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WINTER  
2020

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**

**NEW!** Thanks to the support of Cafe Congo & Winona Hims, need-based scholarship assistance is available for private instruction.

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

## NEW! Piano Discoveries I

Your child can begin his or her journey to a lifelong love of piano by joining us for this low-key, but engaging introductory group piano class. Students will have fun as they learn new songs and play games that will unlock musical skills such as notation, listening skills, proper posture, and hand placement. Basic reading ability and access to a keyboard or piano for practice is recommended for optimal success. Session II is a continuation of session I, ideal for students who are continuing. (Free use of pianos at MCA possible subject to availability).

**Date:** Session I: Jan. 13-March 2  
 Session II: March 16-May 11  
 (no class April 13)

**Day:** Mondays  
**Time:** 5–6 pm  
**Age:** 6–9 years  
**Cost:** \$155 each session (including textbook material)

**Instructor:** L. Douglas

## Class Piano for Adults: Keyboard Musicianship Level I

Have you always wanted to learn to play the piano? Here is 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. The only prerequisites are that you wish to learn and want to have fun in our brand new, state-of-the-art piano lab.

**Date:** Jan. 14–March 3  
**Day:** Tuesdays  
**Time:** 3:30–4:30 pm  
**Age:** 18 years+  
**Cost:** \$152 (textbook not included)\*  
**Instructor:** L. Mechell

## Class Piano for Adults: Keyboard Musicianship Levels II & III

Once you complete Keyboard Musicianship I or II, pick up exactly where you left off to continue your musical journey! These classes are designed for students who wish to continue developing their keyboard skills at the next level.

**Date:** Jan. 14–March 3  
**Day:** Tuesdays  
**Time:** 1–2 pm, Level II  
 noon–1 pm, Level III  
**Age:** 18 years+  
**Cost:** \$152 (textbook not included)\*  
**Instructor:** L. Mechell

*\*Textbook for Keyboard Musicianship Level I, II, and III is purchased by participant and is used for all three levels: "Keyboard Fundamentals for Adult Beginners," Seventh edition by James Lyke, Denise Edwards, Geoffrey Haydon, Ronald Chioldi, and Lee Evans 2017. ISBN: 978-1-60904-503-6, Stipes Publishing Company.*



## 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:** Jan. 7–March 18  
(No class March 10–11)

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

**Age:** Grades 6–12

**Cost:** \$109

**Instructor:** D. Gudmastad

*\*Combo practice times are flexible and dependent on the needs of the members and performance schedules. Contact director with questions.*

## Valência Chorale

The Valência Chorale is a community-mixed choir open to singers in the Winona area. Under the direction of Dr. Patrick O'Shea, the Valência Chorale explores music of a wide range of periods and genres, presenting two season concerts per year in the beautiful Chapel of St. Mary of the Angels or other area venues. Singers are expected to complete a placement audition, which may be done following registration. Prior choral experience and music reading ability is helpful, but not required.

**Date:** Rehearsals begin Jan. 16

**Day:** Thursdays

**Time:** 7:15–8:45 pm

**Director:** Dr. Patrick O'Shea

**Age:** 18 years+ (age 14–17 years,  
with consent of director)

**Cost:** \$40

## NEW! Music Explorers

Come and explore music through singing, instrument play, and movement. We will experience steady beat, use symbolic music notation, improvise our own rhythms and melodies, and encounter music from around the world.

**Date:** Jan. 16–Feb. 27

**Day:** Thursdays

**Time:** 9:30–10 am

**Age:** 4–7 years

**Instructor:** Lindsay O'Shea

**Cost:** \$33

## NEW! Homeschool Music Encounters

Whether you've taken years of piano lessons or you're brand new to studying music, you will delight in making music with others during this engaging general music class. Get ready to sing, use body percussion, and play classroom instruments while working to understand music notation, performing works of others, and creating your own tunes.

**Date:** Jan. 16–Feb. 27

**Day:** Thursdays

**Time:** 10–11 am

**Age:** 8–14 years

**Instructor:** Lindsay O'Shea

**Cost:** \$52





# VISUAL ART

## NEW! Kids Can Print

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.

