

# 5 Minutes With CANDACE CARRIGER

By **DIANE FUHRER**  
*Managing Editor*

MOORESTOWN — Candace Carriger has been teaching dance for more than 15 years. This fall, she will be teaching for the Moorestown Department of Parks and Recreation. The department will be offering ballet and creative movement for special needs children.

She received a bachelor's degree in dance from the University of Maryland and a master's degree in dance and dance education from Columbia University.

Why did you take the job with the Rec Department?

"I think I have a unique approach to dance. I've worked with special needs children doing creative movement. I try to reach as many kids as I can and get them involved in all aspects of the class."

Why did you decide to do a separate special needs class?

"Over the years, children with special needs have been intertwined in dance classes. I've worked with many special needs children. Dance has a calming affect, it boosts self-esteem."

What do you do in the creative movement class?

"We do strength building, flexibility, large motor movement, movement games. We create dance out of action words, we use props and a wide variety of music."

"Through dance, I connect to literacy. We act out action verbs and create movement sentences."

"I've worked in preschools and have taken the program to after-school programs, rec programs and private studios."

What will the ballet classes include?

"Ballet will include stretching, flexibility and coordination. There are classes for ages 3 to advanced. Each class is age-appropriate."

"We'll work on ballet vocabulary, connecting steps. There will also be a creative aspect. We will have free dance where students make up their own steps. We will play movement games. I also encourage them to learn the real terminology in French. They won't just learn what a plie looks like, they will learn what it means in English. The children really get excited to know what the word is. They get excited about learning French and ballet."

"Everything I teach I always try to incorporate the whole child. They have to think, they have to move. They have to have the mind-body-spirit connection."

Where else have you worked?

"I teach creative movement at the Moorestown Children's School. I teach ballet at Perkins. I also go into several preschools once a month. I like going to see the whole class. I like having the boys involved. In the classroom it's called movement. I like to visit the schools and give the kids a specific activity."

How long have you been in Moorestown?

"I've been here three years since leaving New York City. I went to college and studied modern dance. I am originally from Maryland and went to the University of Maryland. I received a scholarship from the Martha Graham



**DIANE FUHRER**

Candace Carriger will be teaching dance for the Moorestown Department of Parks and Recreation.

School of Dance. I had always wanted to go back to school for graduate work. All through my training I always taught.

"I had the full effect of New York City. I wanted to go somewhere they didn't have creative movement, I knew it would be a challenge. I'm excited to get more children involved."

Who should sign up for the creative movement class?

"Kids should come and try it out. Let your child have the experience. Stay and watch, see what you think, gain feedback from your child."

"Whenever I teach, if a parent wants to come watch, they can. I'm always available to talk to parents. I have an open door policy."

For more information about Candace or her classes, visit [www.dance-lab.com](http://www.dance-lab.com).

Know someone you would like to see featured in 5 Minutes With? Send their name and phone number and why they should be profiled to the NewsWeekly, 301 Mill St., Moorestown, 08057 or e-mail to [newsweekly@ingnews.com](mailto:newsweekly@ingnews.com). Questions? Call (856) 231-7600.

## If You Go

■ **WHAT:** Creative Movement for Children with Special Needs

■ **WHEN:** 5-6 p.m. Wednesdays for ages 5 to 7; 6-7 p.m. Wednesdays for ages 8 and older; first session begins Sept. 13

■ **WHERE:** Moorestown Community House

■ **COST:** \$95 per eight-week session

■ **CONTACT:** (856) 235-6344

■ **WHAT:** Ballet

■ **WHEN:** Classes are Saturdays at the following times: 3-year-olds 9:15-10 a.m.; 4-year-olds 10-10:45 a.m.; ages 5-6 10:45-11:30 a.m.; 11-30 a.m.-12:30 p.m. ages 7-8; 12:30-1:30 p.m. ages 9-12; 2-3 p.m. advanced. Classes begin Sept. 16.

■ **WHERE:** Moorestown Community House

■ **COST:** \$60 per eight-week session for residents; \$65 per eight-week session for non-residents

■ **CONTACT:** (856) 235-6344