



**2024
FALL
CLASSES | ADULT**



**REGISTRATION OPENS 9AM SEPTEMBER 4TH AT
MIDDLETOWNARTS.ORG!**

Questions? Call 732-706-4100

DANCE

NEW! DANCE CLASSES WITH MARISSA FINKELSTEIN

LOCATION: Middletown Arts Center | 36 Church Street

NEW! Adult Jazz and Musical Theater with Marissa Finkelstein

Ages 18+

Instructor: Marissa Finkelstein

October 9 – December 18 (no class November 6) | Wednesdays: 8:00 - 9:00 pm

Members \$160 Non-members \$175 (10 classes)

A perfect class for musical theater performers or new adult dance students (who love Broadway and want to learn the many different styles from their favorite shows. Learn how to pick up combinations quickly and perform them with confidence!

NEW! Adult Tap with Marissa Finkelstein

Ages 18+

Instructor: Marissa Finkelstein

September 30 – December 16 (no class October 14 OR November 4) | Mondays: 7:30 - 8:30 pm

Members \$160 Non-members \$175 (10 classes)

A highly energetic class in the timeless art of Tap. Under the skilled instruction of Marissa Finkelstein beginning and intermediate adult students will have a blast while learning and improving foundational rhythms and classic combinations, in a variety of tap styles from Broadway to Rhythm and Contemporary Tap.

ABOUT MARISSA FINKELSTEIN

We are SO EXCITED to announce that celebrated dance instructor Marissa Finkelstein will be joining the MAC this Fall! Marissa has been dancing for over 20 years and earned her BA in Dance and Business from Muhlenberg College and her MFA in Dance from the University of North Carolina at Greensboro (UNCG), where she also worked as an instructor for college students studying dance and musical theatre.



Marissa has taught in New York City schools and studios in New Jersey, Massachusetts, and North Carolina. She has worked for Jacob's Pillow Dance Festival and the National Dance Education Organization and her choreography has been presented at festivals and performances with highlights including the American College Dance Association, Dance New Jersey's Annual Festival, the Creative Aging Network in Greensboro, NC, and the Berkshires' 30under30 festival. She has taught dance at Middletown Arts Center's Summer Arts Camps for the last three years and has choreographed several of their youth musicals.

NEW! DANCE CLASSES WITH NJELAMA DACAS JOHNSON

LOCATION: Middletown Arts Center | 36 Church Street

NEW! Adult Ballet with Njelama Dacas Johnson

Ages 18+

Instructor: Njelama Dacas Johnson

September 25 – December 18 (No class November 6 or November 27) | Wednesdays: 7:00 – 8:00 pm

Members \$160 Non-members \$175 (10 classes)

This adult Ballet class led by Njelama Dacas Johnson will allow individuals of all levels and prior experience to engage in the art of ballet. Geared for the adult ballet student, this class will explore the art of ballet through ballet barre, center floor, and across the floor exercises, placing emphasis on alignment, breath, centering, and balance.

NEW! Adult Modern with Njelama Dacas Johnson

Ages 18+

Instructor: Njelama Dacas Johnson

September 26 – December 19 (No class October 31 OR November 7 OR November 28) | Thursdays: 7:00 – 8:00 pm Members \$145 Non-members \$160 (9 classes)

This fun and exploratory class is the perfect opportunity for adults to engage in the art of modern dance and movement. Under the expert instruction of Njelama Dacas Johnson, students will be introduced and build upon the fundamental building blocks of modern dance technique and movement concepts. Students will grow their technical ability as well as discover improvisation and choreography experiences, also placing emphasis on flexibility, balance, and coordination and working collaboratively with one another.

ABOUT NJELAMA DACAS JOHNSON

We are THRILLED to have celebrated dance instructor Njelama Dacas Johnson joining the MAC Dance Instruction team this Fall! Njelama originally hails from Brooklyn, New York but now resides in New Jersey after earning her Ed.M in K-12 Dance Education and her BFA in Dance Performance from Rutgers University.



She previously directed the Rutgers Summer Dance Camp & Conservatory and studied abroad at Trinity Laban Conservatoire of Music and Dance in London, United Kingdom which aided in her growth teaching students dance. During her time as a public school dance educator she wrote K-12 curriculums meant to enrich and prepare students for the changing landscape of the art world. Her passion and love for dance shines through in her teaching practices where she highlights the importance of not only movement but the joy behind it. When she's not cultivating the minds of dancers of all ages, Njelama tries to spend as much time as possible traveling, hiking, painting and crafting.

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ART

NEW! ADULT ART CLASSES WITH GIANNA MANZARDO

LOCATION: Middletown Arts Center | 36 Church Street

Intro to Drawing for Seniors with Gianna Manzardo

Ages 55+

Instructor: Gianna Manzardo

October 2 - December 18 (No class 10/16, 10/23, 11/7) | Wednesdays: 10:30 - 11:30am

Members \$155 Non-members \$170 (9 weeks)

Join Gianna Manzardo for this amazing class especially designed for senior adult students (age 55+) new to art or Masters Drawing. Students will learn the important fundamentals of drawing that will form the basis of all art. Materials included.

Child and Parent Art with Gianna Manzardo

Ages 4-6 with parent

Instructor: Gianna Manzardo

September 30 - December 12 (No class 10/14, 10/21, 11/4, 11/25) | Mondays: 10:30 – 11:45am

Members \$140 Non-members \$160 (8 weeks)

For children 4-6 years old with a caregiver. Every class offers something new to create a lifelong love of art and a special bonding experience for all involved. The class focuses on energy, FUN, and play to contribute towards the natural development of artistic, cognitive, social, emotional and physical skills

ABOUT GIANNA MANZARDO

We are extremely pleased to announce that celebrated art instructor and community youth leader, **Gianna Manzardo** will be joining the MAC this Fall! Gianna received her BFA from Arizona State university, with a major in Art Education.



