

M C

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FALL  
2019

MINNESOTA CONSERVATORY  
FOR THE ARTS

VISUAL ART 

THEATRE 

MUSIC 

DANCE 



**ARTS**



## The Minnesota Conservatory for the Arts

exists to provide quality arts education and performance by nurturing and encouraging artistic expression in children and adults. Our service to the community ranges from recreational to pre-professional performing and visual arts curriculum and programming designed to provide physical and aesthetic benefits, heightened self-respect, discipline, and confidence.



MUSIC



VISUAL ART



DANCE



THEATRE

## Private Lessons

MCA offers private lessons for all ages and abilities! Our experienced teaching artists prepare students for a lifetime enjoyment of music. Private lessons are offered year-round. Instruction available in flute, clarinet, oboe, saxophone, trumpet, french horn, trombone, baritone, tuba, violin, cello, guitar, bass, piano, percussion, and voice. Students will be expected to purchase method books the instructor feels best address the students' needs. Students have the opportunity to perform during MCA's annual Fall, Winter, or Summer Concerts and other performance opportunities based upon instructor recommendations.

- **4 30-minute lessons: \$76**
- **8 30-minute lessons: \$144**
- **12 30-minute lessons: \$204**

*Lesson dates and times arranged through MCA. Payment plan options exclude private lessons. Private lessons must be paid in full before scheduling lessons.*

## Beginner Class Piano for Adults: Keyboard Musicianship I & II

Have you always wanted to learn to play the piano? Here's your chance to enjoy a low-stress introduction to the keyboard! This course is designed for students who have never taken piano lessons or have taken lessons a long time ago. The training in this class intends to create musical experiences that will enhance your keyboard playing skills and also your life. Group piano encourages us to support one another as we create music together. Textbooks will need to be purchased before class begins. The only prerequisites are that you wish to learn to play and want to have fun in our new, state-of-the-art piano lab! Level II is a continuation of Level I.

**Date:** Sept. 10–Oct. 29

### Day and Time:

Keyboard Musicianship I: Tuesdays, 1–2 pm; Keyboard Musicianship II: Tuesdays, Noon–1 pm

**Age:** 18–Adult

**Cost:** \$152

**Instructor:** Lauren Mechell

## Jazz Combos

Jazz combos help students learn the art of jazz in a small ensemble setting. The Jazz Combo session will provide basic instruction in jazz-related rhythm, tone, style, concept, listening skills, and improvisation. The ultimate goal of these ensembles is to give interested students the opportunity to study and perform jazz ensemble literature. The combos will play at a variety of community performances. All musicians and instruments are welcome, but space is limited.

**Date:** Sept. 3–Nov. 13

**Day/Time:** Tues. 6:30–7:30 pm,  
Wed. 6:15–7:15 pm, Wed. 7:15–8:15 pm

**Age:** Grades 6–12

**Cost:** \$109

**Instructor:** D. Gudmastad

*Musicians are assigned to one combo and rehearse approx. 1 hour a week. Combo practice times are flexible and dependent on the needs of the members and performance schedules. Contact director with questions.*

## College Music Audition Workshop

High School Juniors and Seniors who are preparing for college instrumental or vocal auditions or those interested in learning more about the process won't want to miss this opportunity. This workshop will cover topics including how to choose repertoire, audition requirements, and distance and on-site auditions. The final portion of the class will be mock-auditions which will allow a handful of students the opportunity to perform an audition piece and receive feedback.

**Date:** Saturday, Oct. 12

**Time:** 11 am–12:30 pm

**Age:** High School Juniors & Seniors  
(Parents welcome)

**Cost:** \$20 to perform, \$5 to observe

**Instructor:** Lindsay O'Shea (an accompanist and additional MCA Faculty may join depending on performing participants musical interests)





# VISUAL ART

## Creative Journaling

Take time out of your day to channel your inner artist in written and visual expression. This process-based approach to creating will allow attendees to learn techniques in drawing, painting, and mixed media while using a journal format. Your intuition will guide you as you fill the pages.

What to expect:

- Guided lessons on multiple techniques
- Open-ended work time to experiment in each session
- Access to materials of interest
- Welcoming environment conducive for artistic growth

**Date:** Sept. 23–Oct. 14

**Day:** Mondays

**Time:** 5:30–6:30 pm

**Age:** 14–Adult

**Cost:** \$45 includes all supplies, including a journal

**Instructor:** Brianna Haupt

## Printmaking Studio

Get ready to explore the art of printmaking and monotypes. You will have the opportunity to learn the step by step process used to make an edition of prints or collection of monoprints. Throughout the eight weeks, older adults and Riverway Learning Community High School students will work side by side and independently in this inter-generational setting. Participants and their families will be invited to celebrate their artwork on Nov. 19, from 4:30 to 6 pm in MCA's Galleria València.