**Date:** Jan. 6-27

**Day:** Mondays

**Time/Age:** 4:30-5:30 pm, grades 1-3  
5:30-6:30 pm, grades 4+

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

**Instructor:** B. Haupt

## NEW! Zoom In

Grab your pencil and get ready to zoom in on life. Learn drawing techniques and how to transfer what you see onto paper.

**Date:** Feb. 10-March 2

**Day:** Mondays

**Time:** 4:30-5:30 pm

**Age:** Grades 4+

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

**Instructor:** B. Haupt

## NEW! Drawing from Life

Get inspired by the life around you as you learn to take a closer look and apply drawing techniques in your creative ventures. From shading to crosshatching, we will explore them all.

**Date:** Feb. 10-March 2

**Day:** Mondays

**Time:** 5:30-6:30 pm

**Age:** 14 years+

**Cost:** \$45 (includes all supplies)

**Instructor:** B. Haupt

## Create a Comic Workshop

This workshop is in celebration of Free Comic Book Day (always the first Saturday in May). During the workshop, young artists will celebrate the art of comic books and learn how to create their very own comic. Drawing comics is a great way to promote literacy skills and an opportunity for kids to flex their creative muscles.

**Date:** Saturday, May 2

**Time/Age:** 9-10 am, grades K-2  
10:15-11:45 am, grades 3-5  
Noon-1:30 pm, grades 6+

**Cost:** \$15

**Instructor:** B. Haupt





### NEW! Homeschoolers Working in 3-D

Warm-up your hands, it's time to sculpt, fold, and engineer art that pops off the page or stands on its own. MCA will provide materials from clay to wires and colorful paper, all you have to bring is your imagination and a readiness to learn new techniques.

**Date:** March 12-April 23 (No class on April 9)

**Day:** Thursdays

**Time:** 1-2:15 pm

**Cost:** \$63

**Instructor:** L. Douglas

### Galleria Valéncia Schedule

**December** — MCA Printmaking Studio Exhibit

**January** — “A Walk in the Park,” with paintings of nature inspired by our Minnesota State Parks by Heidi Bacon

**February** — Riverway Learning Community

**March** — National PTA Reflections, Minnesota entries

**May** — Winona Area Homeschoolers



## 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:** Jan. 11-March 21 (No class on Feb. 8)

**Day:** Saturdays

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

**Age:** 4-6 years

**Cost:** \$80

**Instructor:** C. Deysach

## NEW! Create Your Own Comedy Show

Designed for people who like to laugh and want to make others laugh with them, this class will take students through the process of creating a comedy show. Half of the class will be spent learning improv games and doing scene work. The other half will be spent working together to create an original short comedy play. The class will conclude with a performance of the class favorite improv games and their 100%-original play, complete with costumes and props! Whether your child is a seasoned improviser, an undiscovered comedy genius, or this is their first time dabbling in anything comedic, this class has a place for them to shine. This project is led by Saint Mary's University theatre student Ahnika Lexvold and guided by MCA staff.

**Date:** Jan. 20-March 27

**Day:** Mondays and Fridays

**Time:** 4-5 pm

**Age:** 10-14 years

**Capacity:** 15

**Cost:** \$60

**Instructor:** Ahnika Lexvold

## Cinderella

Prairie Fire Children's Theatre is back! Students will be cast in the original musical production of "Cinderella," a rock and roll version of the classic tale set in the '50s. Any student registered will be cast in this week-long production. All cast members are required to participate in the **audition process on April 20** to determine their role. Cast members **MUST** be available for rehearsals Monday-Friday, 4-8:15 p.m. Performances are on Friday, April 24, at 7 p.m. and Saturday, April 25, at 2 p.m. Performances are in MCA's Academy Theatre at the Valência Arts Center.

**Date:** April 20-25

**Day:** Monday-Saturday

**Time:** TBA (depends on role assigned, see time frames above)

**Age:** 7-18 years

**Cost:** \$69

**Instructor(s):** Professional actors/directors from Prairie Fire Children's Theatre

**Ticket Cost:** \$6 Adults & \$5 Students

*(Tickets on sale during MCA business hours April 20-25 and one hour before performances at the door. Cash or check only.)*



### “Frozen” Dance & Art Adventure

Back by popular demand... There will be miles of smiles as students dance and craft their way through a magical journey, unleashing their imaginations in this workshop centered around the movie “Frozen” and perfectly timed to align with Winona’s Winter Carnival celebrations and Frozen River Film Festival.

