

Westside School of Ballet

Public Archive of Free Online Classes & Class Descriptions in response to COV-19

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Starting Thursday March 19th Westside School of Ballet will be offering ONLINE classes from our esteemed teachers via their make-shift home studios, or some studio classes that are recorded with only 3-4 people using social distancing at the empty studios! Many of our peers in the ballet world such as Tiler Peck have been successfully offering these make-shift yet charming online classes, and we encourage you to try those - as well as our own - in order to support your home ballet community, whilst we are virtually still very connected!

Thank you for your continued support and patience with us. We hope Westside is bringing you some joy in this difficult time.

Live Zoom classes for paying clients will be made available to dance students in both the children's & adult divisions. Those will be live and saved in archives to also watch again and practice the same class on your own. (All enrolled children will be able to access these as part of their tuition.) You can sign up for Zoom classes through **MindBody**. After signing up you will be sent the Zoom code - it will be sent to you 15 minutes before the class starts. For information regarding how to pay for class, please visit the following link: <https://westsideballet.com/mindbody-instructions/>

LiveStream Instagram Classes will be saved to our IGTV channel and the links available in the 'Story' to watch again for 24 hours and then archived. Those links will be shared for you to practice the days following the livestream. The livestreams are a free service to our students and the public to boost our community and create solidarity in the dance and arts community during these extraordinary times. Instagram classes are still free of charge, so **please consider a contribution through our Venmo account.** (handle is @westsideballet)

Check out Westside's IGTV Channel for a growing archive of livestream classes: <https://www.instagram.com/westsideballet/channel/>

Vimeo Library of Classes Being Built: We are also professionally recording children's teachers and adult teachers for all levels, including special stretch and isolated technique classes, over the next several days. **All these videos will be available on our private Vimeo Channel.** The link will be made available to our clients. You will be able to buy these classes via Mind Body if you are an adult dancer. If your child is in the dance academy, many of these links will be made available to your child's dance level.

Contribute via Venmo: In these times of need, we are grateful for your generosity. If you would like to consider a **contribution to Westside School of Ballet**, you can go to our Venmo account Westside Ballet (handle is @westsideballet) and contribute.

If you need information on how to set up a Venmo account please go to: <https://westsideballet.com/venmo-contributions/>

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The Children's Dance Academy Classes are listed first - Adult Ballet second. Our Regular Patrons & Dance Student Community are welcome to any of these links. ****Please check back here often for this list will be updated frequently.****

Westside Academy of Dance / Children's & Young Adult Division:

<u>Teacher, Bio & Online Class Comments</u>	<u>Title & Description of Class</u>	<u>Scheduled Date</u>	<u>Time</u>	<u>Zoom # or IG Livestream - Archive Link</u>	<u>Vimeo Archive Link</u>
<u>Joy Womack</u> , Special Guest Teacher, Recently with Boston Ballet, formerly of Bolshoi Ballet & WSB Alumna.					
<u>Joy Womack</u>	Advanced Ballet Levels 5-7	04/11 Sat.	2-3 pm	*Instagram LiveStream *link coming soon	
<u>Joy Womack</u> - Upcoming Class	Advanced Ballet Levels 5-7	04/04 Sat.	2-3 pm	*Instagram LiveStream *link coming soon	
<u>Joy Womack</u> - Archived Classes	Advanced Ballet Levels 5-7	03/28 Sat.	2-3 pm	*IGTV Archive: https://www.dropbox.com/s/5h1i80b9irt1lzk/RPReplay_Final1585437889.mov	
<u>Lucia Connolly</u> , Special Guest Teacher from Joffrey Ballet & WSB Alumna					
<u>Lucia Connolly</u>	Advanced Ballet Levels 6-7	04/06 Mon.	4-5 pm	*Instagram LiveStream *link coming soon	
<u>Lucia Connolly</u> , - Archived Classes	Advanced Ballet Levels 5-7	03/30 Mon.	4-4:55 pm	Zoom Recording: https://zoom.us/rec/share/35ZtF5T5xj9IGIXj5VHEeqJ7RaHiX6a8g3Uc_KcMnUaPKvrFloUpeP4WtFgtALJp	
<u>Lucia Connolly</u> - Archived Classes	Advanced Ballet Levels 6-7	03/26 Thurs.	5:30 pm	Zoom Recording: https://us02web.zoom.us/rec/share/2PVWKq_R20pOGqf1z0bkVu0iM6PnX6a8higfqfELzxm8u9qKgoXWRmq9yMU5ugbe?startTime=1585269346000	