**Date:** Sept. 24–Nov. 12

**Day:** Tuesdays

**Time:** 3–4:30 pm

**Age:** Adults 55 years+

**Cost:** \$18 includes all supplies\*

**Instructor:** Brianna Haupt

**Location:** Classes will take place at Riverway Learning Community, 1733 Service Dr. Ste. 18, Winona, MN



## Nature in Color

Explore the beauty and mystery of nature and watercolor paints at the same time. Nature will inspire as you learn new painting techniques, how to mix colors, and have fun expressing yourself through this vibrant medium.

**Date:** Mondays, Sept. 23–Oct. 14

**Time:** 4:30–5:30 pm

**Age:** 1st–3rd grade

**Cost:** \$59 includes all supplies

**Teaching Artist:** Brianna Haupt



*\* Discounted thanks to a Seeding Vitality Arts MN initiative grant made possible through Aroha Philanthropies.*



### Selfie Inspired

Follow the footsteps of famous artists such as Picasso, Van Gogh and Frida Kahlo and learn the tricks and techniques of a variety of self-portrait styles. You don't want to miss this opportunity to admire that beautiful face in the mirror and play with exciting materials.

**Date:** Mondays, Oct. 28–Nov. 18

**Time/Ages:** 4:30–5:30 pm, 1st–3rd grade  
5:30–6:30 pm, grades 4+

**Cost:** \$59 includes all supplies

**Teaching Artist:** Brianna Haupt

### Reflections Visual Arts Workshop

Come join MN PTA Reflections Arts chair Lori Ortega in an art class that will utilize the 2019–20 Reflections theme, “Look Within.” Express yourself through art! This is a hands-on, creative class, where each student will create their own art work.

#### 2-Day Homeschool Workshop in celebration of Arts Education Week:

**Date:** Sept. 10 & 12

**Day:** Tuesday & Thursday

**Time:** 10–11:30 am

**Age:** Grades K–8

**Cost:** Free, but registration required

**Instructor:** Lori Ortega

#### Weekend Workshop:

**Day:** Saturday, Nov. 9

**Times & Ages:** 10 am–12:30 pm, grades K–2  
1–2:30 pm, grades 3–6

**Teaching Artist:** Lori Ortega

**Cost:** Free, but registration required





# THEATRE

## NEW! Organized Chaos

Whether you are a seasoned actor or just ready to give the stage a try, this class is for you. Spontaneity and creativity are only two of the skills that will be honed as you laugh out loud exploring the world of improvisational theatre. Students will have the opportunity to perform a variety of improv games during an open house on the last day of class as well as during Minnesota Marine Art Museum's Second Saturday on Nov. 2.

**Date:** Aug. 29-Nov. 14 and  
Nov. 2 performance

**Day:** Thursdays

**Time:** 6:30-7:30 pm

**Age:** 7-13 years

**Cost:** \$116

**Instructor:** C. Deysach

## NEW! Peanut Butter & Jelly Players

Children's imaginations will soar as they recreate storybook tales through dramatization, music and dance. Each week your child will have fun using theatrical exercises, sing-a-longs and movement games as they prepare for a small performance on the last day of class where they will show off their newly honed skills.

**Date:** Aug. 31-Nov. 16

**Day:** Saturdays

**Time:** 9:45-10:15 am

**Age:** 4-6 years

**Cost:** \$96

**Instructor:** C. Deysach

## Homeschoolers Act-it-Out

Specially designed for Homeschoolers in the Winona Area, this class will encourage students to work as an ensemble as they build stage presence and off-the-cuff creativity. Students will enjoy exploring the world of theatre and improvisation, while experiencing the additional benefits of developing communication skills, confidence and self-esteem. On the last day of class, friends and family will be invited to an open house where students will present a variety of scenes & improvisation games. Exciting new material will challenge returning students.

**Date:** Sept. 9-Oct. 28

**Day:** Mondays

**Times/Ages:** 10-11 am, ages 7-9 years  
11 am-Noon, ages 10-14 years

**Cost:** \$52 (8 classes)

**Instructor:** C. Schmidt

## Main reACTion Auditions

Ready to take your improv skills to the next level? If so, Main reACTion is for you! MCA is seeking 10-15 creative quick-thinkers to form the Main reACTion Improv Troupe for the 2019-2020 school-year. Main reACTion's school-year troupe will perform at 1-2 locations/events per month.

**Date:** Sunday, Aug. 11

**Time:** 6-8 pm

**Age:** 9-15 years

**Cost:** \$110 yr. (Aug.-May) includes t-shirt, performances, 4 instructional rehearsals, monthly rehearsals to upkeep skills and learn new games, and materials.

**Instructor:** C. Deysach





# BALLET

## Pre-Ballet for 4-year-olds

Playful and engaging first steps into classical ballet.

**Date:** Mondays, Aug. 26–Nov. 11  
(No class Sept. 2)

**Time:** 4–4:30 pm

**Age:** 4 years (by Aug. 1)

**Cost:** \$88

**Instructor:** R. Ryan-Dahlgren

## Dance Adventures Ages 4-6

Do you have a little one who loves to twist and spin and dance around the room? If so, they will love this sampler class which is a blend of creative movement, ballet technique, and games. Students will love expressing themselves through movement, gaining knowledge of different dance forms and benefiting from moving in space with others.

