

FOR AUDIENCES

[Community Calendar](#) [Volunteering](#)

July, 13-17, 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. <http://nationaldance.org/ndilive/>

JULY 13 – 17, 2020:

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

4 pm EDT • Monday, July 13 on Facebook, Instagram, and YouTube

They are back for another class! 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 14 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) continues its DREAM Project@Home series of 30 minute classes focusing on introducing the NDI style of dance class to children with a wide variety of abilities. In this class, 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-aring week 2 of the series, featuring choreography to James Brown's "Superbad."

Warm-Up Wednesdays! (All ages)

8 am EDT • Wednesday, July 15 on Facebook, Instagram, and YouTube

NDI welcomes you to start your day with an energizing dance warm-up led by NDI Teaching Artist Abbie Hixson. NDI Musician Ly Bedaña accompanies on the piano, adding upbeat and uplifting music. Let's stretch, breathe, and add some cardio to recharge in the middle of the week!

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

4 pm EDT • Wednesday, July 15 on Facebook, Instagram, and YouTube

NDI Teaching Artists Jessi Colón and Jennifer Aks-Neuman along with NDI Musician Tim Harrison are leading a joyful dance class series on Wednesdays. This week's class will continue its curricular focus celebrating Aretha Franklin, the "Queen of Soul." Grab your sneakers and join us for 20 minutes of heart-pumping movement!

Body Percussion with Yakir Ben-Hur (All ages)

4 pm EDT • Thursday, July 16 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! with Fiona Mills (All ages)

4 pm EDT • Friday, July 17 on Facebook, Instagram, and YouTube

Fiona Mills, NDI Teaching Artist and original cast member of STOMP, will teach you how to make music using body percussion. She will be joined by two surprise guests. Together, they will show you how to make your favorite song even better by adding the body percussion skills you will learn in this class.

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.

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

Schedule

July 13, 2020: 4:00pm

July 14, 2020: 4:00pm

July 15, 2020: 8:00am, 4:00pm

July 16, 2020: 4:00pm

July 17, 2020: 4:00pm

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