

# MMM DANCE CLASSES 2023 - 2024

~ **FALL Session** with instructor Susan Jack ~



## CLASSES:

*Times are Eastern Standard Time - EST  
(GMT + 5.0 hours)*

### **Monday (Zoom) \***

1:00 - 2:00 pm ~ Quality of Movement

### **Tuesday (ALMONTE)**

7:00 - 8:30 pm ~ Basic-Intermediate

### **Wednesday**

10:00 - 11:00 am ~ Mature Adult - ALMONTE

7:00 - 8:30 pm ~ Basic-Intermediate - (Zoom)

### **Private Intensive Sessions**

*Set up as needed/requested*



*Margaret Morris Method of  
Exercise & Dance (MMM Dance)  
is fundamentally a creative,  
progressive and educational  
dance technique.*

*This unique system of exercise,  
dance and contemporary  
movement is designed to  
include all ages & abilities.*

### **Information & Registration:**

Susan Jack

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mmmdance.susanjack.square.site

[www.mmmcanada.ca](http://www.mmmcanada.ca)

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

[www.facebook.com/MMMDance.SusanJack](https://www.facebook.com/MMMDance.SusanJack)

## COURSE DESCRIPTION:

### **Dynamics & Quality of Movement: (Zoom)**

This class will focus on the dynamics and qualities of movement found in the Margaret Morris Method of Dance method. Dynamics such as strength, softness, twist, continuity, elevation, and lightness will be explored. We will continue our work on our sense of rhythm & timing of movement, our sense of body position in space, and continuity of movement in the exercise sequences.

### **Basic-Intermediate: (Zoom / Almonte)**

An introduction to the Margaret Morris Method of Dance (MMM), this class is designed to give you a balanced and strong body through dance and movement. You will learn exercises and dance sequences starting at the first dance level (Basic), to build your strong foundation in MMM Dance. We will focus on free movement, opposition, balance, mobility, stretch & strengthening of muscles while maintaining correct posture and using special breathing techniques. Included in the class is work from the Dance Technique levels, choreographies & creative movement.

### **Mature Adult-Senior: (Almonte)**

Gentle, yet invigorating! A fun class for mature adults or for anyone who prefers gentle movements, slow stretches, and special exercises to maintain mobility, balance, and a healthy body.

Special attention is paid to correct posture, strengthening, stretching, relaxation, and breathing of course! Chair exercises are used, and occasionally added tools for stretching & strengthening (scarves, bands, balls). Simple routines are often incorporated, such as class dances and choreographies.

### **Private Intensives Sessions: (Zoom / In-Person)**

In these specialized classes, students will work more intensively in their colour levels of the Margaret Morris Method of Dance, whether learning a new colour or in preparation for an exam. *(Sessions will be set up with students as needed).*

**Your MMM Membership must be current to register for any classes.**

## Information & Registration:

Susan Jack

613-250-0207 / susanljack@gmail.com

www.facebook.com/MMMDance.SusanJack

## INSTRUCTOR:

*Susan Jack has been involved the Margaret Morris Method of Dance for over 40 years & has been teaching in the Ottawa Area for over 20 years. She is a diploma teacher and has passed all the teaching levels with distinction. She teaches children, adults, mature adults and seniors, at the beginner, intermediate and advanced levels. Susan has a love of music, dance and movement that she is excited to share with you!*



### FALL Session Dates

~ (10 Weeks) ~

Classes will start on

October 2nd, 2023, and will run to December 7th, 2023.

### FALL Session Fees

Online - (Zoom):

Dynamics &

Quality of Movement ~ \$81

(\* 9-week session - NO CLASS

October 9th, 2023 ~ Thanksgiving!)

Basic-Intermediate ~ \$110

In-Person - (ALMONTE):

Basic-Intermediate ~ \$155

Mature Adult-Senior ~ \$90

