



OPEN DANCE DISCIPLINES

Available for Teens thru Adults

2016 FALL SEMESTER

August 15, 2016 - December 17, 2016

Closed September 5, 2016 - Labor Day; November 21-25, 2016 - Thanksgiving Break

Modern Beginner / Intermediate	Monday	7:30 - 8:45 pm
Ballet Intermediate / Advanced	Tuesday	9:30 – 11:00 am
Ballet Intermediate	Wednesday	8:00 - 9:30 pm
Ballet Intermediate / Advanced	Thursday	9:30 - 11:00 am
Ballet Beginner	Thursday	11:00-12:00 pm
Tap All Levels	Thursday	7:30 - 8:30 pm
Ballet Intermediate	Saturday	9:15 - 10:45 am

Ballet class consists of a traditional barre and center floor work. Classes are designed to accommodate a variety of training backgrounds. Ballet develops confidence, coordination, strength, flexibility and body awareness and is a great workout for teens and adults. There is no formal dress code but please do not wear anything baggy. Ballet slippers are required. Classes are taught by Kathy Chamberlain and Linda Brown.

Modern class will explore basic modern techniques. The emphasis in this class will be on technique development, and familiarity of contemporary meters and rhythms. In this class there will be a focus on use of weight, momentum, and gravity to create a secure sense of placement, strength, and ease of movement. Classes are taught by Asia Waters.

Tap class will define small locomotor movement to incorporate America's oldest art form in the articulation of heels and toes while syncing upper body fluidity. Dancers will learn historic basics and new choreography. All levels are welcome. Tap shoes required. Classes are taught by Dory Kyrias.

Hatha Yoga*	Tuesday/Thursday	12:00 – 1:30 pm
-------------	------------------	-----------------

Hatha Yoga - Learn how to master Hatha yoga asanas (postures) and slow moving sequences geared towards muscle strengthening, flexibility, balance, and concentration. Learn breathing techniques and how to integrate movement with breath. Each class will end with about 5 minutes of relaxation, to allow the body to fully benefit from the yoga practice. The studio has yoga mats on site; however, it is recommended to bring along a personal yoga mat, if available, with the student name marked in a corner. We recommend students refrain from eating one-two hours before class.

***Angie Shapira** - Angie is a certified yoga teacher with 19 years of yoga experience. Her background in natural therapies helps her put emphasis on the therapeutic benefits of yoga and explains these benefits to her students. Her teaching focuses on correct alignment (according to the Iyengar yoga method) and use of props, both meant to avoid injury and help mastering the poses.

See back for pricing



OPEN DANCE DISCIPLINES

Available for Teens thru Adults

2016 FALL SEMESTER

August 15, 2016 - December 17, 2016

Closed September 5, 2016 - Labor Day; November 21-25, 2016 - Thanksgiving Break

PRICING FOR ALL OPEN CLASSES

Card purchasing basis, card is valid for six weeks

Annual registration fee - \$35.00

4 classes	(1 per week)	\$ 75.00
8 classes	(2 per week)	\$ 95.00
12 classes	(3 per week)	\$ 125.00
Single Class Rate		\$ 20.00
Professional Rate		\$ 15.00

Must have three students to hold class.