**Date:** Saturday, Feb. 8

**Time:** 12:15-2:15 pm

**Age:** Preschool (3-5 years) and grades K-2

**Cost:** \$19 (snack included)

**Instructor:** R. Racki & A. Pelowski





# BALLET

## Pre-Ballet for 4-year-olds

Playful and engaging first steps into classical ballet.

**Date:** Mondays, Jan. 6–March 9

**Time:** 4:15–4:45 pm

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

**Cost:** \$80

**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, Jan. 11–March 7  
(No class Feb. 8)

**Time:** 9–9:30 am

**Age:** 4–6 years (by Jan. 1)

**Cost:** \$64

**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, Jan. 9–March 12

**Time:** 4:30–5:15 pm

**Age:** 5 years (by Jan. 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.

**Date:** Wednesdays, Jan. 8–March 11

**Time:** 4:15–5:15 pm

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

**Cost:** \$100

**Instructor:** R. Ryan-Dahlgren

## Ballet I

Beginning classical ballet basics, including introduction of barre work.

**Date:** Mondays, Jan. 6–March 9

**Time:** 4:45–5:45 pm

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

**Cost:** \$100

**Instructor:** R. Ryan-Dahlgren

## NEW! Ballet TOO

This class is for the dancer who has advanced out of Ballet I and wants to continue her or his ballet training, but is not able to commit to more intensive instruction. As the class meets once per week, it is a great option for contemporary dancers who want to continue working on technique and proper placement.\*

**Date:** Mondays, Jan. 6–March 9

**Time:** 6–7:15 pm

**Cost:** \$125

**Instructor:** R. Ryan-Dahlgren

## Ballet II

Fast beginning level of classical ballet.\*

**Date:** Tuesdays and Fridays,  
Jan. 7–March 13

**Time:** Tuesdays, 4:30–5:30 pm;  
Fridays, 4:15–5:30 pm

**Cost:** \$216 (22.5 hours/20 classes)

**Instructor:** R. Nehring

## Ballet III

Intermediate level of classical ballet.\*

**Date:** Tuesdays and Thursdays,  
Jan. 7–March 12

**Time:** Tuesdays 5:30–7 pm;  
Thursdays 5:15–6:30 pm

**Cost:** \$264 (27.5 hours/20 classes)

**Instructors:** R. Nehring

## Ballet IV

Fast intermediate level of classical ballet. Including pre-pointe.\*

**Date:** Tuesdays and Fridays,  
Jan. 7–March 13

**Time:** Tuesdays, 5:30–7 pm;  
Fridays, 5:45–8 pm

**Cost:** \$349 (37.5 hours/30 classes)

**Instructor:** R. Nehring

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

### Ballet V & Pointe

Fast intermediate level of classical ballet and pointe technique.\*

**Date:** Wednesdays, Thursdays, Fridays and Saturdays, Jan. 8–March 13 (No class Feb. 8)

**Time:** Wednesdays 5:30–7 pm  
(R. Ryan-Dahlgren)

Thursdays 4–5:50 pm  
(T. Schmidt)

Fridays 5:45–7:15 pm  
(R. Nehring)

Saturdays 9:45–11:15 am  
(J. Dienger)

*One hour Pointe class as determined by instructor.*

**Cost:** Females \$673 (48 class/72 hours), Males \$539 (38 classes/62 hours)

### Ballet VI, VII & Pointe

Advanced pre-professional level of classical ballet and conditioning, including the appropriate level of pointe technique.\*

**Date:** Mondays, Wednesdays, Thursdays, and Saturdays, Jan. 6–March 12 (No class Feb. 8)

**Time:** Mondays 5:30–7 pm  
(R. Nehring)  
Wednesdays 5:30–7 pm  
(R. Ryan-Dahlgren)  
Thursdays 4–5:50 pm  
(T. Schmidt)  
Saturdays 9:45–11:15 am  
(J. Dienger)

*One hour Pointe class as determined by instructor.*

**Cost:** Females \$794 (58 classes/85 hours); Males \$651 (48 classes/75 hours)

### Pointe Technique

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

**Pre-Pointe:**  
Fridays 7:15–8 pm (R. Nehring)

**Beginning Pointe:**  
Fridays 7:30–8:30 pm (R. Nehring)

**Intermediate/Advanced Pointe:**  
Mondays 7:15–8:15 pm (R. Nehring)

### 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 ages 12 years and older are welcome, no experience necessary. No discounts may be applied to this class.