Gianna is a passionate teacher with more than twenty years of experience delivering visual and art education for elementary, middle and high school students.

She uses a positive teaching approach to motivate and encourage students' talents and growth and cultivate their talents while deepening their knowledge of art design and history.

NEW! DRAWING SKILLS FOR ARTISTS WITH LAURA MANDILE

LOCATION: Middletown Arts Center | 36 Church Street

Drawing Skills for Artists, with Laura Mandile

Ages 18+

Instructor: Laura Mandile

September 18 – October 23 | Wednesdays: 11:00 – 1:00pm

\$185 (6 classes)

The basis for almost any successful work of art is a good composition. You need to create a sketch that draws the viewer's eye around the entire page. From there, even if you are planning on completing your sketch in another media, you need to understand the values and proportions of your composition. Lessons will include composition; shading techniques, creating better depth and form; drawing from observation, reference or imagination; gestural drawing of the human form; perspective and more. Classes will focus on pencil drawing, but charcoal and color media such as colored pencil, watercolor pencil and pastel pencil will also be introduced. Subjects may include still life from observation, florals, landscape, animals, portraits or fantasy. Students will need No.2 or HB pencils, white vinyl and kneaded eraser, sharpener and a good sketchpad. If you prefer to finish your work as a painting, the last two sessions you should bring your medium of choice. Some materials will be provided.

ABOUT LAURA MANDILE

Laura Mandile is an award-winning local artist who has had a career spanning years as an illustrator, art director and art teacher.



She taught fine arts and photography in several Monmouth County Middle and High Schools, as well as many adult classes.

She graduated from the School of Visual Arts in NYC with a degree in media arts.

Her personal work focuses mainly on oil or watercolor landscapes and florals which capture her visual memories of places and events in her life

WRITING / YOGA

MIMI CROSS CLASSES

LOCATION: MAC ANNEX | 121 Kings Highway

Relax into Writing with Mimi Cross

Instructor: Mimi Cross

October 2 - December 18 (No class November 6 OR November 27) | Wednesdays: 9:30 – 10:45am

Members \$200 Non-members \$220 (10 classes)

Would you like to reduce stress? Do you want to grow your creativity? If so, this 75 minute class taught by published author and certified yoga instructor, Mimi Cross, is for you! We begin Relax into Writing with a centering warm up consisting of gentle stretches and attention to breath, followed by a guided 15 to 20-minute deep relaxation meditation. In this state of relaxation and body awareness, we learn how to sense blocks within the body through a technique called scanning. After the body scan, we transition from relaxing to writing, with the intention of transforming blocks into stories. If you write, or want to write, learning how to translate the tension and tightness you are holding in your body into new creative treasures will totally transform your creative process!

Adult Yoga with Mimi Cross

Instructor: Mimi Cross

SEPTEMBER SESSION September 7 - September 28 | Saturdays: 8:30 – 9:30am

Members \$70 Non-members \$80 (4 classes)

FALL SESSION October 5 - December 14 (No class October 19) | Saturdays: 8:30 – 9:30am

Members \$175 Non-members \$190 (10 classes)

This gentle but stimulating Yoga class will allow individuals of all levels and fitness experiences to engage in the practice of Yoga. Yoga is an ancient form of full body exercise that focuses on core strength, balance, control, and breath. Exercises can be modified for injuries and all bodies. No previous experience required. Please bring a mat.

Yoga + 25 MINUTE MEDITATION PERIOD | Members \$250 Non-members \$265 (10 classes)



IMPROV

ADULT IMPROV CLASSES WITH TRISH TYLER

LOCATION: Middletown Arts Center | 36 Church Street

ADULT IMPROV with Trish Tyler

Instructor: Trish Tyler

November 11 – December 16 | Mondays 7:00 – 9:00pm

Members \$210 Non-members \$225 (6 CLASSES)

Would you like to reduce stress while having a blast? Do you want to grow your creativity? If so, this two-hour improv class taught by renowned improv performer instructor, Trish Tyler, is for you!

Come learn how to use scene work and group exercises to explore the joy of improvisation. Be more confident, and trusting on stage. Learn classic games and trust yourself, all while making people laugh and having a lot of fun! Whether you've never done improv before, or you'd like to revisit the fundamentals from another perspective in an inclusive, safe, and fun environment, this class is for you!

This class culminates in an informal live performance on December 16 for friends and family!

Wear loose, comfortable clothing | No previous improv experience necessary

ABOUT TRISH TYLER

Trish Tyler has lost track of how long she has been studying improv! She studied at UCB NY, ComedySportz NY and Chicago and the Annoyance. Trish is also a graduate of the Second City Conservatory in Chicago – studying Improv, Musical Improv and Directing.



Notable improv credits include the Del Close Marathon, Philly Fringe Fest and the TBS Just for Laughs Festival. Some of her corporate improv clients include Northwestern University, MLB and Gwen Stefani.

She was also an Assistant Director for the Second City Touring Company (BlueCo). Trish has taught Improv and Comedy at Second City, the Monmouth County Parks System and virtually through Outschool and Varsity Tutors.

She is a graduate of Fordham University Theatre Program where she also earned an MA in Comedic Writing.