<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>10:30-12</td>
<td>Modern Dance: The Joy of Movement (Beginner) Gerri Houlihan</td>
<td>5-5:30 Discovering Creative Movement (ages 3-5) Emilie Raleigh</td>
<td>4:45-5:30 Intro to Jazz (ages 6-8) Daisy Hodge</td>
<td>5:30-6 Discovering Ballet (ages 3-5) Daisy Hodge</td>
<td>5:15-6 Intro to Ballet (ages 6-8) Kahlila Brown</td>
<td>9-9:30 Discovering Creative Movement (ages 3-5) Lydia Banuelos</td>
<td>11-12 Hip-Hop Fundamentals (ages 9-12) Jose Velasquez</td>
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<td>6-7:30</td>
<td>Contemp Dance Practice (Intermediate) Ray Eliot Schwartz</td>
<td>5-6:30 Modern Dance Fundamentals (ages 9-12) Emilie Raleigh</td>
<td>6-7:30 Modern Dance: Back to Basics (Open Level) Tony C. Johnson</td>
<td>6-7:30 Modern Dance Fundamentals (ages 9-12) Kahlila Brown</td>
<td>6-7 Hip-Hop Jose Velasquez</td>
<td>10:15-11 Intro to Hip-Hop (ages 6-8) Jose Velasquez</td>
<td>11:30-1 Kinetic Awareness (Open Level) Jill Green</td>
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**RATES**

- Adult Drop-In Class – $15
- Adult 10-class pass – $120
- Youth 12-week term tuition – $216

**DISCOUNTS**

- Youth Tuition Early Bird Discount: $15 off when you register before August 31
- Youth Tuition Sibling Discount: 10%
- College Student Discount: $5 drop-in classes
- Scholarships available

**All Parkinson Movement Initiative (PMI) classes are FREE for people with PD and their caregivers.**

**Workshops & Community Classes**

- **Modern Flow (ages 13+)** with Nile H. Russell
  - September 12, 6-7:30pm
- **Modern Flow Teen Workshop (ages 13-17)** with Nile H. Russell
  - November 18, 3-4:30pm
- **African Dance (ages 13+)** with McDaniel Roberts
  - September 30, October 28, December 2 and 30, 3-4:30pm

Check website for more opportunities.

**PMI**

See website for schedule.
ADF's programs offer a variety of classes for the dancer and non-dancer alike, designed to strengthen the body, increase flexibility of movement, and foster an appreciation for dance.

**Parkinson's Movement Initiative**
The Parkinson's Movement Initiative (PMI) was founded in 2017 by the American Dance Festival (ADF), NC Dance for Parkinson's, and Poe Wellness Solutions, and offers consistent, weekly, cost-free movement classes to the PD community and their caregivers.

**ADF Studio Subsidy Program**
ADF is thrilled to be able to offer the studio space subsidy program through the generous support of the Robert and Mercedes Eichholz Foundation. The ADF Studio Subsidy Program provides access to rehearsal space at affordable rates for dance artists contributing to the local creative landscape.

**ADF Studio Rental**
ADF Scripps Studios can accommodate your rehearsals, workshops, photoshoots, and all types of events. We'll even help you plan a birthday dance party for your child complete with our talented dance instructors! You only need to provide your party supplies and ready-to-dance guests. We'll handle the rest!

check out our website for even more opportunities