

## Center for Modern Dance Education Summer July 6<sup>th</sup> – Aug 22<sup>nd</sup> Schedule '26

Unless otherwise noted all classes are co-ed, multi-level and inclusive of people with disabilities. Adult classes are for ages 16+up.

*Italicized black ink listings are non-CMDE programs contact individual teacher or program directly*

**Adults \$20 per class, Seniors & people with disabilities \$17 per class, Youth \$7 per class**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>9:30am-11:00am</b> <b>Dancing Work Out</b> <b>Adults- Seniors</b> <b>Claire Porter</b></p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;">11am-2pm Call Us Clowns <a href="mailto:info@callusclowns.org">info@callusclowns.org</a></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;">5:30-9:30pm Simply Social Dance Lisa Skates 201-694-7087 <a href="mailto:Lisa@simplysocialdancing.com">Lisa@simplysocialdancing.com</a></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;">6:30-10:00pm Salsa! Jon Rodriguez "Pina" <a href="mailto:gloriasparrots@gmail.com">gloriasparrots@gmail.com</a> 201-707-0999</p>	<p style="text-align: center;"><i>Strive 10am-11am</i> <i>1<sup>st</sup> &amp; 3<sup>rd</sup> Tues. of every month</i></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><i>Call us Clowns</i> <i>1-3pm, every 3<sup>rd</sup> Tues.</i> <a href="mailto:info@callusclowns.org">info@callusclowns.org</a></p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;"><b>5:30-6:20pm</b> <b>Tiny Twirlers</b> <b>Ages 2- 7</b> <b>Studio A</b> <b>Allie</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>6:30-7:20pm</b> <b>Moving Experience</b> <b>Dance Company, MEDC</b> <b>Teens &amp; Adults with</b> <b>disabilities in person &amp;</b> <b>Zoom</b> <b>Allie &amp; Silinea</b></p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;"><b>6:30pm- 7:20pm</b> <b>Youth Hip Hop &amp; Step</b> <b>Ages 8-18</b> <b>Studio B (downstairs)</b> <b>Sasha</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>Ballet Basics for</b> <b>Every Body</b> <b>7:30pm-8:20pm</b> <b>Adults</b> <b>Silinea</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><i>Christine Private sessions</i> <i>7:45-9:00pm Studio B</i></p>	<p style="text-align: center;"><b>9:30am-11:00am</b> <b>Dancing Work Out</b> <b>Adults-Seniors</b> <b>Claire Porter</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>6:00-7:00pm</b> <b>New! Creative</b> <b>African Dance</b> <b>Adults</b> <b>Sade</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><i>7:00-8:00pm</i> <i>Body &amp; Soul Belly</i> <i>Dance</i> <i>LJ</i> <a href="mailto:lilopata@gmail.com">lilopata@gmail.com</a></p>	<p style="text-align: center;"><b>3:30pm-4:20pm</b> <b>Tai Chi</b> <b>Adults-Seniors</b> <b>Barry</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>5:00pm-5:50pm</b> <b>Creative Youth</b> <b>African Dance</b> <b>Yahaya</b> <b>Ages 4-14</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>Youth Modern Dance</b> <b>6:00-6:50pm</b> <b>Allie</b> <b>Ages 6-14</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>7:00-8:00pm</b> <b>Adult Hip Hop</b> <b>Ages 16-Adults</b> <b>Sasha</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><i>7:00- 10:00pm Salsa!</i> <i>Jon Rodriguez "Pina"</i> <a href="mailto:gloriasparrots@gmail.com">gloriasparrots@gmail.com</a> <a href="http://www.com">com</a> 201-707-0999</p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><i>Elie NY Beginner Salsa</i> <i>8:30-10pm</i> <a href="mailto:Orguyo.dance@gmail.com">Orguyo.dance@gmail.com</a></p>	<p style="text-align: center;"><b>9:30am-11:00am</b> <b>Dancing Work Out</b> <b>Adults-Seniors</b> <b>Claire Porter</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>12:30pm-1:15pm</b> <b>New! Core &amp;</b> <b>Stretch</b> <b>In person &amp; Zoom</b> <b>KaTonya</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>Every third Friday,</b> <b>Line Dance Party!</b> <b>6:00pm-7:30pm</b> <b>Sasha</b></p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;"><i>Elie NY Salsa</i> <i>Beginners 6-7:30pm</i> <a href="mailto:Orguyo.dance@gmail.com">Orguyo.dance@gmail.com</a></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><i>Elie Closed</i> <i>Rehearsals</i> <i>7:30-9:30pm</i></p>	<p style="text-align: center;"><i>Elie NY Beginner</i> <i>Salsa 8:45-9:45am</i> <a href="mailto:Orguyo.dance@gmail.com">Orguyo.dance@gmail.com</a></p> <hr style="border-top: 1px dashed black;"/> <p style="text-align: center;"><b>10:00am-11:00am</b> <b>Mindful</b> <b>Movement</b> <b>Adults-Seniors</b> <b>Sheena</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><i>10:00am-11:15am</i> <i>(No 5<sup>th</sup> Sat.)</i> <i>Women's Exercise</i> <i>&amp; Dance Lisa</i> <i>201-694-7087</i> <a href="mailto:Lisa@simplysocialdancing.com">Lisa@simplysocialdancing.com</a></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>11:00am-11:50pm</b> <b>MEDC Moving</b> <b>Modern</b> <b>In person &amp;</b> <b>Zoom</b> <b>Beginner, Adults</b> <b>Allie</b></p>	<hr style="border-top: 1px dashed black;"/> <p style="text-align: center;"><b>2:00pm-3:00pm</b> <b>Multi-</b> <b>Generational*</b> <b>African Dance</b> <b>In person &amp;</b> <b>Zoom</b> <b>Yahaya</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;"><b>3:00pm-3:30pm</b> <b>Drumming*</b> <b>In person &amp;</b> <b>Zoom</b> <b>Yahaya</b></p> <hr style="border-top: 1px solid black;"/> <p style="text-align: center;">*Kids under 8 yrs may participate with a grown-up</p>

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

### **Tuition & Payment Summer Information 2026**

- **Pay by cash, check, or credit card in office or go online to <https://cmde.org/registration/>**
  - **If paying by check, make it out to CMDE. Tuition is non-refundable. Credit will be given for illness or injury.**
- **Single class - \$20 adults or \$17 seniors & people with disabilities**
  - **2 month tuition for adults \$180.**
  - **Seniors & adults with disabilities \$160 for 2 month tuition per class**
- **All Youth classes are \$7 or \$120 for Summer Semester per class**
- **Zoom classes are by donation (you can use the PayPal QR code to make a donation)**
- **For info call 201-342-2989 or email us at [info@cmde.org](mailto:info@cmde.org).**
- **Find CMDE on the MindBody Fitness app!**



**Everybody is welcome!** Founded as a nonprofit dance center in 1962, CMDE is an inclusive, diverse oasis for non competitive artistic engagement. Recipient of a 2017 Arts Award for Excellence from the Bergen County Division of Cultural & Historic Affairs and a 2016 NJ Cultural Access Network Project Innovator Award, and a Current Recipient of a Citation of Excellence from the NJ State Council on the Arts. Designated in 2014 as a Peace Site by the NJ Peace Coalition for promoting unity in the community through dance.



Last updated: 5/28/2026