**Date:** Saturdays, Aug. 31–Nov. 16 (No classes Sept. 21)

**Time:** 10:45–11:15 am

**Age:** 4–6 years (by Aug. 1)

**Cost:** \$88

**Instructor:** J. Dienger

## Pre-Ballet for 5-year-olds

An imaginative, technique-based introduction to classical ballet, perfect for your 5-year-old.

**Date:** Thursdays, Aug. 29–Nov. 14  
(No class Sept. 19 or Oct. 31)

**Time:** 4:45–5:30 pm

**Age:** 5 years (by Aug. 1)

**Cost:** \$90

**Instructor:** J. Dienger

## Beginning Ballet

Continued introduction to classical ballet. Designed to build coordination, strength and body awareness through a range of creative techniques perfect for your 6-year-old.

**Date:** Wednesdays, Aug. 28–Nov. 13

**Time:** 4–5 pm

**Age:** 6 years (by Aug. 1)

**Cost:** \$119

**Instructor:** R. Ryan-Dahlgren

## Ballet I

Beginning classical ballet basics, including introduction of barre work.

**Date:** Mondays, Aug. 26–Nov. 11  
(No class Sept. 2)

**Time:** 4:30–5:30 pm

**Age:** 7 years+ (by Aug. 1)

**Cost:** \$109

**Instructor:** R. Ryan-Dahlgren

## Ballet II

Fast beginning level of classical ballet.\*

**Date:** Tuesdays and Fridays,  
Aug. 27–Nov. 15

**Time:** Tuesdays, 5:45–7 pm;  
Fridays 4–5 pm

**Cost:** \$256 (27 hours/24 classes)

**Instructor:** R. Nehring

## Ballet III

Intermediate level of classical ballet.\*

**Date:** Tuesdays and Thursdays,  
Aug. 27–Nov. 14

**Time:** Tuesdays 4:30–5:45 pm  
(R. Nehring); Thursdays  
5:15–6:30 pm (R. Racki)

**Cost:** \$285 (30 hours/24 classes)

**Instructors:** R. Nehring, R. Racki

## Ballet IV

Fast intermediate level of classical ballet.\*

**Date:** Mondays and Wednesdays,  
Aug. 26 – Nov. 13  
(No class Sept. 2)

**Time:** Mondays 5:10–6:40 pm  
Wednesday 6:30–8:30 pm

**Cost:** Females: \$399  
(42 hours/23 classes)

**Instructor:** R. Nehring

**Want to get even stronger?** Ballet IV students are invited to add a PBT class and or the Saturday morning ballet class.

*\*Class placement is by recommendation of the instructor.*

## Ballet V & Pointe

Fast intermediate level of classical ballet including barre for dancers and pointe technique and pointe variations for female students.\*

**Date:** Mondays, Wednesdays, Thursdays, Fridays and Saturdays, Aug. 26–Nov. 16. (No class Sept. 2)

**Time:** Mondays 5:10–6:40 pm (R. Nehring)  
Wednesdays 5–6:30 pm (R. Ryan-Dahlgren)  
Thursdays 5:30–7:20 pm (T. Schmidt)  
Thursdays 7:30–8:30 pm (T. Schmidt) Pointe Variations  
Fridays 5–6:30 pm (R. Nehring)  
Saturdays 9–10:30 am (J. Dienger)

*One hour Pointe class as determined by instructor.*

**Cost:** Females \$957 (70–71 classes/102.5–103.5 hours); Males and Females not en pointe \$339 (47 classes/80.5 hours)

## Ballet VI, VII & Pointe

Advanced pre-professional level of classical ballet and conditioning, including the appropriate level of pointe technique & pointe variations for female students.

**Date:** Mondays, Wednesdays, Thursdays, Fridays and Saturdays, Aug. 26–Nov. 16 (No class Sept. 2)

**Time:** Mondays 5:10–6:40 pm (R. Nehring)  
Wednesdays 5–6:30 pm (R. Ryan-Dahlgren)  
Thursdays 5:30–7:20 pm (T. Schmidt)  
Thursdays 7:30–8:30 pm (T. Schmidt) Pointe Variations  
Fridays 5–6:30 pm (R. Nehring)  
Saturdays 9–10:30 am (J. Dienger)

*One hour Pointe class as determined by instructor.*

**Cost:** Females \$957 (70–71 classes/102.5–103.5 hours); Males and Females not en pointe \$339 (47 classes/80.5 hours)

## Pointe Technique

Placement is determined by instructor. Tuition is included in the Ballet V, VI, or VII class fee for female students.

