

Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
<i>West African Dance</i>	9-5 p.m.	9-5 p.m.	9-5 p.m.	9-5 p.m.	9-5 p.m.	9-10 a.m. Studio II	10-11 a.m.				
<i>Salsa Dance</i>	5-6 p.m. Studio I Zumba Dance w/Linda	5:30-6:30 p.m. Studio II Salsa Dance Beginner w/Eric	5-6 p.m. Studio I African Drum w/King	5:30-6:30 p.m. Studio II NIA w/Elaine	5:30-6:30 p.m. Studio I African Drum w/King	African Arts & Culture Kid's Program w/Biboti Ages 3-5	11-12:30 p.m. Studio I African Dance Beginner w/Biboti				
<i>Cardio-Salsa Dance</i>											
<i>Kazoon Dance (afro-modern)</i>						6:30-7:30 p.m. Studio I Kazoon Dance w/Jill	6:00-7:30 p.m. Studio I African Dance Beginner w/Biboti	6:30-7:30 p.m. Studio I Cardio Salsa w/Roberto	6:30-7:30 p.m. Studio II Rumbaerobic w/Lazaro	10-11 a.m. Studio II Ages 6-8	12:30-1:30 p.m.
<i>Rumbaerobics</i>											
<i>Belly Dance</i>	6-7:30 p.m. Studio I African Dance Basic/Beginner w/Biboti	7:30-8:30 p.m. Studio I Women's Drum Class w/Jill	7:30-8:30 p.m. Studio I Samba Dance w/Yomee	7:30-8:30 p.m. Studio I African Dance w/Osenda	6:30-7:30 p.m. Studio I	11-12:30 p.m. Studio II Ages 9-12	1:30-2:30 p.m.				
<i>Zumba (latin-style fitness)</i>											
<i>Capoeira (afro-brazilian martial arts)</i>						1:00-2:30 p.m. Studio I Adult African Dance Intermediate					
<i>Samba Dance</i>											
<i>NIA Dance</i>						2:30-3:30 p.m. Studio I Belly dance Pamela					
<i>Hung-Ga Kung-Fu</i>											
<i>Hybrid Martial Arts</i>						3:30-5:00 p.m. Studio I Capoeira w/Nathan					
<i>African Drum</i>											
<i>Women's Drum</i>	8:30-9:30 p.m. Studio I Hybrid Martial Arts w/Nathan	8:30-9:30 p.m. Studio I Hung-Ga Kung Fu w/Zion	8:30-9:30 p.m. Studio I Hybrid Martial Arts w/Nathan	8:30-9:30 p.m. Studio II	5-6 p.m. Studio I						
*The class schedule is still being filled in until all slots are taken (rev. 10/25/09). Check www.wacheva.com for the most-recent version.					6-7 p.m. Studio I						
					7-8 p.m. Studio I						
					8-9 p.m. Studio I						

Wacheva Cultural Arts is a non-profit, community-based arts and culture organization that is dedicated to the creative and educational development of youth and families by implementing Arts from around the world, and in particular, African culture.

Artistic director and founder, Biboti Ouikahilo, created the vision for Wacheva in July 1994 in the Ivory Coast, West Africa. In 1997, Biboti moved to the U.S. and spent six years sharing his art and culture in New York City. In 2003, Biboti ventured to Syracuse, NY, where he met Jill Finochio Ouikahilo, a native of Syracuse, and recreated Wacheva to spread its mission throughout the Central New York schools and communities.

We provide:

Dance and drum workshops
Performances

Lecture/demonstrations

Daily adult dance & drum classes

Saturday African Arts & Culture kid's program

OUR PACKAGE

Single Class Adults = \$10

Single Class Students = \$7

10-Class Adult Card = \$85

10-Class Student Card = \$65

*Class cards have a 10-week expiration

Cash and checks accepted

\$30 returned check fee

*Space rental available

OV houses the long-term dance residencies of Syracuse University.

OV was made possible with foundational support from The Central New York Community Foundation, The Gifford Foundation, Syracuse University, HSA-TAP and grassroot support from people like you.

DESCRIPTION OF CLASSES (Rev. 10/25/09)

African dance: *A form of exercise, social gathering, therapy and a cultural experience. By relating the dance to exercise, it welcomes anyone who is inspired to move their body to the beat of live drums.*

Salsa: *Salsa, Rumba, Merengue and Bachata. No partner necessary. Come and enjoy the exciting Latin Flavors! No Heels allowed on dance floor.*

Zumba: *Combines Latin and international music in dance routines, using forms such as: salsa, merengue, reggaeton, belly dancing, hip hop, and integrating aerobic and fitness interval training.*

Kazoon: *Blends West African and modern movements for a spirited expression. Designed to activate the mind, body and spirit from the inside out, and to improve balance and flexibility, leaving you feeling refreshed and reconnected.*

Cardio Salsa: *Weaves salsa and traditional Cuban movement into a dynamic and exciting class full of exotic musical flavors. Features aerobic interval training with fast and slow rhythms.*

Capoeira: *Afro-Brazilian art form that combines elements of martial arts, games, music, and dance.*

Rumbaerobics: *Blends Rumba dance movements with latin music and drumming for a cardio workout.*

NIA: *Nia is a path to condition, heal and express your self through movement and sensation. A dynamic blend of dance arts, martial arts and healing arts.*

Samba: *A lively, joyful and rhythmical dance of Brazilian origin, which also includes different styles of Latin Dance.*

Belly dance: *From Middle Eastern cultures, blends movements that involve isolating different parts of the body (hips, shoulders, stomach etc).*

Hung-Ga Kung-Fu: *Martial arts technique stemmed from a five-animal system. Beautiful in appearance, yet this self-defense form is quick, direct and effective.*

African Drum: *Traditional African rhythms and melodies on the djembe drum.*

Women's Drum: *A sacred space dedicated to learning djembe hand techniques, basic drum patterns, melodies and songs, and building sisterhood.*



Wacheva Cultural Arts
West African Dance, Drum & Mask

opens

One Village Dance Centre
"The place for dance & drum
in Central New York."

117 Harvard Place
Syracuse, NY 13210

(Behind Boom Babies on Westcott St.)

Phone: 315-396-0748
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One Village Dance Centre

A place for the study, creation and performance of
dance & drum in Central New York.

The centre is the home of Wacheva Cultural Arts
and Parents Promoting Dance.



One Village
DANCE CENTRE