

KSAMB Optimist Dance OUTside Summer Programming begins June 28

All classes and events are FREE for the summer!

Supported by the City of Saskatoon, Sask Culture and Dance Saskatchewan.

We believe in dance for health and social wellbeing. With the help of The City of Saskatoon and Sask Lotteries, and in cooperation with White Buffalo Youth Lodge and Chokecherry Studios, this summer KSAMB is offering FREE community dance classes and activities, outdoors, in Optimist Park.

Our summer program (see below) features an all-ages Dance Improvisation class culminating in a performance, supported by a dance film night. You might be interested in our Beginner Contemporary Dance class or a morning Adult Ballet class with Kyle!

We ensure a minimum distance of 3 metres between participants (pending new rulings), 2 metres between spectator households. Outdoor events are limited to 150 or less.

Information and e-transfer donations at ksambdance@gmail.com.

Mondays Optimist Park Rink	3:30-5 pm Begins June 28	Beginner Contemporary Dance: Contemporary movement explorations – starting with body awareness and expression and working on coordination, rhythm, suppleness, balance, and strength.
Tuesdays Buena Vista Park, 6 St. & Melrose Ave.	6-7 pm Ongoing	Buena Vista Boogie: a music playlist and nonjudgmental bodies. Dance and move how you feel! All ages, family-friendly.
Tuesdays Optimist Park, Behind Rec. Bldg.	Between 9-11 pm Begins July, after sunset	Dance Film Night: contemporary dance videos, videos from Wild Card Movement and in August, the Movement Performance Program.
Wednesdays Optimist Park Rink	3:30-5 pm Begins June 30	Movement Performance Program: All ages and abilities practising dance improvisation skills. Two guest teachers from different dance disciplines will be invited. We will work with a live musician in two rehearsals and the performance. The participants' work will be recorded on video and viewed Tuesdays during the last weeks of August. The final performance will be held on the evening of September 2, or 3rd. Participants of the program and performance will receive a performance fee.
Fridays Optimist Park Rink	9:30-11:00 am Begins July 2	Adult Ballet: Basic, expansive Ballet — we like to sweat! Beginner Level. Focus on alignment, breadth, release, stamina musicality. Led by Kyle Syverson.
Fridays Various locations Check ksamb.com	7:30 pm-9 pm	Wild Card Movement: Warm-up, improvisation practise and exercises of awareness and connection. 8:30-9 pm: A half-hour improvisation performance!
Saturdays River Landing, Various locations.	Afternoons Times may vary. Check ksamb.com	Wild Card Movement: Dance improvisation experiments along the Meewasin trails.
Sundays Optimist Park, Ave. K and 18 St.	11 am-12:30 pm From June 20	Not Church, Just Dance! , a meditative movement practice with a curated playlist and nonjudgmental bodies. Move however you feel, no conversation.