**Pre/Beginning Pointe:** Fridays 6:45–7:30 pm (R. Nehring)

**Intermediate/Advanced Pointe:** Mondays 6:45–7:45 pm (R. Nehring)

**Pointe Variations for Ballet V-VII:** Thursdays 7:30–8:30 pm (T. Schmidt)

## Progressing Ballet Technique

This class utilizes exercise balls and bands to develop muscle memory for increasing strength, stability, flexibility and range of motion for all dance genres, but is specifically designed for the demands of ballet technique. A small class size of only 8-10 ensures that each dancer has the benefit of personal corrections from the instructor. Dancers aged 12 and up are welcome, no experience necessary. No discounts may be applied to this class.

**Beginning/Intermediate Level:** Mondays, Aug. 26–Nov. 11, 4–5 pm (No class Sept. 2)

**Intermediate/Advanced Level:** Thursdays, Aug. 29 – Nov. 14, 4–5 pm

**Ages:** 12 years+

**Cost:** \$96 for once a week or \$167 when you register for both

**Instructor:** T. Schmidt, Licensed and Certified PBT Instructor



# TAP & JAZZ

## Tap for Kids

An introduction to the fundamentals of tap dance for students ages 5–7. Students will engage in rhythm games and tap exercises through this fun, rhythm filled class. *Tap shoes in most sizes are available for loan.*

**Date:** Saturdays, Aug. 31–Nov. 16  
(No class Oct. 19)

**Time:** 9–9:45 am

**Age:** 5–7 years (by Aug. 1)

**Cost:** \$99

**Instructor:** J. Meinke

## Tap I

A beginning level of rhythm tap for students ages 8 and up. Students will engage in rhythm games and tap exercises to build a strong foundation of tap technique. *Tap shoes in most sizes are available for loan.*

**Date:** Wednesdays, Aug. 28–Nov. 13

**Time:** 5–6 pm

**Age:** 8+ years (by Aug. 1)

**Cost:** \$119

**Instructor:** C. Martin

## Tap II

An intermediate level of rhythm tap technique. Students will be introduced to exercises and concepts to increase articulation of sounds, musicality, sequencing abilities, and expand the student's tap vocabulary.\*

**Date:** Saturdays, Aug. 31–Nov. 16  
(No class Oct. 19)

**Time:** 9:45–10:45 am

**Cost:** \$109

**Instructor:** C. Martin

## Tap III-A

A fast intermediate level of rhythm tap technique including the exploration of improvisation and choreography. Classes will focus on rudiments, canon work, and routines in both historic and contemporary styles.\*

**Date:** Saturdays, Aug. 31–Nov. 16  
(No class Oct. 19)

**Time:** 10:45 am–12 pm

**Cost:** \$127 (11 classes, 13.75 hours)

**Instructor:** C. Martin

## Tap III-B

A fast intermediate and advanced level of rhythm tap technique including the exploration of improvisation and choreography. Classes will focus on rudiments, canon work, and routines in both historic and contemporary styles.\*

**Date:** Tuesdays & Saturdays, Aug. 27–Nov. 16 (No class Oct. 19)

**Time:** Tuesdays, 5:30–7 pm  
Saturdays, 10:45 am–12 pm

**Cost:** \$295 (23 classes, 31.75 hours)

**Instructor:** C. Martin

## Tap IV & V

An advanced level of rhythm tap technique. Classes will include an emphasis on more complex rhythm patterns, syncopation, and musical phrasing, technically and artistically challenging choreography, improvisation, a cappella and canon work, tapping to live music/accompaniment, and opportunities to attend master classes and festivals.\*

**Date:** Tuesdays & Fridays, Aug. 27–Nov. 15 (no class Sept. 20)

**Time:** Tuesdays 5:30–7 pm  
(C. Martin); Fridays 4–5 pm  
(J. Dienger)

**Cost:** \$269 (24 classes, 29 hours)

**Instructors:** C. Martin, J. Dienger



## Jazz I

Beginning level of traditional jazz dance.

**Date:** Wednesdays, Aug. 28–Nov. 13

**Time:** 4:30–5:15 pm

**Age:** 8+ years (by 8/1/19)

**Cost:** \$108

**Instructor:** J. Dienger

## Jazz II

Intermediate level of traditional jazz dance.\*

**Date:** Wednesdays, Aug. 28–Nov. 13

**Time:** 4:30–5:30 pm

**Cost:** \$119

**Instructor:** J. Dienger

## Jazz III

Advanced level of traditional jazz dance.\*

**Date:** Tuesdays and Saturdays,  
Aug. 27–Nov. 16  
(No class Sept. 21)

**Time:** Tuesdays 7–8:30 pm  
Saturdays 1:15–2:30 pm

**Cost:** \$325 (23 classes, 31.75 hours)

**Instructor:** J. Dienger

## Intermediate/ Advanced Contemporary Dance

An intermediate-advanced study of contemporary dance, an expressive dance genre that combines elements of modern, jazz, and classical ballet. In addition to exploring dance technique, dancers will also focus on initiation for movement and emotional intent behind each combination. Best suited for dancers in Ballet IV+, Modern III+, Jazz III at MCA or equivalent experience.\*

**Date:** Wednesdays, Aug. 28–Nov. 13

**Time:** 7:30–8:45 pm

**Cost:** \$142

**Instructor:** J. Dienger

*\*Class placement is by recommendation of the instructor.*



[mnconservatoryforthearts.org](https://mnconservatoryforthearts.org)



DANCE

# MODERN & HIP HOP

## Modern I

If your young one enjoys jumping, falling, spinning, rolling and going upside down this is the venue for them! In this dynamic and expressive class we will lay the foundation to learn various modern dance techniques, while also exploring basic movement principles and concepts through improvisation.

