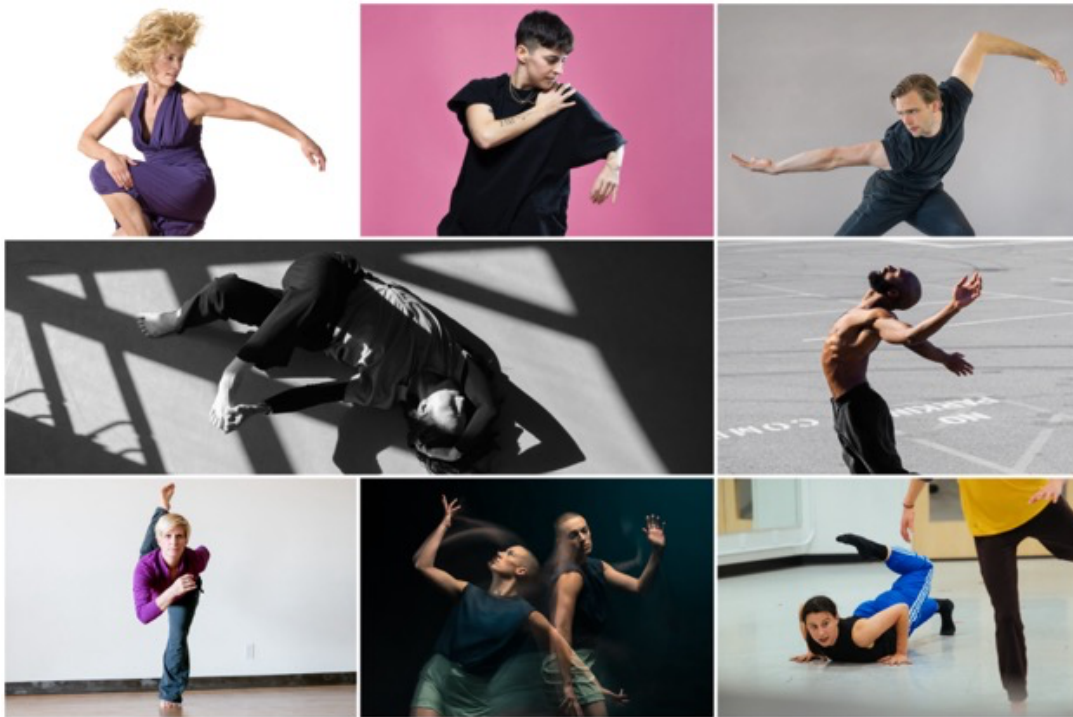




FOR IMMEDIATE RELEASE
Media Contact: John Hill
john@johnhillpr.com
510.435.7128

ODC SCHOOL ANNOUNCES NEW FACULTY AND CLASS OFFERINGS

Parkinson's Dance Community, a free class led by ODC/Dance company member Brandon "Private" Freeman, to begin on October 9



Clockwise from upper left: Stacey Printz, photo by Lois Greenfield; Skye Montante, photo courtesy of the artist; Brett Conway, photo by Andrew Weeks; Babatunji, photo by Quinn Wharton; Katie Florez, photo courtesy of ODC; Emily Hansel, photo courtesy of the artist; Mary Carbonara, photo by Weidong Yang; Erin Yen, photo by Anthony Thornton.

odc.dance/school

SAN FRANCISCO, CA, September 18, 2024 – ODC School has announced a raft of new classes by new and returning faculty members this fall. As the School gradually returns to pre-pandemic enrollment levels, the new additions to its curriculum bring the total number of weekly classes to 195, with programs for youth, teens and adults across 23 different dance and movement styles.