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Lucia Connolly - Archived Classes	Advanced Ballet Levels 5-7	03/23 Mon.	3-4 pm	Zoom Recording: https://zoom.us/rec/share/w8YtErjo6l1JbM_9q33uelQ4BJXET6a813RN_Jenhv_r252qVi9j5qDbDg5vTnlN	
Melissa Barak, WSB Alumna & Faculty; Artistic Director, Barak Ballet; former New York City dancer & esteemed choreographer: <i>"I'd plan to focus on combinations that are more simple yet strengthening, ones people can achieve on a floor that is not marley. I don't want to force students to have to struggle to hold their turnout doing something hard. I'd do a stretch and some back/core strengthening in lieu of a long center. I can also give some center combos that don't require a ton of space!" - Melissa Barak</i>					
Melissa Barak - Archived Classes	Intermediate Ballet - Level 5-5+ (Level 6-7 can join)	04/03 Friday	4-4:55 pm	Zoom Recording: https://zoom.us/rec/share/4OpQFqCuzkNJR6OK9nz8dbMuFbjaeaa80SEY_aIMzE-XEKM69KqsAtg1DSW6PbTf	
Melissa Barak - Archived Classes	Intermediate / Advanced Ballet	03/31 Tues.	4-5 pm	*Instagram LiveStream *link coming soon	
Melissa Barak - Archived Classes	Intermediate Ballet - Level 5-5+ (Level 6-7 can join)	03/27 Fri.	4-5 pm	Zoom Recording: https://zoom.us/rec/share/5-9XHpzL1k1OWqvX9kPNZ74IRITlaaa82iUYrKIPy0YpUcvtVhj7vdFr0aOy6obc	
Melissa Barak - Archived Classes	Advanced Technique - Level 5-7	03/24 Tues.	4-5 pm	*Instagram LiveStream *link coming soon	
Melissa Barak - Archived Classes	Advanced Technique - Level 5-7	03/21 Sat.	11:30 am	*Instagram LiveStream *link coming soon	
Melissa Barak - Archived Classes	Advanced Technique - Level 5-7	03/19 Thurs	4-5 pm	*Instagram LiveStream *link coming soon	

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Francine Kessler Lavac, Associate Artistic Director, Upper Division/ Young Adult Dance Academy.

Currently Miss Francine's classes are being guest taught by Lucia Connolly and Mirabelle Weinbach: "@mirabelleweinbach will teach a marvelous class. A very talented and special dancer who has been a joy and inspiration to work with all of these years. Enjoy. Miss you all madly. See you soon. Xxoo" - Francine Kessler Lavac

Mirabelle Weinbach, for <u>Francine Kessler Lavac</u>	Advanced Ballet - Level 6-7	04/02 Thurs	5:30- 6:30 pm	Zoom Recording: https://zoom.us/rec/share/6OF3Mqj1sThLG6vtuV2CRf59J8P5eaa81CBKrqZYmUvp9a_HuzeCEhflcfJ0Fgva	
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Savannah Lowrey, former New York City Ballet soloist and current Advanced Level teacher for WSB.

<u>Savannah Lowrey</u> - Archived Classes	Advanced Ballet - Levels 6-7	04/03 Fri.	5-6 pm	*Instagram LiveStream *link coming soon	
<u>Savannah Lowrey</u> - Archived Classes	Advanced Ballet - Levels 6-7	03/27 Fri.	5-6 pm	*IGTV Archive: https://www.instagram.com/tv/B-TLnvOAFdV/ (part 1 of 4 – all 4 parts are there!)	

Evan Swenson, WSB Resident Guest Artist. Boys Ballet Intermediate Ballet teacher.

Evan Swenson - Archived Classes	Boys Intermediate Ballet	04/02 Thurs.	6:30 - 7:30 pm	*IGTV Archive: https://www.instagram.com/tv/B-t5US0gHgc/	
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Maureen Teffy, Tap for all ages & levels.

<u>Miss Maureen</u>	Tap All Levels	04/10 Fri.	4-5 pm		
<u>Miss Maureen</u>	Tap All Levels	04/03 Fri.	4-5 pm	*Instagram LiveStream *link coming soon	

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Miss Maureen	Tap All Levels	03/27 Fri.	4-5 pm	*Instagram LiveStream *link coming soon	
Kiva Dawson , cardio with ballet moves.					
Kiva Dawson	Cardio Dance Class for the Whole Family	03/20 Fri.	1:40 pm	*IGTV Archive: https://www.instagram.com/tv/B-lf8O hgHDv/	VIMEO: https://vimeo.com/showcase/6996942/video/410053148
Ballet Shop Promo Video				*IGTV Archive: https://www.instagram.com/tv/B-bTu1 zAzoH/	VIMEO: https://vimeo.com/402041580/ef3bce0565

