

September 19 - November 21, 2016

## Dance Foundations for ages 8 – 12 w/ Ilona Bito

Company: Brooklyn Studios for Dance  
Venue: Brooklyn Studios for Dance  
Location: Brooklyn, NY

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### Dance Foundations for ages 8 – 12

Mondays, 3:30 – 4:25pm // 19-Sep thru 5-Dec  
\$10

Dance Foundations for ages 8 – 12 builds on the fundamental strength, mobility, coordination, and balance of young dancers through technical practice and creative exploration. A guided physical warm up activating each body part in all directions introduces a broad vocabulary of steps, positions, skills, and dynamics on which we build each week. Improvisation invites students to sense and invent meaning and intention in their movement. Making and performing choreography moves the group through space and music to fully embody the joy of dance.

Ilona Bito is a dancer and educator working in greater NYC. She currently teaches at Williamsburg Movement Center, Abrons Art Center, and with the Movement Research program Dancer Makers in Schools. She performs with Kathy Westwater, the Commons Choir, and Adi Eytan.

Brooklyn Studios for Dance  
210 Lafayette Avenue  
Brooklyn, NY, 11238  
<http://bksd.org/event/dance-foundations-for-ages-8-12-w-ilona-bit/2016-09-19/>

Schedule  
August 25, 2016: 8:00pm

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