

AUGUST

MONDAYS

6:45-7:30am **Silent Meditation Sessions** non-taught

5-6pm **Crystal River Ballet: Intro to Ballet**, ages 7+, \$60/month

6-7:30pm **Crystal River Ballet: Beginning Ballet & Stretch**, ages 11+ w/ 2 yrs experience | adults welcome | \$15/drop in

7:30-9:30pm **Partner Dance Lessons & Practice Session**, \$10 per person

TUESDAYS

WEDNESDAYS

6:45-7:30am **Silent Meditation Sessions**, non-taught

THURSDAYS

4-4:45pm **Crystal River Ballet: Creative Dance**, ages 3-4 | \$65/month

5-6pm **Crystal River Ballet: Ballet 1 & 2**, ages 7+ | \$70/month

6-7:30pm **Crystal River Ballet: Intermediate Ballet**, ages 11+ w/ 2yrs experience | adults welcome | \$75/month

6:15-7:45pm **CoMotion Company Class: All Levels** | \$10 per class

7:30-8:30pm **Intermediate Mezcla Social: Salsa Class and Social Dancing** | \$10 drop in /\$35 for 4 punch pass

FRIDAYS

6:45-7:30am **Silent Meditation Sessions**, non-taught

SUNDAYS

5-7pm, **Private Classical Guitar Lessons**, \$60/hr | by appointment only

YOUTH CAMPS

August 13-16 | 9:30am-1:30pm, **Animal Art Extravaganza**, ages 6 to 10 taught by Marge Dye | \$175/student

Register at carbondalearts.com

SPECIAL EVENTS

August 11 | 10-11:45am, **All Levels Cunningham Dance Workshop** with Crossman Dans(c)e, \$15

Register at danceinitiative.org

August 11 | 7pm, **Works in Progress Performance with Crossman Dans(c)e Company**, \$15

Get a ticket at danceinitiative.org

August 25 | 1-4:30pm, **Tools for Our Time: Half- Day Yoga Retreat** with Ally Morrison and Daniel Love

August 17 | 6-8pm, **Artwork Feedback Night with Christine Anderson**

THE LAUNCHPAD PARTNERS

Aspen Holistic Health

Sheridan Semple, (970) 309-9580 | sheridan@aspenholistichealth.com | aspenholistichealth.com

Bonedale Ballet

Alexandra Jerkunica, (970) 379-2187 | movefromyourcenter@gmail.com

Classical Guitar Lessons

James Katzenberger, (970) 510-5015 | music@jameskatzenberger.com | jameskatzenberger.com

Crystal River Ballet:

Jeni Ptacek, (970) 987-4880 | msjeni@crystalriverballet.com | www.crystalriverballet.com

IMOVETHEMATRIX: Neuroplastic Functional Institute

Lauryn Maloney-Feiler, (203)214-0165 | laurynmaloneyfeiler@yahoo.com

Partner Dance:

Wild Bill McCann, (970)366-6463 | billypat4@gmail.com

Rock and Roll Academy

Chris Harrison, chris@rockandrollroaringfork.com | rockandrollroaringfork.com

Silent Meditation:

Russ & Linda Criswell, rcriswell@hotmail.com

Sopris Soarers: Aerial Silk Instruction:

Stacy Everson, (808)346-2923 | cdaleaerialartists@gmail.com

Yoga Teacher Toolbox: Ally Morrison Yoga

Ally Morrison, ally@allymorrisonyoga.com

THE LAUNCHPAD FACILITATED BY CARBONDALE ARTS & DANCE INITIATIVE

Carbondale Arts

Staci Dickerson, (970)963-1680 | staci@carbondalearts.com | carbondalearts.com

Dance Initiative

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