Adult Classes Teachers - Bios & Online Class Offerings:

<u>Teacher, Bio & Online Class Comments</u>	<u>Title & Description of Class</u>	<u>Scheduled Date</u>	<u>Time</u>	<u>Zoom # or IG Livestream - Archive Link</u>	<u>Vimeo Archive Link</u>
Nader Hamed , Advanced Master Ballet teacher for professionals and advanced students.					
Nader Hamed	Advanced Ballet	04/08 Fri.	11- 12:25 pm	*Instagram LiveStream *link coming soon	
Nader Hamed - Archived Classes	Advanced Ballet	03/27 Fri.	2- 3:30 pm	Zoom Recording: https://zoom.us/rec/share/y5YsL6qgq2xlU4nVzQL4Y5QgP7W1T6a8hCMcqPsMyUur3RFUGbRmPCrZfF658TJ5	VIMEO: https://vimeo.com/403923522/ea2b43ea0a
Nader Hamed - Archived Classes	Advanced Ballet	03/25 Wed.	11:30 am -1 pm	*Instagram LiveStream *link coming soon	

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Nader Hamed - Archived Classes	Advanced Ballet	03/20 Wed.	11:30 am -12:30 pm	*IGTV Archive: https://www.instagram.com/tv/B-lapLdAKEm/	VIMEO: https://vimeo.com/showcase/6979693/video/399423830
Johnny Zhong , WSB Faculty & Guest Artist. Intermediate-Advanced Adult Ballet teacher & Boys Ballet. <i>"I feel bad I can't assist you all face to face, but I'm thankful to be able to connect with dancers during this time. My class will focus on technique and strength as usual. Balance and control can be worked on even out of the studio."</i> — Johnny Zong					
Johnny Zhong - Archived Classes	Boys Ballet - Intermediate (Suitable for Intermediate Adult Dancers)	03/26 Thurs.	9:30- 11 am	*IGTV Archive: https://www.instagram.com/tv/B-lrxXXApzP/ (part 1 of 2) *and: https://www.instagram.com/tv/B-lt1p7A1KP/ (part 2 of 2)	
Johnny Zhong - Archived Classes	ADULT INTERMEDIATE BALLET (Suitable for Intermediate Ballet Boys)	03/25 Wed.	4- 5 pm	*Instagram LiveStream *link coming soon	
Johnny Zhong - Archived Classes	ADULT INTERMEDIATE BALLET	03/20 Fri.	10- 11 am	*IGTV Archive: https://www.instagram.com/tv/B-bTEOpgrFq/	VIMEO: https://vimeo.com/399854404/5bb07d6659
Johnny Zhong - Archived Classes	Boys Ballet - Intermediate (Suitable for Intermediate Adult Dancers)	03/20 Fri.	12:30- 1:30 pm	*IGTV Archive: https://www.instagram.com/tv/B-MvHukht_7/ (part 1 of 2) *and: https://www.instagram.com/tv/B-lRwnpA9uw/ (part 2 of 2)	
Sven Toorvald , Sven Toorvald is an alumnus of Westside Ballet. He teaches primarily the adult level as well as the Introductory Pas de Deux class for the Children's Upper Division.					

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Sven Toorvald - VIMEO Recorded Classes with Leon on piano & Demo by Renée Spaltenstein, WSB alumna, currently at SAB	Inter./ Advanced Adult Ballet	03/27 Fri.	11:30 - 12:30 pm		VIMEO: https://vimeo.com/403182888/166e764584
AIMEE GAUDIO, WSB Faculty, Intermediate Teacher for the Dance Academy, Pilates Instructor, as well as WSB Adult Intermediate Ballet teacher. Join Miss Aimée in Westside Ballet's new Zoom stretch class! <i>"Stretching is a great way to alleviate anxiety, release stress and spend time with your Westside Ballet family. Focusing on stretching and breathing allows you to clear your mind while toning and strengthening your body. My intention is for our students to be able to stay healthy mentally and physically."</i> — Aimée Gaudio					
AIMEE GAUDIO - Archived Classes	Stretch Class for Anti-anxiety & Anti-Stress - For Dancers & Whole Family - Kids & Adults Welcome!	03/23 Mon.	3-4 pm	Zoom Recording: https://zoom.us/rec/share/opVeJYzP5l5JU9L06EbadqMRLpbVT6a8hyAYrKBfneYiJu6wREsFxL7y4BlfxU	
Veronica Caudillo, <i>Adult Intro Ballet & Adult Ballet Beginning/ Intermediate</i> - Veronica will be teaching both a beginner's ballet for those more in the early stages of ballet with emphasis on technique & kinesiology with repetition! Also, another ballet class that is beginning/intermediate with more challenging combinations in addition to the technical aspects of ballet! Both classes will be geared to barre work!					
Veronica Caudillo	Adult Beginner / Intermediate Ballet	/ Fri.	6-7 pm		
Veronica Caudillo - Archived Classes	Adult Beginner / Intermediate Ballet	03/27 Fri.	6-7 pm	Zoom Recording: https://zoom.us/rec/share/6vYrIb3b1mNOQonM8RHNWf9-BpjMeaa81ndLrqdeykn_ZOVWchPWMUOB12GFbZOI	
Veronica Caudillo - Archived Classes	Adult Beginner / Intermediate Ballet	03/24 Tues.	5:30 -6:30 pm	Zoom Recording: https://zoom.us/rec/share/_ZF3DJLx83tOTJ3nxkHUVe0cG5XgT6a8hCEZ-PJbyRpvYdX8RF4bWidEjnzem6sN	