**Date:** Saturdays, Sept. 7–Nov. 16

**Time:** 12:15–1 pm

**Age:** 7 years (by 8/1/19)

**Cost:** \$99

**Instructor:** B. Mosser

## Modern II

Come fall and recover, contract and release, jump and spin, roll and invert! Building on Modern I, this dynamic and expressive class will teach the basics of a variety of techniques such as Cunningham, Limon, Graham, Horton, release, and Bartinieff, while also developing confidence in movement improvisation concepts.\*

**Date:** Saturdays, Sept. 7–Nov. 16

**Time:** 11:15 am–12:15 pm

**Cost:** \$109

**Instructor:** B. Mosser

## Modern III

This is a dynamic and expressive dance class engaging the students in the air, on the ground, on their hands or on their feet. We will dig deeper into contrasting techniques such as Cunningham, Limon, Graham, Horton, release, and Bartinieff, while also developing the dancer's skills in movement improvisation, basic composition and basic partnering.\*

**Date:** Thursdays, Aug. 29–Nov. 14

**Time:** 4–5:15 pm

**Cost:** \$142

**Instructor:** R. Racki

## Modern IV & V

This class will build further confidence in dancers on their hands or feet, in the air or on the ground while nurturing dynamic and expressive movers. Students will gain more knowledge and clarity around contrasting techniques such as Cunningham, Limon, Graham, Horton, release, and Bartinieff, while building higher level skills in movement improvisation, composition and partnering.\*

**Date:** Mondays, Aug. 26–Nov. 11,  
(No class Sept. 2)

**Time:** 6:30–7:45 pm

**Cost:** \$142

**Instructor:** R. Racki



*\*Class placement is by recommendation of the instructor.*

### Beginning Hip Hop

Get ready to move to the beat in this fun introduction into the world of hip hop dance, with music and moves just right for your age.

**Date:** Tuesday, Aug. 27–Nov. 12

**Time:** 6–6:45 pm

**Age:** 6–9 years

**Cost:** \$108

**Instructor:** J. Dienger

### Hip Hop I

This is an introduction to movement influenced by hip hop music from across the globe including breaking, popping, locking, and standard hip hop tricks and jumps.\*

**Date:** Tuesday, Aug. 27–Nov. 12

**Time:** 6–7 pm

**Age:** 10 years+

**Cost:** \$119

**Instructor:** J. Dienger

### Hip Hop II

An intermediate study of hip hop dance including breaking, popping, locking, tutting and hip hop inspired jumps.\*

**Date:** Fridays, Aug. 30–Nov. 15

**Time:** 6–7 pm

**Cost:** \$109

**Instructor:** J. Dienger

### Hip Hop III & IV

Enjoy a fast intermediate study of hip hop dance including breaking, popping, locking, tutting, and standard hip hop tricks and jumps.\*

**Date:** Tuesday, Aug. 27–Nov. 12

**Time:** 4–5:15 pm

**Cost:** \$142

**Instructor:** J. Dienger

### Hip Hop V

Participate in an advanced study of the movement influenced by hip hop music from across the globe including breaking, popping, locking, and tutting.\*

**Date:** Fridays, Aug. 30–Nov. 15

**Time:** 7:15–8:45 pm

**Cost:** \$132

**Instructor:** J. Dienger



# OTHER DANCE

## My Grown-up and Me

Does your child love to move? Children ages 18 mos.-3 years are invited to explore a new environment and connect with a special grown-up in their life. This class will stimulate coordination, balance, and listening skills and will be filled with smiles to last a lifetime! Grown-ups attending will be asked to participate along with their child.

**Date:** Thursdays, Aug. 29–Nov. 14  
(No class Sept. 19 and Oct. 31)

**Time:** 5:30–6 pm

**Age:** 18 mo.–3 years (by Aug. 1)

**Cost:** \$76

**Instructor:** J. Dienger



## Creative Movement

Children will look forward to class each week as they creatively explore the world of movement while also gaining dance foundations such as balance and spatial awareness.

**Date:** Fridays, Aug. 30–Nov. 15  
(No class Sept. 20)

**Time:** 5:30–6 pm

**Age:** 3–5 years (by Aug. 1)

**Cost:** \$88

**Instructor:** J. Dienger

*Also see Dance Adventures for ages 4–6 years and under ballet.*





### Irish Dance I

During this introduction to Irish Dance technique, students will learn basic jig and reel steps, along with ceili dances.

