



## Center for Modern Dance Education Classes

**Try Any CMDE Class Once for Free! Classes start Sept 21, 2019**

Unless otherwise noted all classes are co-ed, multi-level and inclusive of people with disabilities as appropriate.

*Italicized for non-CMDE programs. Use contact listed.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
					Studio 1 (Upstairs)	Studio 2 (Downstairs)	
<p>Call Us Clowns Rehearsal 10:30-2:30 201-805-2567 <a href="http://www.callusclowns.org">www.callusclowns.org</a></p>	<p><b>11:00-12:00</b> <b>Modern</b> <b>Dancercise</b> <b>Adults-Seniors</b> <b>Elissa</b></p>	<p><b>4:00-5:00</b> <b>Yoga</b> <b>Teen-Adult-Seniors</b> <b>Elissa</b> <b>*By Donation*</b></p>	<p><b>11:00-12:00</b> <b>Modern</b> <b>Dancercise</b> <b>Adults-Seniors</b> <b>Elissa</b></p>	<p><i>Kiran practice</i></p>	<p>9:00-10:00 <i>Yoga</i> <i>with Martin Bland</i> <i>201-370-4442</i></p> <hr/> <p><b>10:30-12:00</b> <b>Modern Dance</b> <b>Adults</b> <b>Elissa</b></p>	<p>8-10:30 <i>Simply Social Dance</i> <i>Lisa 201-694-7087</i> <i>lisa@simplysocial</i> <i>dancing.com</i></p> <hr/> <p>10:30-12:30 <i>Dana</i> <i>Liturgical dance</i></p>	<p><b>2:00-3:00</b> <b>Multi-</b> <b>Generational Hip</b> <b>Hop</b> <b>Ages 8-Adult</b> <b>Javon</b></p> <hr/> <p><b>2:00-3:00</b> <b>Music and</b> <b>Movement</b> <b>Ages 3-7</b> <b>Candace</b></p>
<p>6:50-7:50 <i>Yoga</i> <i>with Martin</i> <i>Bland</i> <i>201-370-4442</i></p>	<p><b>4:45-5:45</b> <b>Dance Sampler</b> <b>Ages 8-18</b> <b>Kalena</b></p> <hr/> <p>4:30-6:30 <i>Downstairs</i> <i>Alison Owusu</i> <i>Company</i> <i>alison.owusu@gmail.com</i></p> <hr/> <p>6-7:00 <i>Amara Belly Dance</i></p>	<p><b>5:30-6:30</b> <b>Dance Sampler</b> <b>Ages 8-18</b> <b>Allison</b></p> <hr/> <p><b>6:30-7:30</b> <b>Moving</b> <b>Experience</b> <b>Adults w/</b> <b>Disabilities</b> <b>Silinea/Allison</b></p>	<p>5:00-6:00 <b>Upstairs</b> <i>Alison Owusu</i> <i>Company</i> <i>alison.owusu@gmail.com</i></p> <hr/> <p>6:30-7:30 <i>beginners</i> 7:30-8:30 <i>Advanced</i> <i>Belly Dance</i> <i>Amira Mor</i> <i>201-240-6860</i> <i>info@amiramor.com</i></p>	<p>12:15-1:15 <i>Belly Dance</i> <i>Amira Mor</i> <i>201-240-6860</i> <i>info@amiramor.com</i></p>	<p><b>1:30-2:30</b> <b>Modern Dance</b> <b>Ages 10-20's</b> <b>w/ Disabilities</b> <b>Amanda/Kalena</b></p>	<p><b>12:30-1:20</b> <b>Dance Jam!</b> <b>Ages 5-10</b> <b>Kalena</b></p>	<p><b>3:00-4:00</b> <b>Multi-</b> <b>Generational</b> <b>African</b> <b>Dance &amp; Drum</b> <b>All Ages</b> <b>Yahya/Candace</b></p>
<p>6:30-9:30 <i>downstairs</i> <i>West CoastSwing</i> <i>Simply Social</i> <i>Dance</i> <i>Lisa Skates</i> <i>201-694-7087</i> <i>lisa@simplysocial</i> <i>dancing.com</i></p>	<p>7:00-8:00 <i>Dance Empire</i> <i>Adults w/ disabilities</i> <i>Fred Kaps</i> <i>201-370-8193</i> <i>fredkaps61</i> <i>@gmail.com</i></p> <hr/> <p>6:30-9:30 <i>downstairs</i> <i>Salsa/Tango</i> <i>Simply Social Dance</i> <i>Lisa 201-694-7087</i> <i>lisa@simplysocial</i> <i>dancing.com</i></p>	<p>6:30-8:45 <i>downstairs</i> <i>Indian Dance</i> <i>Gomathi Manoj</i> <i>513-448-8820</i> <i>snkusa.nj@gmail.com</i></p> <hr/> <p>7:30-8:30 <i>Dance Empire</i> <i>Adults w/ disabilities</i> <i>Fred Kaps</i> <i>201-370-8193</i> <i>fredkaps61@gmail.com</i></p>	<p>5:15-7:15 <i>downstairs</i> <i>Simply Social Dance</i> <i>Lisa Skates</i></p> <hr/> <p>7:15-9:45 <i>Alison</i> <i>Owusu</i> <i>Company</i> <i>alison.owusu@gm</i> <i>ail.com</i></p>	<p>7:30-8:45 <i>Sahaja Yoga</i> <i>Free</i> <i>Meditation</i> <i>212-269-</i> <i>9642</i> <i>www.tristate</i> <i>meditation.org</i></p>	<p><b>2:30-3:30</b> <b>Free CMDE</b> <b>Dance Company</b> <b>Ages 10-20's</b> <b>Kalena/Amanda</b></p> <hr/> <p>3:30-6:30 <i>Alison Owasu</i> <i>Company</i> <i>alison.owusu@gmail.com</i></p>	<p>2:00-6:00 <i>Salsa &amp; privates</i> <i>Simply Social Dance</i> <i>Lisa 201-694-7087</i> <i>lisa@simplysocial</i> <i>dancing.com</i></p>	<p><b>4:00-5:00</b> <b>Modern Dance</b> <b>10-Adult</b> <b>Candace</b></p>

