

## Ballet

with David Roland  
August 8-12



**Level 1/2 6:00-7:30 pm** [\$99]

For beginners with some experience. Lots of dancing and new steps not touched on during the school year.

**Level 3/4 7:30-9:00 pm** [\$99]

For students who want to move into "new territory" in their ballet awareness while getting a solid, strength-building workout with plenty of movement in classical style. David is in his 13th year at LRD. He is our beloved treasure who has spent his life immersed in the study, performance and teaching of classical ballet. We all adore David and the infectious way he shares his enthusiasm for his beloved art form.

## Modern

with Nicole McSkimming  
August 15-19



**Level 1/2 6:00-7:30 pm** [\$99]

**Level 3/4 7:30-9:00 pm** [\$99]

Nicole is a graduate from both Grant MacEwan Community College (Dance diploma with Distinction) and the Laban Centre, London, England (First Class BA (Hons) in Dance Theatre). She spent 9.5 years in London, working and performing professionally with various contemporary dance companies and internationally renowned artists while touring extensively throughout England. She also had the opportunity to travel and continue her dance training in New York and at the Impulstanz Festival in Vienna. Since moving back to Canada in 2006, Nicole has been on faculty at Lynda Raino Dance and has performed in works by Brandy Baybutt, Lori Hamar, Joe Laughlin, Lynda Raino, and Leah Wickes, as well as her own work in ROMPI, Upstairs Dances, Bounce and most recently her own full length show at the Metro Theatre.

## Contemporary Ballet

with Natalie Lefebvre  
August 22-26



**Level 1/2 6:00- 7:30 pm** [\$99]

**Level 3/4 7:30-9:00 pm** [\$99]

Natalie has worked with *Le Jeune Ballet du Québec*, *Les Grands Ballets Canadiens*, *Dancersdancing* and *Coleman Lemieux*. She is the associate director of the *Plastic Orchid Factory*, a certified Conditioning-with-Imagery teacher, a faculty member for the *Vanleena Dance Academy* and a guest teacher with the *Modus Operandi Training Program*. Natalie was awarded the Mayor's Arts Award for Dance and is the recipient of the Isadora Duncan Award for Excellence. Her class is a progressive approach to ballet fundamentals with an emphasis on efficiency, ease and alignment. Natalie is a truly lovely ballerina and we welcome her beautiful dance technique to our summer program.

## Zumba Fusion | Workshop

with Jack Horn  
July 23 and 24



**All levels Sat. 12 noon-2:00 pm**

**Sunday 12 noon-2:00 pm** [\$50 for both days]

Jack was a professional dancer for 25 years, working with Jeff Hylsop, Wayne Cilento, Debbie Brown, and Judith Marcuse. Jack has also taught group fitness classes all over Victoria, Vancouver, Los Angeles and Miami, as well as on-board several Royal Caribbean, and Radisson Seven Seas cruise ships. Recently Jack began teaching again and finds Zumba to be the perfect combination of Dance and Fitness, guaranteed to get anyone in the mood with its fantastic latin rhythms.

### Course info

Each class costs \$99 [gst incl.].

**level 1/2 little or no experience.**

**level 3/4 intermediate or advanced**

*Only 20 students per class on a first come basis. Registration is required. Cheques made payable to Lynda Raino Dance. Classes non-refundable. Sorry, no drop ins.*

### Contact

**p (250) 388-5085**

**e [lyndarainodance@gmail.com](mailto:lyndarainodance@gmail.com)**

**w [lyndarainodance.com](http://lyndarainodance.com)**

*Registration by mail to:  
Lynda Raino Dance  
Dance Centre for Adults  
715 Yates Street, 3rd Flr  
Victoria BC V8W 1L6*

Design: Maslary Creative, Front Cover Photo of Nicole McSkimming: Tony Nandi





## Modern

with Alison Denham  
July 4-8



**Level 1/2 6:00-7:30 pm** [\$99]  
**Level 3/4 7:30-9:00 pm** [\$99]

Alison Denham is one of Canada's most sought after contemporary dancers. Her class will have you eating up space. Thorough exercises to warm and prepare the body for a maximum range of motion while focussing on efficient use of energy, breath and use of weight. From floor work, to standing, to jumping – exploring a healthy integrated approach to dance.

## African Dance & Drumming

with Ilana Moon and Alseny Diallo  
July 11-15



**Dance 6:00-7:15 pm** [\$99]  
**Drum 7:15-8:30 pm** [\$99]

Ilana Moon is a charismatic energetic and passionate artist who has been performing and teaching African dance for over 20 years. In this great work out, done to live drumming, students see the fundamental relationship between the drum rhythms and the dance movements. In Victoria she has her own performance group, Kiskeyambay. You will see them performing at all the summer festivals. Alseny "Michel" Diallo is a master djembe player and celebrated performing artist from Guinea, West Africa. He is a gifted and patient teacher, known for his brilliant arrangements, endless solos and complex rhythms. He is the co-founder of Kiskeyambay. Drums are provided on a first come first served basis.

## Hip Hop

with Lia Biros  
July 18-22



**Level 1/2 6:00-7:15 pm** [\$99]  
**Level 3/4 7:15-8:30 pm** [\$99]

Lia Biros (BA, Bed), delivers an energetic funky class that combines hip hop and street/jazz. A style that has been made popular by artists like Janet Jackson, Britney Spears and Justin Timberlake. You get a killer work out dancing to the latest music! Lia has trained extensively in ballet, jazz, and hip hop both locally and across North America, and continues to train, travelling to numerous conventions for master classes and intensives with some of the world's most recognized dancers. Lia's talents as a dancer and choreographer have made her one of the most popular, sought-after and busiest teacher/choreographers in Victoria!

## Flamenco and Ethno Funk

with Monique Salez  
July 25-29



**Flamenco, Level 1 6:00-7:15 pm** [\$99]

The basics of brazeo (arms), torso, florea (hands), cadera (hips), marqueo (marking steps) and breaks will be explored, introducing students to this sensual, powerful form. Men and women alike, no experience necessary.

**Ethno Funk, All levels 7:15-8:30 pm** [\$99]

Ethno funk was created by Monique to address her love of the musical ethno fusion that inspires her creatively. Combining ethnic styles from flamenco to belly dance and fusing them with funk, jazz, modern and hip hop, the style is a direct response to the music – sexy, powerful, and cheeky. Now in her 6th year at LRD, she is an inspiring teacher who pushes her students to heights that often astound them.

## Jazz

with Alison Bryan  
August 1-5

**Level 1/2 6:00-7:30 pm** [\$99]  
**Level 3/4 7:30-9:00 pm** [\$99]

Alison Bryan comes to us from Calgary's DECIDEDLY JAZZ DANCE. She has a dance degree and is a graduate of DJD where she currently teaches. She focuses on a combination of jazz and finding personal groove. Influenced by swing, funk and African, she likes to add elements of these styles into her classes. She also uses the connection of jazz dance to jazz music. She helps the students find this through improv, finding a grounded sensation, and emphasizing rhythmic qualities in movement. Jazz classes are always full in the summer, so don't be disappointed and claim your spot early.

