

SMUIN

CONTEMPORARY BALLET

CELIA FUSHILLE / ARTISTIC DIRECTOR

SMUIN LEAPS INTO FALL WITH ALL-NEW VIRTUAL & IN-PERSON CLASSES FEATURING YOGA, THEATRICAL JAZZ, DANCE SAMPLER WORKSHOPS, AND MORE

Now through November 2021

SAN FRANCISCO, CA (1 September 2021) — **Smuin Contemporary Ballet** announces an exciting new schedule for its popular series of Company artist- and alumni-led dance and dance-based fitness classes, including the addition of in-studio and hybrid (in-studio or join virtually from home) programming. Since launching in spring 2020, Smuin’s virtual classes have led hundreds of aspiring and professional dancers, as well as those simply looking for a fun class to stay in shape, through a variety of movement including ballet, tap, jazz, and more. New this fall are yoga classes led by Smuin artist and certified yoga teacher Tess Lane, workshops and dance samplers in genres from Contemporary to Castanets. The popular *Ballet FUNDamentals* workshop for adult beginners—an approachable way to gain an appreciation for the basics of ballet training over four weeks of professional instruction—also returns. **Smuin’s Virtual & Hybrid Classes** are scheduled through **November 2021** (*see full schedule below*), online or in-studio at the **Smuin Center for Dance**, 1830 17th St, San Francisco. Classes are offered on a sliding scale from **\$10 - \$20**, with series/workshops priced at **\$40 - \$75**. Students must register for online classes at least 30 minutes in advance to receive a Zoom link to participate. Per City of San Francisco guidelines, proof of vaccination and masks will be required to attend in-studio classes. For more information or to register, the public may visit www.smuinclasses.org.

Smuin Ballet Master **Amy London** was tapped by Artistic Director **Celia Fushille** to launch the virtual classes, which have grown to offer a wide array of dance styles and fitness classes for all levels. London has been Smuin’s Ballet Master for 13 years, and with more than two decades of

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experience as a dance educator and program director she was ideally suited to create Smuin's program.

Ballet Classes

Four levels of ballet taught by current and former Smuin company dancers are on offer this session, plus a class focused on pointe work.

Beginning Adult Ballet (HYBRID)

Fri 12pm, Sat 10am (hybrid classes begin 9/17)

Teachers: Erica Felsch, Tess Lane

Recommended for dancers with some prior ballet training and a familiarity with basic positions and terminology, adults who have always wanted to take a formal ballet class can join Smuin artists for this fun and approachable class. Instructors will guide students through the fundamentals and continue to build on work from previous sessions. For best progression, a minimum of two classes per week is recommended.

Beginning/Intermediate Adult Ballet (HYBRID)

Mon/Wed 10am (no class 9/6; Monday hybrid classes begin 9/13, Wednesday classes online only)

Teacher: Valerie Harmon

These classes are geared toward adult dancers with some prior dance experience. Those looking for a greater challenge than beginner-level classes can sign up for this class, which focuses on fundamental ballet technique through barre work followed by a short (small space) center practice.

Intermediate Adult Ballet (HYBRID)

Mon 6:15pm (no class 9/6; hybrid classes begin 9/13)

Teachers: Brandon Alexander, Stéphano Candreva, Marc LaPierre

Recommended for adults who have already developed a strong ballet foundation, these classes will help dancers continue to advance by progressing their technique through barre work and center practice.

Intermediate/Advanced Adult Ballet (HYBRID)

Wed 6:15pm (hybrid classes begin 9/15)

Teacher: Terez Dean Orr

These classes will focus on continuing to strengthen technique with thorough barre and some center work. Classes include increased ballet vocabulary and aim to challenge and inspire those with previous ballet training.

Intermediate Pointe (ONLINE)

Tues 6:15pm

Teacher: Lauren Pschirrer

These classes begin with strengthening and stabilizing exercises followed by pointe work, structured

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to safely continue pointe training at home. This class is for dancers 13 years and older with at least two years of previous pointe training.