**Date:** Wednesdays, Aug. 28–Nov. 13

**Time:** 5–5:45 pm

**Age:** 5 years+

**Cost:** \$108

**Instructor:** A. Pelowski

### Irish Dance II

Students will learn basic jig and reel steps, along with ceili dances during this continued study of Irish Dance technique. Basic hard shoe technique will be introduced as students learn hornpipe, treble reel and treble jig steps, and set dances.\*

**Date:** Wednesdays, Aug. 28–Nov. 13

**Time:** 5:15–6:15 pm

**Cost:** \$119

**Instructor:** A. Pelowski

### Irish Dance III

In-depth technique training in both hard and soft shoe will lead into step and choreography work. Set dances and ceili dances will be included with drills and technique exercises.\*

**Date:** Wednesdays, Aug. 28–Nov. 13

**Time:** 6–7 pm

**Cost:** \$119

**Instructor:** A. Pelowski



### Boys in Motion

Calling all superheroes, knights, and future athletic stars: This dance class rocks! This class is specifically designed for young boys ages 3–6 years, to enhance athletic skills, flexibility, coordination and strength, while also introducing students to ballet and contemporary dance.

#### Boys in Motion 3–4 years

Dates: Thursdays,  
Aug. 29–Nov. 14  
(No class Sept. 19 or Oct. 31)  
Time: 4:15–4:45 pm

#### Boys in Motion 5–6 years

Dates: Fridays,  
Aug. 30–Nov. 15  
(No class Sept. 20)  
Time: 5–5:30 pm

**Age:** 3–6 years by 8/1/19

**Cost:** \$18

**Instructor:** J. Dienger

### Boys Dance Sampler

This high energy class is just for boys and will enhance their strength, flexibility and athletic skills. The class will use traditional exercises and games to explore classical and contemporary dance disciplines such as hip hop, ballet, modern, and jazz dance. All experience levels welcome.

**Date:** Thursdays, Aug. 29–Nov. 14  
(No class Sept. 19 or Oct. 31)

**Time:** 6:15–7 pm

**Age:** 7–12 years

**Cost:** \$18

**Instructor:** J. Dienger

\*Class placement is by recommendation of the instructor.





# ADULT FITNESS & DANCE

## Punch Card

Can't choose which class to try or want to sneak in workouts between travels? **Purchase a 5 punch card for \$55 or 10 punch card for \$100.** Good for Barre, Yoga, and Open Ballet.

## Yoga

Start your week off right with Yoga! Get ready to improve your flexibility and build strength as you move through yoga postures and relaxation exercises.

### Fall (A)

Date: Mondays, Aug. 26–Oct. 14  
(No class Sept. 2)  
Cost: \$63 (7 weeks)

### Fall (B)

Date: Mondays, Oct. 21–Dec. 16  
(No class Nov. 25)  
Cost: \$72 (8 weeks)

**Time:** 7–8 pm

**Age:** 14 years+

**Instructor:** A. Honecker-Sherman

## Barre

Are you ready for a new challenge? Make the time in your schedule for this high-energy, low-impact workout, taught by a certified instructor. A unique combination of strength work and cardio intervals that will reshape your muscles while elevating your heart rate. You will leave stronger in both body and mind. Whether you have a limited or extensive background in dance, you will love this fast moving, fun style of exercise. Attend twice a week for optimal results!

### Fall (A)

Date: Tuesdays, Aug. 27–Oct. 15  
Cost: \$72 (8 weeks)  
Instructor: J. Goyette, Certified Barre Connect Fitness Instructor

### Fall (B)

Date: Thursdays, Aug. 29–Oct. 17  
Cost: \$72 (8 weeks)  
Instructor: J. Dienger, Certified PulsePointe Fitness Instructor

### Fall (C)

Date: Tuesdays, Oct. 22–Dec. 17  
Cost: \$81 (9 weeks)  
Instructor: J. Goyette, Certified Barre Connect Fitness Instructor

## Fall (D)

Date: Thursdays, Oct. 24–Dec. 19  
(No class Oct. 31 & Nov. 28)  
Cost: \$63 (7 weeks)  
Instructor: J. Dienger, Certified PulsePointe Fitness Instructor

**Time:** 7–8 pm

**Age:** 14 years+

## Open Ballet

Experience the artistry of ballet while gaining flexibility, placement, strength, and fluidity in this ballet technique and conditioning class. All levels are welcome, no experience necessary.