**Beginning/Intermediate Level:**  
Wednesdays, Jan. 8–March 11, 4–5 pm

**Intermediate/Advanced Level:**  
Mondays, Jan. 6–March 9, 4–5:15 pm

**Age:** 12 years+

**Cost:** \$96 for once a week or \$160 when you register for both

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



# TAP & JAZZ & CONTEMPORARY

## MCA Holiday Tap Jam to Warm-up Winona

Calling all tappers! Tap students ages 5 and older are invited to participate in this fun-filled Holiday Tap Jam. The workshop will include technique warm-ups, choreography, and improvisation — all to some favorite holiday tunes!

**Date:** Tuesday, Dec. 10

**Time:** Tap for Kids 5:15–6 pm;  
Tap I & II, 5–6 pm;  
Tap III, IV & V, 4:30–6 pm

**Cost:** Free, but donations of warm clothing or food to warm bellies will be collected and distributed locally.

**Instructors:** J. Beachle, N. Graff,  
C. Martin, J. Meinke

## 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 to borrow.*

**Date:** Saturdays, Jan. 11–March 14

**Time:** 9–9:45 am

**Age:** 5–7 years (by Jan. 1)

**Cost:** \$90

**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 to borrow.*

**Date:** Saturdays, Jan. 11– March 14

**Time:** 10:45–11:45 am

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

**Cost:** \$100

**Instructor:** J. Beachle

## 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, Jan. 11–March 14

**Time:** 9:45–10:45 am

**Cost:** \$100

**Instructor:** J. Meinke

## Tap III

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:** Fridays & Saturdays, Jan. 10–  
March 13 (No class Feb. 7–8)

**Time:** Fridays, 4–5:30 pm  
Saturdays, 11:45 am–1:15 pm

**Cost:** \$207 (17 classes, 21.5 hours)

**Instructor:** J. Dienger



\*Class placement is by recommendation of the instructor.



### 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:** Fridays & Saturdays, Jan. 10–March 13 (No class Feb. 7–8)

**Time:** Fridays, 4–5:30 pm  
Saturdays, 11:45 am–1:15 pm

**Cost:** \$245 (17 classes, 25.5 hours)

**Instructor:** J. Dienger

### Jazz III

Intermediate and advanced level of traditional jazz dance.\*

**Date:** Tuesdays, Jan. 7–March 10

**Time:** 7:15–8:30 pm

**Cost:** \$125 (10 classes, 12.5 hours)

**Instructor:** J. Dienger

### NEW! Intro to Contemporary Dance Ages 7-10 years

This is a beginning study of contemporary dance, an expressive dance genre that combines elements of modern, jazz, and classical ballet.

**Date:** Wednesdays, Jan. 8–March 11

**Time:** 5:15–6 pm

**Age:** 7–10 (by Jan. 1)

**Cost:** \$90

**Instructor:** J. Dienger

### NEW! Intro to Contemporary Dance Ages 11+ years

This is an introduction to the 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 of movement and emotional intent behind each combination.

**Date:** Wednesdays, Jan. 8–March 11

**Time:** 5:15–6:15 pm

**Age:** 11+ years

**Cost:** \$100

**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:** Saturdays, Jan. 11–March 7  
(No class Feb. 8)

**Time:** 1:30–2:45 pm

**Cost:** \$100

**Instructor:** J. Dienger



# MODERN & HIP HOP



## Intermediate/Advanced Modern

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:** Tuesdays, Jan. 7–March 10