Dance Variety

Versatility and excellence in a wide range of dance styles is a trademark of Smuin and its multi-talented artists. Students are invited to try one class, sample a variety of styles, or enroll in a series.

Beginning/Intermediate Jazz (HYBRID)

Mon/Wed 5pm (no class 9/6; Monday hybrid classes begin 9/13, Wednesday classes online only)

Teachers: Cassidy Isaacson, Brennan Wall

Students will learn fundamental Jazz technique and dynamic combinations full of style and fun.

Theatrical Jazz (ONLINE)

Thurs 4:45pm (9/2, 9/16, 9/30, 10/28, 11/11)

Teacher: Brennan Wall

This classic Jazz class draws inspiration from music that will have students feeling the spotlight center stage. Classes include a warm-up and combination that brings to life the theatrics of Jazz dance.

Intermediate Tap (ONLINE)

Tues/Thurs 4:45pm (no class 9/14, 10/12, 11/16, 11/30)

Teacher: Tessa Barbour

With or without the shoes, students can “tap” into their inner Fred Astaire or Ginger Rogers, learning fun new rhythms and dance steps from Smuin’s resident tapper extraordinaire.

Dance-Based Fitness

Taught by Smuin dancers or alumni, these classes emphasize strength, flexibility, mobility, and fun.

Yoga (HYBRID)

Fri 8:30am (hybrid classes begin 9/17)

Teacher: Tess Lane

Start the weekends off right with a morning yoga class led by Smuin artist and certified yoga teacher Tess Lane. Improve strength, balance, and flexibility in a fun and friendly yoga lesson with modifications for all levels.

Pilates (ONLINE)

Sat 9:30am

Teacher: Lauren Pschirrer

A full-body workout designed to build strength, improve coordination, balance, control and endurance throughout the body, through specifically designed exercises. Emphasis placed on proper alignment, the importance of the breath, and developing a strong core. Modifications available for all levels and experience.

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Stretch & Strength (HYBRID)

Mon 9am, Wed 11:30am (no class 9/6; Monday hybrid classes begin 9/13, Wednesday classes online only)

Teacher: Valerie Harmon

Join certified personal trainer Valerie Harmon for Pilates-based exercises and full body stretching to strengthen and lengthen! A great way to augment any style of dance by strengthening core muscles and increasing flexibility. Modifications for all levels of experience.

Series & Workshops

These programs are designed to give participants a concentrated introduction to specific styles of dance.

Ballet FUNDamentals: 4-week series (ONLINE)

Mon 5pm (8/23, 8/30, 9/13, 9/20)

Teacher: Brennan Wall

Would-be dancers who have always thought of trying a ballet class will have a chance to get introduced to the foundations of ballet posture, positions, and basic steps in this four-week workshop. Each instruction will be recorded, and participants will have access to the video in order to practice throughout the week until the next class meeting. This is a fun and low-stress way to gain an appreciation for the basics of ballet training or to prepare to join Smuin's Beginning Ballet classes.

Beginning Dance Sampler: 4-week series (IN-STUDIO)

Cohort 1: Wed 6:30pm (9/15, 9/22, 9/29, 10/6)

Cohort 2: Sat 11:30am (10/23, 10/30, 11/6, 11/13)

Teachers: Brennan Wall, Cassidy Isaacson, Tessa Barbour, Mengjun Chen

Smuin's signature offering is back—the Beginning Dance Sampler is perfect for those looking for a taste of a variety of movement styles. Students will enjoy a different way of dancing and a different Smuin artist as their teacher each week in this four-class series, with two cohorts offered this season: Jazz with Brennan Wall, Contemporary with Cassidy Isaacson, and Tap with Tessa Barbour, and Character with Mengjun Chen (Cohort 1) or Castanets with Tessa Barbour (Cohort 2).

