



JOY NOW ARTS PROJECT:

MELISSA RAE

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STILTS!

1: 90 min, ages 7-12 and 1: 90 min, ages 12-18

WORKSHOP DESCRIPTION

The Joy Now Arts Project and MarchFourth are here to offer you the chance to walk on stilts with Melissa Rae and friends! Reach new heights and get a new perspective by trying something new in a supported environment. Not your first time? That's ok too, we'd love to give you new challenges and tricks! We use single peg stilts for the most mobility and fun



dance moves.

Excited?? Great, come on over and we'll get you started. Nervous? That's ok too! There is freedom to try without any commitment to anyone but yourself.

Students are required to wear shoes such as sneakers or boots. No

open toes, open heels, high heels, slip ons or sandals will be allowed for student safety.

Also, long pants or tall socks over the knee are recommended for comfort. Class size is limited.



MELISSA RAE, STILT WALKER

Melissa has been teaching with Joy Now for over five years. She got swooped up by MarchFourth, went on to physical theatre and now teaches regularly. Her stilt classes are challenging and fun! From learning to walk to all-terrain stilting and acrobatics, you'll find your groove with Melissa and the rest of the class.

EDUCATION

Melissa has traveled the country for partner dance and trained with both local and international instructors for acrobatics. Melissa's stilt training is a combination of personal practice, YouTube, the CarpetBag Brigade and of course, Marchfourth! She also has a special affinity for the laws of physics.

