDI. Tune in to see Seiko Akita and Tony Allen. Join us!

National Dance Institute
217 West 147th Street
New York, NY, 10039
12122260083

Schedule
July 6, 2020: 4:00pm
July 7, 2020: 4:00pm
July 8, 2020: 8:00am, 4:00pm
July 9, 2020: 4:00pm
July 10, 2020: 4:00pm

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