**Time:** 5:30–7 pm

**Cost:** \$144

**Instructor:** R. Racki

## 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:** Tuesdays, Jan. 7–March 10

**Time:** 5:30–6:15 pm

**Age:** 6–9 years

**Cost:** \$90

**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, Jan. 7–March 10

**Time:** 6:15–7:15 pm

**Age:** 10 years+

**Cost:** \$100

**Instructor:** J. Dienger

## Hip-Hop II

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

**Dates:** Thursdays, Jan. 9–March 12

**Time:** 6–7 pm

**Cost:** \$100

**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:** Tuesdays, Jan. 7–March 10

**Time:** 4–5:15 pm

**Cost:** \$125

**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, Jan. 10 –March 13  
(No class Feb. 7)

**Time:** 6:45–8:15 pm

**Cost:** \$129

**Instructor:** J. Dienger

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

# BOYS DANCE PROGRAM



## 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

**Date:** Thursdays, Jan. 9-March 12

**Time:** 4-4:30 pm

**Age:** 3-4 years (by Jan. 1)

**Cost:** \$18

**Instructor:** J. Dienger

### Boys in Motion 5-6 years

**Dates:** Fridays, Jan. 10-March 13  
(No class Feb. 7)

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

**Age:** 5-6 years (by Jan. 1)

**Cost:** \$18

**Instructor:** J. Dienger

## Boys Dance Sampler

This high-energy class just for boys will enhance your 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:** Wednesdays, Jan. 8-March 11

**Time:** 6:15-7 pm

**Age:** 7-12 years

**Cost:** \$18

**Instructor:** J. Dienger

# IRISH & OTHER DANCE

## Irish Dance I

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

**Date:** Wednesdays, Jan. 8–March 11

**Time:** 5–5:45 pm

**Age:** 5 years+

**Cost:** \$90

**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, Jan. 8–March 11

**Time:** 5:15–6:15 pm

**Cost:** \$100

**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, Jan. 8–March 11

**Time:** 6–7 pm

**Cost:** \$100

**Instructor:** A. Pelowski

## My Grown-up and Me

Children ages 18 months to 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, Jan. 9–March 12

**Time:** 5:15–5:45 pm

**Age:** 18 mo.–3 years (by Jan. 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, Jan. 10–March 13

(No class Feb. 7)

**Time:** 5:30–6 pm

**Age:** 3–5 years (by Jan. 1)

**Cost:** \$72

**Instructor:** J. Dienger

**Also see Dance Adventures for ages 4–6 under Ballet.**

## 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.), which offers the convenience of a variety of child care options before and after arts programming, YMCA membership discounts and more. To register or learn more visit: [winonaymca.org](http://winonaymca.org).

## Wednesdays, Jan. 15–Feb. 26

**Ballet Adventures: Frozen**

**Time:** 5:30–6 pm

**Age:** 3–5 years

**Instructor:** A. Kline

## Wednesdays, March 18–April 29

**Ballet Adventures: Little Mermaid**

**Time:** 5:30–6 pm

**Age:** 3–5 years

**Instructor:** A. Kline



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



## 5th Annual Free-4-All and Winter Open House Saturday — Jan. 4

Have you been waiting for just the right time to check out one of our classes? The wait is now over, MCA is having a **Free-4-All... a day of free classes on Jan. 4, 2020**, for the whole family! This event will feature classes for both youth and adults — so bring some friends and try a class or two. All classes are free. Space is limited so preregistration is recommended online, by phone or in person.

### 10-10:45 am

- My Grown-up and Me (18 mo.–3 years with grown-up); J. Dienger (only 10-10:30)
- Irish Dance (5 years+); A. Pelowski

### 11-11:45 am

- Creative Movement (3-5 years); J. Dienger (only 11-11:30)
- Ballet (7-13 years); R. Ryan-Dahlgren

### 12-12:45 pm

- Pre-Ballet (4-6 years); R. Ryan-Dahlgren
- Peanut Butter & Jelly Players (4-6 years); C. Deysach

### 1-1:45 pm

- Intro to Contemporary Dance (7-13 years); J. Dienger
- Balletone (14 years+); R. Nehring

## Dance Repertory Company Spring Dance Concert

The 47th annual spring concert of the Dance Repertory Company (DRC) will take place in April. This will be an evening of classical and contemporary dance. Suitable and engaging for all ages, this performance will include “With Flying Colors,” a contemporary ballet piece set to Benjamin Britten’s Young Person’s Guide to the Orchestra. Additionally, pieces performed in hip-hop, contemporary, and modern utilizing the work of MCA faculty and regional guest artists.

### AUDITIONS

Auditions are open and free to all intermediate and advanced dancers 13 years and older.