**84 Euclid Avenue, Hackensack NJ 07601 / 201-342-2989 / info@cmde.org / [www.cmde.org](http://www.cmde.org)**

## Tuition & Payment Information 2019-2020

Ongoing Enrollment **Try any class once for free before committing!**  
**Scholarships and work-study opportunities available for people with financial need.**  
Please call **201-342-2989** or email [info@cmde.org](mailto:info@cmde.org).

### **FEES:**

#### **Special Buy One Get Free for ages 8-21 !**

##### ➤ **One Term Tuition Sept. 21-Dec. 15, Jan. 4 - March 31, April 1 - June 14**

1 Weekly Class \$180; 2 Weekly Classes \$330

##### ➤ **Full Year Tuition(3 terms)**

1 Weekly Class \$540; 2 Weekly Classes \$900; Unlimited Classes \$1,350

##### ➤ **Pay Per Class for Adults & Seniors:**

There is a one time annual registration fee of \$35. Individual class is \$17. or \$15 for seniors & individuals with disabilities, payable by check or online. (The registration fee is only for students paying per class; it is included in full and term tuition.)

##### ➤ **10% off** for family members, seniors, and individuals with disabilities.

##### ➤ Late registration will be charged \$15 per class.

##### ➤ **DDD/PPL approved for services for adults with disabilities**

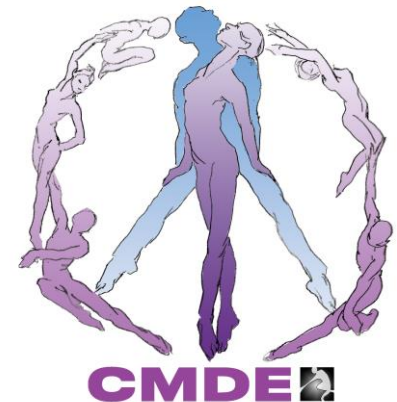
### **PAYMENT:**

##### ➤ **Checks made out to CMDE**

##### ➤ **To pay by credit card go to [www.cmde.org](http://www.cmde.org) and click on "payment options"**

##### ➤ **Tuition is non-refundable. Credit will be given for illness or injury.**

*Founded as a nonprofit organization in 1962, CMDE is an inclusive, diverse oasis for non-competitive artistic engagement. Every body is always welcome!*



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