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Veronica Caudillo - VIMEO SPECIAL STRETCH Classes		03/20 Fri.			VIMEO: https://vimeo.com/402052144/a8dcb4bb0b
Veronica Caudillo -VIMEO recorded class	Ballet Basics	03/19 Thurs.			VIMEO: https://vimeo.com/400340770/61191cb3f3
Veronica Caudillo - Archived Classes	Adult Beginner / Intermediate Ballet	03/19 Thurs.	8-8:30 pm	*Instagram LiveStream https://www.instagram.com/tv/B-hg33sggl4/ (part 1 of 3 - go to IGTV channel for all 3 parts)	
Charlie Neshyba Hodges has performed in more than 30 nations and 100's of cities, collaborating most predominantly with Twyla Tharp and Benjamin Millepied. Charlie gets his dance fix teaching full-time at California Institute of the Arts, and he gets his design fix contracting with the Jet Propulsion Lab (NASA). His recent TEDx talk discusses how failure is a required tool for success. <i>"Our long barre with perhaps 3 standing combinations in center (mostly in place for those in kitchens and living rooms) I'd prefer to keep it at that time/day." -- Charlie Hodges</i>					
Charlie Hodges	Adult Beginner / Intermediate Ballet	03/28 Sat.	8-9 am	Zoom Recording: https://zoom.us/rec/share/wNcsdeH8zIIIzM_3yh3xUZUgQ73ZX6a82nAW-AEnUiu0GgxqCDWdgOCdcWk4hud	
Chasen Greenwood <i>"Our long barre with perhaps 3 standing combinations in center (mostly in place for those in kitchens and living rooms)." -- Chasen Greenwood</i>					
Chasen Greenwood - Archived Classes	Adult Ballet - Beginning / Intermediate	04/01 Wed.	5-6 pm	*Instagram LiveStream *link coming soon	
Chasen Greenwood - Archived Classes	Ballet Intro & Ballet Basics (combined)	03/28 Sat.	10-11 am	*Instagram LiveStream *link coming soon	

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Chasen Greenwood - Archived Classes	Adult Ballet - Beginning / Intermediate	03/25 Wed.	5-6 pm	*Instagram LiveStream *link coming soon	
Chasen Greenwood - Archived Classes	Ballet Intro & Ballet Basics (combined)	03/21 Sat.	10-11 am	*Instagram LiveStream *link coming soon	
Chasen Greenwood - Archived Classes	Adult Ballet - Beginning / Intermediate	03/20 Fri.	5-6 pm	*Instagram LiveStream *link coming soon	
Rebecca Witjas, Rebecca Witjas is a New York City trained Ballet dancer having trained with David Howard and Alfredo Corvino of the Ballet Russe de Monte Carlo and longtime instructor at Juilliard. She also studied Russian technique with Mara Lysova, also of the Ballet Russe de Monte Carlo. She has been an artist in residence at the Guthrie Theater in Minneapolis and the John Anson Ford Theater here in Los Angeles. <i>Ballet Floor Barre - This is a program that promotes core ballet strength and stretch and is a hard workout - but using a mat only. It's great for home! We start by using the floor as your barre. You are prompted to push down your shoulders and generally organize your body to hold the torso in place while you work. We wake up the turnout muscles and stretch the feet and knees. We squeeze the inner thighs to promote your stability. The work starts on your back but then moves to being on each side of the body and then on your stomach last. We finish with gentle, general stretching. We do all of it within the space of an hour.</i> <i>Intro/ Beg. Adult Ballet Classes - for those of you who know how to work and have mastered basic placement and pull up. We will perform a barre with plies, tendues degages, etc., using them in combinations. After stretching we will do one or two center combinations.</i> <i>Basic Ballet Classes is designed for all of you who want to learn ballet from the beginning. We'll start with positions, placement turnout and use of the barre. We will break down and slowly learn to point our toes, do tendu, degage, rond de jambe, Frappe, learn to extend your legs higher properly and do gran battement and stretching. Also included are use of the arms or port de bras</i>					
Rebecca Witjas	Floor Barre	04/02 Thurs.	9-9:50 am	*Instagram LiveStream *link coming soon	
Rebecca Witjas	Ballet Basics	04/01 Wed.	12:30 -2 pm	*Instagram LiveStream *link coming soon	
Rebecca Witjas	Floor Barre	04/01 Wed.	9 -9:50 am	*Instagram LiveStream *link coming soon	