### Fall (A)

Date: Mondays, Aug. 26–Oct. 14,  
(No class Sept. 2)  
Cost: \$84 (7 weeks)

### Fall (B)

Date: Mondays, Oct. 21–Dec. 16  
(no class Nov. 25)  
Cost: \$96 (8 weeks)

**Time:** 5:30–7 pm

**Age:** 14 years+

**Instructor:** A. Honecker-Sherman

## Adult Tap

Back by popular demand, Christine Martin will lead adults through this fun, rhythm-filled class. An introduction to tap dance. All levels welcome, no experience necessary. Join us for a foot stompin', toe-tappin' good time! *Tap shoes in some sizes are available for loan.*

**Date:** Wednesdays, Sept. 4–Nov. 13

**Time:** 6–7 pm

**Age:** Adult

**Cost:** \$99 (11 weeks)

**Instructor:** C. Martin



## **MCA at the Winona YMCA**

MCA is excited to be partnering once again with the Winona YMCA this Fall. Children can experience our classes that feature our talented and nurturing instructors, MCA curriculum, and MCA resources but on location at the Winona YMCA (207 Winona St., Winona, MN). The Y offers the convenience of a variety of child care options before and after arts programming, Y membership discounts, and more. To register or learn more visit [winonaymca.org](http://winonaymca.org).

### **Fall Classes at YMCA**

#### **Wednesdays, Sept. 11-Oct.23**

##### **Ballet Adventures: Pride Rock**

5:30-6 pm, ages 3-5 years

##### **My Grown-up & Me**

6:15-6:45 pm, ages 18 mo.-3 years with a grown-up

#### **Wednesdays, Nov. 6-Dec. 18**

##### **Ballet: Nutcracker**

5:30-6 pm, ages 3-5 years

##### **My Grown-up & Me**

6:15-6:45 pm, ages 18 mo.-3 years with a grown-up



## **Dance Repertory Company II Winter Showcase: 2019 Auditions**

MCA's junior performance troupe, Dance Repertory Company II (DRC II) invites dancers ages 5-13 years to audition for the DRC II Winter Showcase. This exciting concert will feature ballet, jazz, tap, hip hop, and modern. Those auditioning will be taught a short combination in each dance style that will be featured in the showcase. Students are not required to audition for each genre, but they are encouraged to try any they are interested in. Dancers do not need to prepare anything, but families should be prepared to share any scheduling conflicts Sept. 7-Dec. 8. There is no fee to audition, but those cast will be required to be registered in one MCA dance class and to pay a \$70 participation/costume fee. For more information please call 507-453-5500 or view the Audition Q & A at [mca.smumn.edu/2019drciiauditions](http://mca.smumn.edu/2019drciiauditions).

### **Audition Date and Time:**

Saturday, Sept. 7 at 3 pm

### **Performance Dates and Times:**

Friday, Dec. 6 at 10 am; Saturday, Dec. 7 at 6 pm; Sunday, Dec. 8 at 3 pm

*Auditions & performances will be in MCA's Academy Theatre.*

## **Fall Open House**

**Saturday, Aug. 24, 10 am-Noon**

### **10 am-Noon**

Meet MCA faculty, tour our new class piano lab, get fitted for shoes, register for classes, play on our 8-foot floor piano, coloring contest, stroll through Galleria Valencia's Watercolor Exhibit, win prizes, and enjoy treats.

### **10:30-11 am**

#### **New Class Free Trial:**

Dance Adventures ages 4-6 years

### **10:30-11:15 am**

#### **What to expect in Ballet I Class:**

Parents and children ages 7+ are invited to enjoy this demo and participation class to help those new to ballet know what to expect.

### **11:15-11:45 am**

#### **Newly Restructured Class Free Trial:**

Boys Sampler for boys ages 7-12 years

*Registration recommended for classes.*



## Dance Division Dress Code

MCA students are asked to follow the dress code that is posted at [mca.smumn.edu/about/general-info](http://mca.smumn.edu/about/general-info). Adhering to this policy promotes safety and injury prevention, allows instructors to view the student's bodylines and placement to make corrections, and provides a sense of tradition, discipline and respect. Please note: No jeans may be worn for any classes.

## MCA Sells Dance Attire

Stop into our dance attire boutique to be properly fitted for dance shoes and attire. The boutique is located in our main office and is open during office hours or by appointment (call 507-453-5500). MCA can order leotards, tights, ballet slippers, jazz shoes, and tap shoes. After fittings, orders are placed and usually arrive within a week. Fall orders placed by Aug. 31 will not incur shipping fees.

## General Information

**Registration Policy:** Students must register for all classes in advance; online ([mnconservatoryforthearts.org](http://mnconservatoryforthearts.org)), in person, or by mail.

**Age Guidelines:** All students MUST be the age listed by Aug. 1, 2019, and use the grade the student entered in the fall of 2019.

**Class Placement:** Placement for classes is at the discretion of the instructor. Students will initially be placed in an estimated level based on past experience and age. The first week of class is used as an opportunity for instructors to observe and evaluate students in class to determine the appropriate level. If a level change is needed, instructors will make this change within the first two weeks of the semester.



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**Observation Policy:** Observation of dance classes is allowed **only** during the Observation Week and Demonstration Week. Observation of music and theatre division programs will coincide with performances and concerts.

**Weather Cancellation Policy:** MCA follows the Winona Area Public School policy — if school or after school activities are canceled, MCA will not hold classes. Private lessons may be held dependent upon instructor and student agreement. When possible, an email is sent to students in addition to posting it on our Facebook and Twitter accounts.

