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TRAINING PROGRAMS

Introductory Teacher Training Program for Professionals

December 7-9, 2024 New York City



After attending this 3-day course, qualified professionals who are interested in leading creative aging programs based on the Dances For A Variable (DVP) model will:

- Possess a functional understanding of the aging globally
- Recognize and debunk myths of physical activity and dance for older adults
- Understand how creative aging programs support positive aging
- Apply basic strategies to engage with older adults in creative dance
- Learn the foundational structure of the DVP-MOVEMENT SPEAKS® class
- Be able to teach activities in the MOVEMENT SPEAKS® model
- Learn specific suggestions to ensure success when building community based creative aging programs

Additionally, participants will observe in-person MOVEMENT SPEAKS® classes in

New York City with DVP lead teachers, have an opportunity to practice teaching volunteer older adult students, and receive personalized feedback. Following successful completion of the training, participants will be qualified to develop and lead models based on DVP MOVEMENT SPEAKS®.

ABOUT THE LIVE, IN-PERSON TRAINING:

As the global population ages, health care, social work and arts programming providers are being faced with a demand to serve the growing needs of this population. Recent research has illuminated the extent to which dance and creative aging programming is uniquely positioned to offer positive aging benefits.

This 3-day training led by Artistic Director, Naomi Goldberg Haas, and lead teaching artists Theo Gilbert and Casie McManus , offers functional training in the award-winning MOVEMENT SPEAKS® program – a model for creative aging and dance. Following this model, selected professionals will be qualified to lead and build creative aging dance programs in their communities based on the MOVEMENT SPEAKS® model. Designed for dance professionals, this introductory workshop prepares participants to expand creative aging programs in their community.

ABOUT THE PRESENTERS:

NAOMI GOLDBERG HAAS is the founding artistic director of Dances for a Variable Population (DVP) since 2005, which promotes strong & creative movement among adults of all ages and abilities. DVP's model of community creative aging education program MOVEMENT SPEAKS® has served 5000 older adults in NYC and is a model in best practices for creative aging in community based performance and education programs for older adults. Goldberg Haas has been a leader in the field of creative aging, starting with founding the successful intergenerational and mixed ability dance company, Los Angeles Modern Dance & Ballet (1990- 2004). She danced with Pacific Northwest Ballet and holds an MFA from Tisch Dance/NYU. Goldberg Haas received LMCC President's Award for Performing Arts (2014), served on the Age Friendly Media, Arts & Culture Working Group (2015–2018) and received the DANCE USA 2019–20 Fellowship for Artists addressing Social Change.

THEO GILBERT (Teaching Artist/Dancer) is a Native New Yorker, Movement Motivator, and Dance Fitness Professional. She lives in the Bronx and teaches Zumba Gold and numerous Dance Fitness classes throughout the city. She says her “favorite

group to teach is elders, gathering so much from their wisdom and humor!”She has been a lead Teaching Artist with DVP since 2015.

CASIE MCMANUS (Teaching Artist/Dancer) grew up in Rochester, NY, and began her dance training under Krista Cerretto and Charlotte Buckley. Ms. McManus graduated magna cum laude from The Ailey School/Fordham University with a BFA in dance and a minor in Music. She has been lucky to perform the work of many great artists, including Mia Michaels, Esmé Boyce, Helen Simoneau, Jamar Roberts, Cameron McKinney, and Shelly Hutchinson. Since May of 2022, she has been a Teaching Artist at Dances for a Variable Population.



APPLICATION PROCESS

In order to ensure success, DVP has a rigorous selection process for trainees. In our experience working with older adults, we find teaching artists who possess a high proficiency in pedagogy and dance technique are most effective at adapting the methodology.

PREREQUISITES

- Possess documented proficiency in at least one major dance style (ballet, modern, jazz, hip-hop, Latin, classical Indian, ballroom, etc.) or qualified movement art
- Possess skill in dance, musical and/or theatrical improvisation and “thinking on their feet” personality

- Possess an infectious and positive, can-do personality
- Demonstrate basic knowledge and understanding of functional anatomy – ideally through a form of structured study in medicine, nursing, exercise science, fitness or anatomy
- Possess a strong desire and interest to work with older adults of all abilities and backgrounds

Exceptions to these prerequisites will be addressed on a case-by-case basis.

SUBMITTING YOUR APPLICATION

In order to apply for the INTRODUCTORY TEACHER TRAINING PROGRAM, please complete the following form online: <https://forms.gle/8RhVF8HMz1YtxEhm7>

Please reach out to Miriam Grill at miriam@dvpnyc.org for additional questions. Selected individuals will be contacted for a phone/video conference interview.

COST

Cost of the program: \$1,500

Made payable to Dances For A Variable Population via check.

To learn more about the cost of the program and scholarship or work-study options, please contact Miriam Grill at miriam@dvpnyc.org.

TRAVEL AND LODGING

Training takes place in New York City Dec 7-9, 2023

Saturday Dec 7: 9:30am - 6:00pm

Sunday Dec 8: 9:30am - 6:00pm

Monday Dec 9: 9:00am - 4:00 pm

Participants are required to attend all days and are asked to make arrangements for travel and lodging.