

Looking for another class this semester? We have openings!

THDA 121H Contemporary Dance Technique: Modern Ballet 2/3 **TuTh 11:30am-12:50pm, Webster Hall Studio 1 (117)**

The study and practice of contemporary movement vocabularies, including regional dance forms, contact improvisation and various modern dance techniques. Objectives include the intellectual and physical introduction to this discipline as well as increased body awareness, alignment, flexibility, coordination, strength, musical phrasing and the expressive potential of movement. The course material is presented at the beginning/intermediate level. A half course. Because the specific genres and techniques will vary from semester to semester, the course may be repeated for credit.

Visiting instructor Jen Polins. Accompanist Jake Meginsky.



Jennifer Polins is a curator, mobilizer, movement teacher, and performance maker, bridging somatics-performance practices-and contemporary dance techniques for over 25 years. Jen is the founding director of The School for Contemporary Dance and Thought, holds an MFA in dance from Hollins University/ADF and is a 2014 MCC choreographic fellow. She has danced professionally in America and Europe, starting with the Joffrey Ballet, Milwaukee Ballet and then the Zurich Operahouse Ballet companies before migrating to a professional career in contemporary performance art. Jen is working on the creative team of the Ponderosa TanzLand Festival beside Stephanie Maher. She has collaborated most recently with Maurice Fraga, Joy Davis, Jenn Nugent, Stephanie Maher, Peter Schmitz, Sarah Shelton Mann, Paul Matteson and James Morrow. Jen has been a visiting guest lecturer with the Five College Dance Department since 2000. She has taught Ballet and Modern and Pilates at Mt Holyoke, Amherst, UMASS and Smith Colleges.