Already one of the most active centers for dance on the West Coast, with this season's new hires ODC School has expanded its faculty to 135. Among the new instructors are **Mary Carbonara**, who teaches "Slow Intermediate Contemporary" at 8:30 a.m. on Thursdays; **Brett Conway**, who teaches Intermediate/Advanced Ballet at 10:30 a.m. on Wednesdays; **Skye Montante**, who teaches Hip Hop Fusion on Saturdays at 1:30 p.m.; **Stacey Printz**, who teaches Intermediate/Advanced Contemporary Jazz at 5:45 p.m. on Wednesdays; and **Erin Yen**, who teaches Intermediate Contemporary at 7:45 p.m. on Thursdays. Additionally, ODC School is pleased to welcome back **Katie Florez**, who teaches Intermediate/Advanced Contemporary Technique at 10 a.m. on Tuesdays.

The "**Hot Spot**," held on Mondays, Wednesdays and Fridays from 10:15 - 11:45 a.m. is an ongoing School program featuring local and visiting guest teachers. This fall's guest teachers include **Babatunji Johnson**, **Emily Hansel** and **Sidra Bell**, among others.

Another addition to ODC's School's curriculum this fall is **Parkinson's Dance Community**, made possible by a community grant from the Parkinson's Foundation. Led by acclaimed ODC/Dance company dancer **Brandon "Private" Freeman** with assistance from ODC School faculty member **Carolyn Hutchinson**, these weekly classes are designed for people with Parkinson's disease and their caregivers, with modifications for all levels, both sitting and standing. Parkinson's Dance Community begins on October 9 at 12 p.m., and there is no fee to participate. To learn more or to enroll, visit odc.dance/parkinsons.

Finally, **Fast Fit** is a new class that starts on September 28. Fast Fit is designed for parents whose children are enrolled in a class at the School and for anyone else who wants a quick workout. At 40 minutes in length, the three Saturday morning movement classes – at 9:15 a.m., 10:20 a.m. and 11:25 a.m. – will allow parents to stay active while their kids are simultaneously engaged. **James Darling**, who also teaches a "Barre, Tone and Sculpt" class on Mondays at noon, will lead the program.

In addition to the new classes on offer this fall, ODC School is pleased to partner with **Art Pharmacy**, an Atlanta-based organization that supports healthcare providers in offering non-pharmacological solutions to patients – solutions like taking a dance class, which a growing body of research shows can reduce feelings of anxiety, depression, low self-esteem and loneliness – in addition to improving cardiovascular health, balance, strength and overall fitness. To learn more about Art Pharmacy visit artpharmacy.co.

"With the recent trend in art and social prescription, we value the need to provide opportunities for people to experience art together," said **Rachel Recinos Abair**, Health Initiatives program director at ODC. "I'm truly excited that we can fulfill it at ODC! As an exercise scientist and educator, I'm delighted to provide wellness initiatives to meet people where they are, supporting them in their health journey. I'm especially excited to expand our Senior & Low Impact programs with the new Parkinson's Dance Community class, as well as Tai Chi and Feldenkrais. These classes are designed for those who benefit from gentle movement."

"I am excited to expand our curriculum to include a greater range and depth to our offerings in multiple dance forms," said ODC School Director **Kimi Okada**. "There is truly a class for anyone, from an absolute beginner to a consummate professional. I am proud to be in a place where the dance ecosystem can thrive."

In person classes at ODC School start at **\$12** for a single drop-in session. This rate is offered to new students and, through ODC's Arts Access program, to those individuals for whom price is a barrier. (To learn more, visit odc.dance/artsaccess.) Students may also choose to enroll in classes offered online, with a single session starting at **\$10.50** with a purchase of a six-class sequence. For more information and to view the complete schedule of classes, visit odc.dance/schedule.

ABOUT ODC

Founded in 1971 by Artistic Director Brenda Way, ODC is a groundbreaking contemporary arts institution: a world-class dance company (ODC/Dance), a theater with year-round presenting and mentorship programs (ODC Theater), a training school for dancers and movers of all levels (ODC School), and a fee-free, educational Healthy Dancers' Clinic. Known nationally for its entrepreneurial savvy and artistic innovation, ODC is unique for its holistic vision, now including a robust digital platform. With its home in San Francisco's Mission District, ODC makes a dynamic contribution to the Bay Area's vibrant dance and arts ecosystem, cultivating artists, inspiring audiences, engaging the community, and fostering diversity and inclusion through dance performance, training and mentorship.