

# DanceON



20+

Years involved with school outreach programs

150+

Number of students reached each year

95%

Cooperation & collaboration improved with dance education

*Arts in schools correlate with higher academic performances, increased senses of self-worth, and improvement in school community*

**DanceON** is an in-school dance residency program run by **ARENA DANCES** for teaching and learning in dance, working from Minnesota National Dance Educators standards. **DanceON** aims to show how learning dance isn't just a physical activity but also one that engages the brain, our emotions, and creates opportunities for students to learn and relate to one another.

Structured through various residency options each semester, **DanceON** helps students build their technical and expressive skills, along with understanding how to view, interpret & discuss dance. By exploring, creating, replicating & observing movement, students will build their technical & expressive skills, and develop their artistry & personal voice in dance.

**ARENA DANCES**, a contemporary dance company founded by Artistic Director Mathew Janczewski, has been an artistic force for 27 years in Minnesota, nationally, and abroad. ARENA's mission is to make dance accessible to all through the presentation of contemporary dance, educational outreach, and community gatherings to inspire, promote dialogue and celebrate diversity.

**Dance Outreach Network**

# DanceON Details

**DanceON's** trajectory provides students with exposure to a variety of different movement aesthetics, such as Contemporary, Hip Hop, and Breakdancing throughout their school career.

**Our Network** includes a diverse range of dance companies and independent choreographers/artists based in the Twin Cities. In past DanceON programs, these artists and organizations have included:

*ARENA DANCES ~ Shapiro & Smith Dance ~ Black Label Movement  
~ STRONGMovement~ Taja Will~April Sellers*

**The Layout** includes different residency partnerships:

*\*\*ARENA DANCES seeks to provide accessibility and flexibility within partnerships in order to shape and support each student population's unique needs and preferences\*\**

## DanceON Class

A single 45 minute class includes technique, movement learning, choreography generation & creation, and discussion of dance with professional dance artists.

## DanceON Residency Week

Five days of two 45 minute classes, informal dance & arts integration discussions with students & teachers, and an invitation to witness open company rehearsal of ARENA DANCES.

## Full DanceON Residency

- A DanceON Residency Week held once each Fall & Spring semester over the course of two years, for a total of four weeks
- Complimentary tickets, bussing, and post-performance discussion to one ARENA DANCES matinee per season
- The cultivation of a long-term partnership collectively pursuing shared goals of student growth, academic & artistic achievement, and deeper engagement in our community

# DanceON Details

**The Outcomes.** Through **DanceON** students:

- ~Gain greater self-awareness
- ~ Enrich their creativity
- ~Understand the significance of dance on human thought & expression
- ~Increase their ability to work collaboratively
- ~Develop stronger communication skills

**DanceON Single Class: \$125**

**DanceON Residency Week: \$700**

**DanceON Full Residency: \$1,500**

The DanceON Program is generously supported by state grants for arts education to minimize costs to schools. ARENA DANCES seeks to support and work closely with schools in order assist in securing funding. To learn more about how ARENA DANCES can support access to DanceON funding for your school, please refer to the contact information below.

## **Moving Practice to DanceON: Pedagogy Workshop for Teaching Artists**

- Quarterly sessions of FREE pedagogical instruction for current & aspiring dance educators, led by experienced facilitators, for up to 10 hours
- Opportunity for experienced & emerging teaching artists to share resources, acquire skills, and gain knowledge towards dance education for K-12 students
- Build roster for DanceON Program to potentially lead and teach within the program

**metro  
regional  
arts  
council**

*The Moving Practice to DanceON Program is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.*

**Mathew Janczewski**

*DanceON Program Founder & Artistic Director of ARENA DANCES*

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**Dance Outreach Network**