**Date:** Saturday, Jan. 18 at 3 pm

**Info:** [mca.smumn.edu/classes-programs/dance/dance-repertory-company](http://mca.smumn.edu/classes-programs/dance/dance-repertory-company)

### PERFORMANCES

**April 17, 10 am** School Matinee

All tickets \$5 (abridged performance)

**April 18, 7:30 pm**

**April 19, 3 pm**

**Location:** Page Theatre Saint Mary’s University Performance Center

**Tickets:** \$10 adults, \$5 students and seniors

Tickets can be purchased at the door, by calling the Performance Center box office at 507-457-1715, or online at [pagetheatre.org](http://pagetheatre.org).



# 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, Balletone, 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.

### Winter (A)

Date: Mondays, Jan. 6–Feb. 24  
Cost: \$72

### Winter (B)

Date: Mondays, March 2–April 27  
(No class April 13)  
Cost: \$72

**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!

### Winter (A)

Date: Tuesdays, Jan. 7–Feb. 25  
Cost: \$72

### Winter (B)

Date: Wednesdays, Jan. 8–Feb. 26  
Cost: \$72

### Winter (C)

Date: Tuesdays, March 3–April 28 (No class April 14)  
Cost: \$72

### Winter (D)

Date: Wednesdays, March 4–April 29 (No class April 15)  
Cost: \$72

**Time:** 7–8 pm

**Age:** 14 years+

**Instructor Session A & C:** J. Goyette, Certified Barre Connect and Barre Above Fitness Instructor

**Instructor Session B & D:** J. Dienger, Certified PulsePointe Fitness Instructor







### **NEW! Balletone**

Balletone is a ballet influenced conditioning program for the non-dancer! It's a cardio and strength workout that blends techniques drawn from dance, pilates, and fitness. All movements are low-impact and easy on the joints. Balletone develops muscular endurance, core strength, flexibility, and agility in a fun hour-long class.

#### **Winter (A)**

Date: Thursdays, Jan. 9–Feb. 27  
Cost: \$72

#### **Winter (B)**

Date: Thursdays, March 5–Apr. 30 (No class April 16)  
Cost: \$72

**Time:** 7–8 pm

**Age:** 14 years+

**Instructor:** R. Nehring, Certified Balletone Instructor



### **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.

#### **Winter (A)**

Date: Mondays, Jan. 6–Feb. 24  
Cost: \$96

#### **Winter (B):**

Date: Mondays, March 2–Apr. 27 (No class Apr. 13)  
Cost: \$96

**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!

**Date:** Wednesdays, April 1–May 27

**Time:** 6–7 pm

**Age:** 14 years+

**Cost:** \$81

**Instructor:** C. Martin



## 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. Winter orders placed by Jan. 11 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 Jan. 1, 2020, 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 **Jan. 13 and March 1, 2020**.

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 **Jan. 4, 2020** 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 pages 19-20. 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
Dec. 6-8	DRC II Presents "Animals on Parade"
Dec. 10	MCA's Warm-up Winona Tap Jam
Dec. 13	Music Division Concert
Jan. 4	MCA's 5th Annual Free-4-All and Winter Open House
Jan. 15	2020 Reflections program submission deadline
Jan. 18	Dance Repertory Company Auditions for Spring Concert
Jan. 27-Feb. 1	Dance Class Observation Week
Feb. 8	Frozen Dance & Art Adventure
Feb. 10-15	Bring a Friend Week to Dance for Level I and lower and Adult Fitness classes
March	Dance Class Demonstration Week on final class of the session
March 22	Jazz Combos Performance, Wellington's Pub
April 3	MCA Music Division Concert
April 10 & 13	MCA Office Closed
April 17-19	DRC Spring Dance Concert, SMU Page Theatre
April 20-25	"Cinderella" Theatre Residency (ages 7-18)
April 26	National Honors Society for Dance Arts Induction Ceremony

\* 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 València Arts Center office.

## MCA Sponsors

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, and Walmart. 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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[mnconservatoryforthearts.org](http://mnconservatoryforthearts.org)





**Free-4-All**  
**Jan. 4th!**



**MINNESOTA CONSERVATORY  
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**For more information, contact:**  
**MNCONSERVATORYFORTHARTS.ORG**  
**507-453-5500**  
**MCA@SMUMN.EDU**

 @MCAValencia

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