

UNIFICATION OF CULTURAL ARTS

"Unifying Cultural Arts with Health and Wellness"



**CULTURAL DANCE & DRUMMING CLASSES
FOR YOUTH EMPOWERMENT**

Our Youth Mission

UC ARTS seeks to address the increasing national epidemic of childhood obesity primarily affecting our nation's youth. We offer a healthy alternative for after school hours by providing cultural dance and drumming classes that motivate youth to be more physically active. Because youth perceive dance and drumming as fun and culturally appealing, they are more likely to continue throughout adulthood. Ultimately, increasing physical activity decreases the likelihood of being overweight and developing weight-related health issues such as, high blood pressure, diabetes, or heart disease. UC ARTS Youth Empowerment Program offers an integrated approach to health, education, and community building. Our classes are not only fun, but also, they encourage youth to live healthy lifestyles and empower them toward life achievement.



Artistic Director: Gamo Da Paz

As a third generation Master Drummer from Bahia, Brazil, Gamo Da Paz has over 27 years of training in various drumming traditions. An accomplished recording artist and teacher, Gamo has taught and performed in the U.S. and internationally in France, Switzerland, Italy, Germany, and Japan. As a health educator, Gamo has taught the art of drumming as a means of stress reduction at Stanford University. He offers his wealth of expertise to the design and implementation of our drumming classes.



Executive Director: Nikko S. Thompson

A Stanford graduate, Nikko has fundamental training in ballet, modern, and jazz dance. While serving as a Project Manager for obesity prevention youth studies at Stanford University, Nikko helped to design and implement after school dance classes to over 500 youth at schools and community locations in Alameda, San Mateo, and Santa Clara counties. UC ARTS is a direct result of this research and program design.



UC ARTS

Project Components "My Dream Goal"™

At the beginning of each eight-week session, we discuss the importance of goal setting and the process of creating action steps to accomplish those goals. Each student will commit to a personal goal that he/she will work on while participating in UC ARTS. Throughout each session, students will receive coaching towards the accomplishment of that goal.

During the awards ceremony at the end of each session, students will receive acknowledgement of their achievement.



Drumming

Students play in a drum ensemble that includes several different types of drums with each drum having its own rhythm. As part of a percussive orchestra, students learn concepts of teamwork, goal setting, and goal accomplishment, which may ultimately have a positive affect on self-esteem.



Dance

Students learn basic ballet movements for warm-up and a mixture of cultural dance, hip hop, and jazz dance for choreography. Classes emphasize the joy of movement while exercising, strengthening memory skills, building physical endurance, and developing self-expression and self-confidence.



Performance

Students enrolled in UC ARTS participate in a school performance at the end of each session. During Session III, students, parents and siblings also participate in the San Francisco Carnaval Parade.

Innovative Curriculum

In addition to disease prevention, our class design includes standards of the *Performing Arts Framework* as adopted by the California State Board of Education.

Artistic perception: Students acquire basic knowledge of dance and drumming while developing critical listening skills, kinesthetic awareness, and a movement vocabulary.

Creative expression: Classes encourage individual creativity as students learn to communicate through physical movement and music. Students apply what they have learned in school and community performances.



UC ARTS



Project Schedule

UC ARTS offers three eight-week sessions per school year. We contract with schools for three sessions in order to accommodate close to 100 students per school. Schools have the choice of classes

meeting once per week or twice per week. Classes meeting once per week, will focus on drumming while classes meeting twice per week will include dance. Each class meets after school from 3:30 - 5:00 pm.

*Note: Classes meeting on early release days may begin earlier.



Class Schedule

3:00 - 3:30 pm	Class set-up
3:30 - 5:00 pm	Class Time



UC ARTS Provides

- Qualified instructors
- Age appropriate curriculum
- Classroom materials
- Costumes for performances
- Drums and other percussive instruments



Session Dates & Performances (exact dates TBA)

Session I: October - December

Session II: January - March

Session III: April - June

Each session culminates in a school performance and award ceremony. Session III also includes student, parent, and teacher participation in the annually televised San Francisco Carnival.

Contact Information

To learn more about UC ARTS, contact:

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