DANCE CLASSES 2006

CODE	CLASS NAME	AGE	DATES	DAY	TIME	LOCATION	INSTRUCTOR	FEE	
CREATIVE MOVEMENT									
D1	Dance Studio 301	3	9/11-12-11	M	3:30-4:15pm	Cultural Ctr,	Ashlee	$90	
D2	Dance Studio 302	3	9/7-12/7	TH	3:30-4:15 pm	Cultural Ctr.	Stephanie	$90	
D3	Dance Studio 301	3	9/16-12/16	S	10:00-10:45 am	Cultural Ctr.	Teresa	$90	**C**
CREATIVE MOVEMENT & TAP									
D4	Dance Studio 302	4	9/11-12/11	M	3:30-4:15pm	Cultural Ctr.	Stephanie	$90	
D5	Dance Studio 302	4	9/7-12/7	TH	3:30-4:15 pm	Cultural Ctr.	Stephanie	$90	
D6	Dance Studio 301	4	9/16-12/16	S	10/45-11:30am	Cultural Ctr.	Teresa	$90	
PRE-BALLET, CREATIVE MOVEMENT & TAP									
D7	Dance Studio 302	5	9/11-12/11	M	3:30-4:15pm	Cultural Ctr.	Judy	$90	
D8	Dance Studio 302	5	9/13-12/13	W	3:30-4:15 pm	Cultural Ctr.	Judy	$90	
D9	Dance Studio 302	5	9/5-12/5	TU	4:15-5:00pm	Cultural Ctr.	Stephanie	$90	
D10	Dance Studio 301	5	9/16-12/16	S	11:45-12:15pm	Cultural Ctr.	Teresa	$90	
BEGINNING BALLET &TAP									
D11	Dance Studio 302	6-8	9/11-12/11	M	4:15-5:15	Cultural Ctr.	Judy	$90	
D12	Dance Studio 302	6-8	9/13-12/13	W	4:15-5:15 pm	Cultural Ctr	Judy	$90	
D13	Dance Studio 302	6-8	9/9-12/9	S	9:30-10:30am	Cultural Ctr.	Stephanie	$90	
D14	Dance Studio 302	6-8	9/7--12/7	Th	4:15-5:15pm	Cultural Ctr.	Stephanie	$90	
BALLET 1 & TAP									
D15	Dance Studio 303	7-9	9/5-12/5	Tu	5:00-6:00pm	Cultural Ctr.	Stephanie	$90	
D16	Dance Studio 302	7-9	9/9-12/9	S	10:30-11:30 am	Cultural Ctr.	Stephanie	$90	
BALLET11, BALLET111 TAP/JAZZ-6:00-7:30pm-Studio 302									
D17	Ballet	9-12	9/9-12/9	S	11:30-12-30pm	Cultural Ctr.	Stephanie	$90	
D18	Jazz	9-12	9/9-12/9	S	12:30-1:00pm	Cultural Ctr.	Stephanie	$45	
D19	Tap	9-12	9/9-12/9	S	1:00-1:30pm	Cultural Ctr.	Stephanie	$45	
D20	Ballet/Tap	10+	9/5-12/5	Tu	6:00-7:30pm	Cultural Ctr.	Stephanie	$135	
Intermediate/*. Ballet/Jazz/*Tap – 4:30-6:30pm Studio 303									
D21	Ballet	10+	9/12-12/12	Tu	4:30-5:30pm	Cultural Ctr.	Heather	$90	
	Jazz	10+	9/12-12/12	Tu	5:30-6:00pm	Cultural Ctr.	Heather	$45	
	Tap	10+	9/12-12/12	Tu	6:00-6:30pm	Cultural Ctr.	Stephanie	$45	

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BALLET

D22	Beg. Ballet Studio 302	9-12	9/6-12/6	W	4:15-5:15 pm	Cultural Ctr.	Stephanie	$90
D23	Beg. Ballet Studio 302	13+	9/6-12/6	W	6:30-7:30 pm	Cultural Ctr.	Stephanie	$90
D24	Adv Beginning Studio 302	12+	9/7-12/7	Th	6:30-7:30pm	Cultural Ctr.	Stephanie	$90
D25	Beg. Pilates-inspired Ballet	15+	8/28-11/22	M&W	7:30-8:45 pm	Cultural Ctr.	Christa-**Info:316-2453**	$220
D26	**Pre-Pointe/Pointe, Int/Advanced Ballet-Studio 303**	12+	9/12-12/12	Tu	6:00-7:30 pm	Cultural Ctr.	Heather	$135

IRISH STEP CLASS STUDIO 301 For further information Call Colleen King 288-8188 $40.00 per month

D27	Childrens Beginners	5+	Ongoing	W	3:45-4:30 pm	Cultural Ctr.	Colleen/Aine	
D28	Childrens Adv.Beginners		Ongoing	W	4:30-5:30 pm	Cultural Ctr.	Colleen/Aine	
D29	Adv/Beg/Novice		Ongoing	W	5:30-7:00pm	Cultural Ctr.	Colleen/Aine	
D30	Team Irish Dance		Ongoing	W	7:00-8:00pm	Cultural Ctr.	Colleen/Aine.	
D31	Novice/Prizewinner/Championship		Ongoing	W	8:00-9:30pm	Cultural Ctr.	Colleen/Aine	.

