

## About Cathy Young

Cathy Young received her M.F.A. in Dance from the University of Illinois. She is nationally recognized as a master teacher of jazz dance, and has taught at over 30 colleges around the country, as well as at the Bates Dance Festival, Florida Dance Festival, and the international Open Look Festival in St. Petersburg, Russia.

As a performer, Cathy has danced with a number of companies including Zenon Dance Company and Danny Buraczeski's JAZZDANCE!, touring extensively throughout the U.S. and Europe, and performing in prestigious venues such as the Joyce Theater in New York and Jacob's Pillow Dance Festival.

For the past twenty years, Cathy has been focused on creating her own work, a dynamic mix of styles and dance forms that intermingles jazz, modern, contact improvisation, social dance and gymnastics. She creates choreography for her own company, Cathy Young Dance, and has also been commissioned by major companies around the world. She has been the recipient of awards and grants from various art foundations.

Cathy is currently an Associate Professor of Dance at Ursinus College in Pennsylvania.



## Contemporary Dance and Fitness Studio

18 Langdon St. • Montpelier, VT • 05602  
Lorraine Neal, Director • 229-4676

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# Jazz Dance Intensive

with

## Cathy Young

Master teacher, dancer,  
and choreographer

May 26 to 30, 2009



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[www.cdandfs.com](http://www.cdandfs.com)

## About Cathy's Classes

Cathy's classes celebrate jazz dance as a dynamic, expressive, complex and continuously evolving form. Because jazz dance is inspired by vernacular dance and music, her classes explore movement that has its roots in African-American dances such as the Cakewalk, the Charleston, the Lindy Hop and hip hop as well as the Mambo and Salsa of Latin America. These social dances provide the source for movement that is passionate and physically challenging. Cathy approaches the complexity of jazz dance from a somatically sophisticated base,

integrating elements from current and classical movement techniques with a deep understanding of the body. Her goal is to help students move with clarity and ease, be musical, expressive, and embrace risk. Cathy's warm-up is organic and "body-friendly", yet also physically rigorous. The movement explores a wide range of jazz styles with a focus on elements such as isolation, swing, pulse and rhythmic variations.



## Informal Showcase

There will be an informal showing of the repertory piece for family and friends on Saturday, May 30, at 2 pm. Any students wishing to show original choreography or works-in-progress are welcome to perform at this time. It is not necessary to enroll in the repertory class in order to show your work.



## Jazz Technique

**May 26 to 29 Tue-Fri 5:30-7 pm**

**May 30 Sat 10:30 am-12 pm**

For teens and adults with intermediate to advanced dance experience.

## Jazz Repertory

**May 26 to 29 Tue-Fri 7:15-8:45 pm**

**May 30 Sat 12:30-2 pm**

For teens and adults with intermediate to advanced dance experience. Students will learn and rehearse a dance choreographed by Cathy. There will be an informal showing of the repertory piece for friends and family on Saturday, May 30, at 2 pm. Any students wishing to show original choreography or works-in-progress are also welcome to perform at this time. Students taking Jazz Repertory must be enrolled in Jazz Technique. It is not necessary to enroll in the repertory class in order to show your work.

## Tuition for Jazz Intensive

Jazz Technique & Repertory \$160

Jazz Technique only \$85

Please register early.  
Class size will be limited.

## Registration Form

### Cathy Young Jazz Dance Intensive

Return to:

**Contemporary Dance and Fitness Studio,**  
P.O. Box 1182, Montpelier, VT 05601

Please register early. Enrollment will be limited.

Student's Name \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

City,State,Zip \_\_\_\_\_

email address \_\_\_\_\_

Registering for:  Jazz Technique & Repertory

Jazz Technique only

I would like to present a piece in the  
informal showcase on Sat May 30.

Payment enclosed \$ \_\_\_\_\_

Charge my Mastercard/Visa \$ \_\_\_\_\_

# \_\_\_\_\_

Exp date \_\_\_\_\_

Signature \_\_\_\_\_

Print Name on Card \_\_\_\_\_