



RHYTHMIX CULTURAL WORKS

Rhythmix Cultural Works Class Schedule

for more info: www.rhythmix.org

Ongoing enrollment available for most classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30-4:30p Viva El Espanol (preschool-K) 4:00-5:30p Skilly Circus (invite only) 4:30-6:30p Drawing & Painting (teens & adults) 6:30-7:30p Hoop Dancing 8-9:30p Jujitsu	3:30-4:30p Drawing & Painting (ages 5-7) 4:30-6:00p Drawing & Painting (ages 8-12) 4-5:30p Skilly Circus (7 & Up) 6-7:15p Intro to Poi 7:30-9:00p Intermediate Taiko	9-10a Spiral Dancing 11a-12:00 Art for Homeschoolers 3:30-4:30p Viva El Espanol (Amarillo/Anaranjado) 4:30-5:30p Viva El Espanol (Los Bilinguitos) 4-5:30 Kids Capoeira (ages 6 & up) 7-9:00p Got Rhythm (drumming) 7-8p Belly Dance I (beginner) 8-9p Belly Dance II (intermediate)	3:40-4:40 Drawing and Painting (ages 4-6) 5:00-6:30 Drawing and Painting (ages 8-13) Evenings: Rotating schedule of workshops & events. Check out www.Rhythmix.org or contact us for more info. t: 510.865.5060 e: info@rhythmix.org	2:30-3:30p Viva El Espanol (preschool-K) 3:30-4:30p Viva El Espanol (Amarillo/Anaranjado)	10am-Noon Mixed-Ages Capoeira (ages 6 to Adult) 12:15-1:15 African Drumming (ages 14 to adult) 1:30-3:00 West African Dance (ages 14 to adult)

CLASS DESCRIPTIONS

AFRICAN DANCE Learn basic dance movements from West Africa! African dance is a well-paced & lively workout. Get in touch with your inner joy in an inclusive, safe place to move body, mind and spirit!

ALAMEDA SMALL CIRCLE JUIJITSU Self Defense techniques using wrist locks, arm bars, pressure points and finger controls. Beginners can start at any time. *Minimum Age 13*

ART WITH ALIEA / DRAWING & PAINTING The majority of drawing/painting projects will have an emphasis on realism. Homeschool lessons are offered with a well-rounded curriculum within the world of fine art including art history and language.

BELLY DANCE (Level 1) Learn to dance by drilling the basics in fun combinations. Using both slow movements and fast steps we'll get you dancing in your first class. (Level 2) Tribal Combination - Refine individual technique by drilling basic steps and their variations in creative combinations.

CAPOEIRA Capoeira is a Brazilian art form that combines martial arts, music, dance, acrobatics, ritual and folklore. Classes are fun, energetic and adaptable for the needs of each student. Students will stretch, train individually and with partners, sing and "play" Capoeira!
Kids ages 6-13 / Mixed 14 & up

GOT RHYTHM? Come explore your rhythmic potential at Rhythmix! Learn how to: Build rhythmic confidence, play grooves comfortably with others, find your own rhythm, drum and sing at the same time.

HOOP DANCING Explore your body and discover new pleasure with hula hoops. This is not your 1960's hula hooping, for sure...Come prepared to learn moves and tricks, and dance in new ways. Register at www.herohoops.com

INTRO TO POI A dance involving rhythmically manipulating weighted tools on ropes or chains & swinging them in various circular patterns around the body. Poi is great for developing grace, strength, flexibility, coordination, creativity and flow. *All levels, Ages 14 & to Adult*

SKILLY CIRCUS Circus learning develops co-ordination, self-confidence, and cooperation in all ages. Try your hands at juggling, spinning plates, diabolos and more. Turn, twist, and roll through the fundamentals of circus acrobatics and clown theater. Balance boards, stilts, & the walking globe will be introduced. No experience necessary.
Ages 7 and up

SPIRAL DANCING Reduce stress, increase flexibility, strengthen and tone muscles in this Nia inspired class using a blend of yogic stretching, breath and bodywork, meditation and various forms of dance movement. *No dancing experience required. Any age, size or physical ability is welcome.*

VIVA ESPAÑOL Give your child the gift of a foreign language! We believe that learning a foreign language in the pre-school and elementary school years is an essential part of a child's education and development. Today's children need to be prepared to live and work in a global context.

TAIKO Taiko is the Japanese word for "big drum". Experience the joy of playing Taiko! Students will learn aspects of Japanese culture and language while developing basic skills in rhythm and movement. *Intermediate classes require teacher approval before registration.*

WINTER WORKSHOP SERIES - Workshops, playshops, & craftshops for all ages!

Beginning Taiko - February 24 & March 4 (2 sessions)

Shadow Puppets - February 21 (Show & Craftshop)

Feel the Beat: Family Percussion Playshop - March 20

Music Making for Dabblers - March 25 & April 1

In the works: Facepainting, cooking, story-telling & improv, African dance, & more!