ADULT & TEEN MODERN DANCE Studio 303 Info: Christa W. Classes Call: 316-2453-Christine K.&Jan Van Dyke Classes Call: 370-4819

D31	Beg	9-12	9/11-12/11	M	4:15-5:15pm	Cultural Ctr.	Ashlee	$90
D32	Beg/Adv Beg	13+	9/11-12/11	M	5:15-6:15pm	Cultural Ctr.	Ashlee	$90
D33	Beg. Teen	14+	9/1-11/17	F	5:00-6:15pm	Cultural Ctr.	Christa	$110
D34	Inter/Advanced Adult	16+	8/28-11/22	M&W	6:00-7:15pm	Cultural Ctr.	Christa	$250
D35	Adv/Professional/Pre-Professional...		Ongoing	S	1:30-3:00pm	Cultural Ctr.	Christine($10. drop-in or $7. registered)	

TAP

D36	Beginning-Studio 301	9-12	9/11-12/11	M	5:30-6:30pm	Cultural Ctr.	Stephanie	$90
D37	Beg/Adv Beg-Studio 301	12+	9/11-12/11	M	6:30-7:30pm	Cultural Ctr.	Stephanie	$90
D38	Adv. Beg. Studio 301	12+	9/12-12/12	Tu	5:30-6:30pm	Cultural Ctr.	Ashley	$90
D39	Advanced-Studio 301	12+	9/12-12/12	Tu	6:30-7:30pm	Cultural Ctr.	Ashley	$90
D40	Beg RhythmTap-Studio301	12+	9/14-12/14	Th	6:30-7:30pm	Cultural Ctr.	Caitlin	$90
D41	Adv RhythmTapStudio 302	12+	9/14-12/14	Th	7:30-8:30pm	Cultural Ctr.	Caitlin	$90

JAZZ & HIP-HOP

D42	Beg/Adv Beg Jazz	12+	9/11-12/11	M	6:00-7:00pm	Cultlural Ctr.	Heather	$90
D43	Inter/Adv Jazz	13+	9/11-12/11	M	7:00-8:00pm	Cultural Ctr.	Heather	$90
D44	Beg/Adv Beg Hip-Hop	9-12	9/7-12/7	Th	5:15-6:15	Cultural Ctr.	Stephanie	$90
D45	Adv/Inter Hip-Hop	13+	9/7-12/7	Th	6:15-7:15pm	Cultural Ctr.	Stephanie	$90

D46 **African Tech Dance Class** 13+ Ongoing Tu 7:30-9:00pm Cultural Ctr.

Instructor: Dandara Boyd Drummer: Allen Boyd 8 wks $60 or $10 per class **Studio 30**

DANCE CLASSES 2006

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YOGA For further Info & Registration Call 855-3002 Inst: Nancy 8wks $56 or $10 per class

D47	Beginning Astanga	16+	Ongoing	W	10:30-11:30am	Cultural Ctr
D48	Adv. Astanga	16+	Ongoing	M	9:30-10:30am	Cultural Ctr
D49	Adv. Astanga	16+	Ongoing	Th	6:00-7:00pm	Cultural Ctr
D50	Adv. Astanga	16+	Ongoing	F	9:30-10:30am	Cultural Ctr
D51	Adv Astanga	13+	Ongoing	S	9:00-10:30am	Cultural Ctr

STETCH &LIMBER FITNESS CLASS FOR REGISTRATION 373-2731 $20/10 CLASSWS

D52 Adults Ongoing M,W&F 12:10-12:50pm Cultural Ctr. Mary Alice

JITTERBUG,LINDY HOP FOR INFO & REGISTRATION CALL:286-9851, GARY HOLLAND 6WKS $45 or $10 per class

D55	Beg. Jitterbug	16+	8/29-9/26	Tu	7:45-8:45pm
D56	Beg :Lindy Hop	16+	8/29-9/26	Tu	8:45-9:45pm
D57	Bal Swing	16+	8/31-9/28	Th	7:45-8:45pm
D58	Inter Lindy Hop	16+	8/31-9/28	Th	8:45-9:45pm

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• ***Ballet*** **-** Beginning Ballet, Ballet I & II, Ballet III & IV. Basic ballet barre exercises and center floor combination with emphasis on body placement, alignment and dance terminology, extending to a more advanced barre/floor patterns.
•***Jazz*** - Beginning Jazz, Jazz I & II, Jazz III & IV. Warm-up in Jazz technique, extending to faster and more diffcult stepsand combination.
•***Tap*** - Beginning Tap, Tap I & II, Tap III & IV. Introduction to basic tap steps, developing techniques for more difficult steps and combinations.
•***Modern*** - Beginning Modern, Modern I & II, Modern III & IV. An introduction to modern dance style including Graham, Cunningham, and Humphrey techniques

•***East Coast Swing*** **-** will provide instruction in the basics of Swing Dance. This dance, with its origins in American Folk Dances will provide the fundamental for dancing to Big Band, Jazz & Rock 'N Roll.
.**Central American Folk Dance:**, Flamenco
•***Eighteenth Century Country Dance*** **-** learn the basic movement of this country dance.
•***Lindy Hop -*** A dance named after Charles Lindbergh is a more aerobic style dance.
•***African American Technique/Dance & Modern*** **-** A warm-up featuring African movements & rituals with live drumming
•***Aerodance/*** - Uses the principles of dance to teach body alignment for superb fitness.
•***Tai Chi*** - Slow controlled movement to help with internal relaxation. A method to learn how to breath properly which gives energy to the body.
•***Astanga Yoga*** - A sequence of sun salutations, standing, seated and invented postures that enhance strength and flexibility.