Beginning Ballet: 4-week series (IN-STUDIO)

Tues 6pm (9/14, 9/21, 9/28, 10/5)

Teacher: Stéphano Candreva

Students will learn the basics of Ballet in this fun and approachable beginners' class. Absolute beginners are recommended to take Smuin's Ballet FUNDamentals workshop.

Character: 3-week series (ONLINE)

Thurs 6pm (9/2, 9/9, 9/16)

Teacher: Mengjun Chen

Students will learn the highly stylized flavor and theatrics of Character dance, a style that draws

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influences from traditional folk and national dances. Each instruction will be recorded, and participants will have access to the video in order to practice throughout the week until the next class meeting.

Intermediate Contemporary: 3-week series (IN-STUDIO)

Mon 6:30pm (9/13, 9/20, 9/27)

Teacher: Cassidy Isaacson

Combining elements of modern, ballet, jazz, modern and cultural dance, Contemporary is a movement style where every creative outcome is possible.

ABOUT SMUIN

For more than 25 years Smuin has pushed the boundaries of contemporary ballet by presenting works that engage and delight audiences with their uncommon physicality and expression. Founded in San Francisco in 1994 by Tony and Emmy award-winning choreographer Michael Smuin, the company is committed to creating work that merges the diverse vocabularies of classical ballet and contemporary dance. Since 2007, Artistic Director Celia Fushille has built on Michael Smuin's legacy by creating her own vision and expanding the company's repertoire. Fushille has invited numerous choreographers to create works that highlight the Smuin artists' extraordinary versatility, presenting pieces that are unique, joyful, athletic, and inventive. Smuin moved into its first permanent home in San Francisco in the fall of 2019. The company began offering dance classes at the Smuin Center for Dance in January 2020, which continues remotely with its virtual class offerings and in-person options starting in September 2021.

For Calendar Editors

WHAT: **Smuin Contemporary Ballet** announces an exciting new schedule for its popular series of Company artist- and alumni-led dance and dance-based fitness classes, including the addition of in-studio and hybrid (in-studio or join virtually from home) programming. Since launching in spring 2020, Smuin's virtual classes have led hundreds of aspiring and professional dancers, as well as those simply looking for a fun class to stay in shape, through a variety of movement including ballet, tap, jazz, and more. New this fall are yoga classes led by Smuin artist and certified yoga teacher Tess Lane, workshops and dance samplers in genres from Contemporary to Castanets. The popular *Ballet FUNdamentals* workshop for adult beginners—an approachable way to gain an appreciation for the basics of ballet training over four weeks of professional instruction—also returns.

COST: Classes are offered on a sliding scale from **\$10 - \$20**, with series/workshops priced at **\$40 - \$75**. For more information or to register, the public may visit www.smuinclasses.org.

WHERE: **ONLINE & IN-STUDIO**

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Online classes are Zoom-based. Students must register at least 30 minutes in advance to receive a Zoom link to participate.

In-studio classes will take place at the **Smuin Center for Dance**, 1830 17th St, San Francisco. Per City of San Francisco guidelines, proof of vaccination and masks will be required to attend in-studio classes.

Hybrid classes offer the option to join in-person or attend the class virtually from home.

DATES: Now through November 2021

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Pointe (Online): Tues 6:15pm

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Dance-Based Fitness

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Pilates (Online): Sat 9:30am

Stretch & Strength (Hybrid): Mon 9am, Wed 11:30am (no class 9/6; hybrid classes begin 9/13)

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Ballet FUNdamentals (Online): Mon 5pm (8/23, 8/30, 9/13, 9/20)

Beginning Dance Sampler (In-Studio):

Cohort 1: Wed 6:30pm (9/15, 9/22, 9/29, 10/6)

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Beginning Ballet (In-Studio): Tues 6pm (9/14, 9/21, 9/28, 10/5)

Character (Online): Thurs 6pm (9/2, 9/9, 9/16)

Intermediate Contemporary (In-Studio): Mon 6:30pm (9/13, 9/20, 9/27)

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PHOTOS: For high-res photos, please visit:
<http://www.cbpr.co/press/smuinclasses>