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Rebecca Witjas	Ballet Basics	04/01 Wed.	10 -11:30 am	*Instagram LiveStream *link coming soon	
Rebecca Witjas	Floor Barre	03/30 Mon.	9-9:50 am	*Instagram LiveStream *link coming soon	
Rebecca Witjas - Archived Classes	Floor Barre	03/28 Sat.	9-9:50 am	*Instagram LiveStream *link coming soon	
Rebecca Witjas - Archived Classes	Floor Barre	03/28 Sat.	9-9:50 am	*Instagram LiveStream *link coming soon	
Rebecca Witjas - Archived Classes	Floor Barre	03/27 Fri.	9-9:50 am	Zoom Recording: https://zoom.us/rec/share/yv57Nq_N2nIJRbPS8VvURZE6P8O6T6a8h3QbqKVcnRpkwwRiPiUufEVu8rAue90S	
Rebecca Witjas - Archived Classes	Floor Barre	03/26 Thurs.	9-9:50 am	Zoom Recording: https://zoom.us/rec/play/vZwode6hqD83HN2QsgSDAfV9W43pLvisOXIb8vANYUzjBXhXOWfzMOcUarDgDeQsWjwloGcSmTEyfSnk	
Rebecca Witjas	Ballet Basic	3/25 Wed.	11:30 am- 1 pm	Zoom Recording: https://zoom.us/rec/share/tfN8Muqp3TNJc6vJ60ruW6lgJKjHT6a8hCllrvVbnxoFfKF0s04IOTW8UaHAocIE	
Rebecca Witjas - Archived Classes	Floor Barre	3/25 Wed.	9- 9:50 am	Zoom Recording: https://zoom.us/rec/share/yZAqclfa1VJLToXS7kXtQ61iHavqaaa8gSca_PYOzkajB4FXfvsPUUYx2TgFsz2c	
Rebecca Witjas	Intro / Beg Adult Ballet	3/25 Wed.	10- 11:20 am	Zoom Recording: https://zoom.us/rec/share/yJYycqPK2GhJSZXU0VP1S7AAPtXraaa8hCdMqPQNzhllhTpCIXYEfclL3J00N0Cm	

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Rebecca Witjas - Archived Classes	Floor Barre	3/24 Tues.	9-9:50 am	Zoom Recording: https://zoom.us/rec/play/uZwscuyqrWo3Sd2SsgSDBqR8W9W8KPis1SNPr_AOmkg8VCYLYFWmYrMXa7aMowAOjZzOkVBpLTr2QWZm	
Rebecca Witjas - Archived Classes	Intro / Beg Adult Ballet	3/24 Tues.	10-11:20 am	Zoom Recording: https://zoom.us/rec/share/tJ0qMoDA0EplbavTwV3VX7Q7Fan-aaa82iMerPNbzN7d7RY9mfzMXBuCqBPbiso	
Rebecca Witjas	Ballet Basic	03/24 Tues.	11:30 am-1 pm	Zoom Recording: https://zoom.us/rec/share/-MJ7JO3Tr0pJU4nHs1HNYKV8MtrFeaa813AWrPBen0ymSEVsj6VA8asMyHqQJ71h	
Rebecca Witjas - Archived Classes	Floor Barre	03/23 Mon.	9-9:50 am	*IGTV Archive: https://www.instagram.com/tv/B-NE8TQAHqr/ (part 1 of 2) *and* https://www.instagram.com/tv/B-NH103gr7Z/ (part 2 of 2)	
Rebecca Witjas - Archived Classes	Floor Barre	03/20 Fri.	3-4 pm	Zoom Recording:	VIMEO: https://vimeo.com/400732809/4a7125c6e2