## **Tuition Packages, Policies, and Payments\***

**Tuition Policies and Payment Plans:** Tuition must be paid in full at time of registration for all students whose semester tuition total does not exceed \$150. For students or families whose semester total exceeds \$150, a \$50 payment must be made at the time of registration. The remainder of the tuition may be paid in two installments on or before **Sept. 1 and Nov. 1, 2019**.

A \$5 finance charge will be added to late payments. Full refunds will be made on any classes canceled by MCA due to low enrollment. Written requests for refunds due to student circumstances will be honored in relation to remaining classes, but are subject to a \$15

administrative fee. Payment plan and discount options exclude private lessons, camps (take advantage of the summer camp early bird specials), and one-day workshops. Private lessons must be paid in full before scheduling lessons.

**Scholarships:** Thanks to generous donors, grant funding, and fundraising efforts, financial need-based scholarships are available for families in need. Please apply online or in-person by **Aug. 24, 2019** for optimal consideration. Intermediate and advanced students 12 years or older can also explore apprenticeship opportunities in exchange for tuition credits; email [mca@smumn.edu](mailto:mca@smumn.edu) for more info.

**Family Budget Package:** Families with two immediate family members or more enrolled in an MCA class of any division receive a 15% discount off the family's total tuition. Discount may not be applied to private lessons.

**Dedicated Artist Discount:** Any student who registers for classes in three disciplines during one session (such as ballet, modern, and jazz or tap, jazz combos, and organized chaos) receives a 15% discount off his or her total tuition. Discount may not be applied to private lessons, one-day workshops, summer camps, or free programs.



**Refer-a-Friend Credit:** Are you already a member of the MCA family? If you have been a member of the MCA community in the past two years and you refer someone else who might enjoy joining us, we will thank you by crediting your account with \$10 good toward any MCA programming. Credits will be made only after a paid registration is received and referral is recorded at time of registration. Current MCA families can receive up to \$100 per session in referral credits, but only one per credit per registered family.

**Adult Dance and Wellness Discount:** Parents who have a child enrolled in a dance class at MCA can participate in an adult dance or fitness class at a discounted rate of \$20. Class options are listed on page 19. This is limited to one class per parent during the semester in which the student is also registered. Discount not available toward punch card purchase.

**University Student Dance Connection:** If you are currently enrolled in a university or college, present your student I.D. when registering and receive a 50% discount off your total MCA dance tuition. Not applicable for private dance or music lessons.

*\*Dedicated Artist, Family, and University Student Dance Connection tuition discounts or packages may not be combined; however, the most advantageous discount will be applied when determining tuition totals for each student or family. All credits such as Apprentice and Refer-a-Friend Credits will be applied to accounts prior to any other discounts or scholarships.*

## Upcoming Events and Important Dates

Date	Event
Aug. 11	Main reACTion Auditions (ages 9-15 years), 6-8 pm
Aug. 17	Barre Above Fitness Certification hosted at MCA
Aug. 18	Balletone Fitness Certification hosted at MCA
Aug. 24	MCA Fall Open House, 10 am-12 pm
Sept. 7	Dance Repertory Company II Auditions (ages 5-13 years), 3 pm
Sept. 20	MCA Faculty perform at Cafe Congo
Oct. 3	Sadie Doering Art Exhibit Reception, 4:30-6 pm
Oct. 7-12	Dance Class Observation Week
Oct. 21-26	Bring a Friend Week to Dance for Level I and lower and Adult Fitness classes
Nov. 11-16	Dance Class Demonstration Week
Nov. 19	Printmaking Studio Reception in Galleria Valência
Dec. 6-8	Dance Repertory Company II Performances
Dec. 13	Music Division Concert

\* All events at MCA unless otherwise stated, visit our website for more details

### Register Online or in Person

Students must register in advance online or in person at the Valência Arts Center office.

## MCA Sponsors

The Minnesota Conservatory for the Arts is an affiliate of Saint Mary's University of Minnesota, a non-profit organization. MCA is proudly supported by the Hiawatha Education Foundation, Minnesota State Arts Board, Aroha Philanthropies, Carl and Verna Schmidt Foundation, Slaggie Family Foundation, BK 5K Youth Fund of the Winona Community Foundation, the Elizabeth Callender King Foundation, Hal Leonard LCC, Walmart, and the Winona Early Childhood Initiative. For more information about joining these groups in supporting MCA or to make a donation, please contact us at [mca@smumn.edu](mailto:mca@smumn.edu) or 507-453-5500.



*This activity is made possible by the voters of Minnesota through a Minnesota State Arts Board Operating Support grant, thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.*

## Equal Opportunity Statement

Saint Mary's University of Minnesota adheres to the principle that all persons have equal opportunity and access to admissions, employment, facilities, and all programs and activities of the university regardless of race, color, creed, religion, national origin, gender, sexual orientation, disability, age, marital status, or status with regard to public assistance.



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