



Center for Modern Dance Education Classes (blue)

Try Any CMDE Class Once for Free! Spring 2020

CMDE classes are co-ed, multi-level, and inclusive of people with disabilities as appropriate. Use contacts listed for non-CMDE classes (not in blue)

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 www.callusclown ns.org</p>	<p>11:00-12:00 Modern Dancercise Adults-Seniors Elissa</p>	<p>10-11:00 Strive Program - Amanda</p> <hr/> <p>4:00-5:00 Yoga for Teens- Adult-Seniors Elissa *By Donation*</p> <hr/> <p>1:00-2:00 (starts March) Moving Into Knowledge - Michel</p>	<p>11:00-12:00 Modern Dancercise Adults-Seniors Elissa</p>	<p>Kiran practice</p>	<p>9:00-10:00 Yoga with Martin Bland 201-370-4442</p> <hr/> <p>10:30-12:00 Modern Dance Adults Elissa</p>	<p>8-11:00 Simply Social Dancing Lisa 201-694-7087 lisa@simplysocial dancing.com</p>	<p>Space in use 8:00AM-2:00PM</p>
<p>4:30-6:30 Crew 2 Ballet/Hip Hop Ages 6-10 Alison Owusu alison.owusu@ gmail.com</p> <hr/> <p>7:00-8:00 Yoga w/ Martin Bland 201-370-4442</p>	<p>5:15-6:30 Hip Hop ages 8-12 Alison Owusu alison.owusu@gmail .com</p> <hr/> <p>7:00-8:00 Dance Empire Adults w/ disabilities Fred Kaps 201-370-8193 fredkaps61 @gmail.com</p>	<p>5:30-6:30 Dance Sampler Ages 8-18 Allison B.</p> <hr/> <p>6:30-7:30 Moving Experience Dance for Adults with Disabilities Silinea/Allison B.</p>	<p>6:30-7:30 Beginners 7:30-8:30 Advanced Belly Dance Amira Mor 201-240-6860 info@amiramor.com</p> <hr/> <p>5:15-6:15 (downstairs) Simply Social Dance Lisa Skates</p> <hr/> <p>6:15-7:15 Apr-May CMDE Paul Taylor Perf. Project Alison Owusu</p>		<p>12:15-1:15 Belly Dance Amira Mor 201-240-6860 info@amiramor.com</p> <hr/> <p>1:30-2:30 Modern Dance Ages 10-20s w/ Disabilities Amanda/Kalena</p>	<p>11:30-1:00 Alison Owusu Ali Cats Crew/Kittens alison.owusu @gmail.com 201-686-3606</p>	<p>2:00-3:00 Starts 3/8/20 African Dance & Drum - Free for Ages 8-21 Yahya</p> <hr/> <p>3:00-4:00 Apr-May CMDE Paul Taylor Performance Project By invitation Alison Owusu</p>
<p>6:30-9:30 (downstairs) West Coast Swing Simply Social Dancing Lisa Skates 201-694-7087 lisa@simplysoci aldancing.com</p>	<p>6:30-9:30 (downstairs) Salsa/Tango Simply Social Dancing Lisa 201-694-7087 lisa@simplysocial dancing.com</p>	<p>6:30-8:45 downstairs Indian Dance Gomathi Manoj 513-448-8820 snkusa.nj@gmail.com</p> <hr/> <p>7:30-8:30 Dance Empire Fred Kaps Adults w/ disabilities 201-370-8193 fredkaps61@gmail.com</p>	<p>7:15-8:45 Hip Hop 8:45-9:30 Company (downstairs) Alison Owusu alison.owusu @gmail.com</p>	<p>7:00-8:30 Sahaja Yoga Free Meditation 212-269-9642 www.tristate meditation.org</p>	<p>2:30-3:30 Free CMDE Dance Co. Ages 10-Adult Kalena/Amanda</p> <hr/> <p>3:30-6:00 Michel/Clement</p>	<p>1:30-6:00 Salsa & Private Simply Social Dancing Lisa 201-694-7087 lisa@simplysocial dancing.com</p>	<p>Starts 3/8/20 4-5:15 Move to Heal Minh Buit 201-250-0560 vietnamdmt @gmail.com</p>

84 Euclid Avenue, Hackensack NJ 07601 / 201-342-2989 / info@cmde.org / www.cmde.org

Tuition & Payment Information January-June 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**.

FEES:

Special Buy One Get Free for ages 8-21 !

➤ **One Term Tuition, April 1 - June 18**

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

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

One-time annual registration fee of \$35 (this fee is only for students paying per class; it is included in full and term tuition), then each individual class is \$17, or \$15 for seniors and individuals with disabilities. Payable by check or online.

- **10% discount** 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 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!*

84 Euclid Avenue, Hackensack NJ 07601 / 201-342-2989 / info@cmde.org / www.cmde.org