

# *It's Been a While Dance*

Adult Jazz & Ballet

## Dance Class Schedule

### Tuesday Night

**Intermediate Jazz 8:30 – 9:45pm**

### Wednesday Night

**Intermediate Jazz 7:15 – 8:45pm**

Both Jazz classes are great for improving your technique in several styles of dance. You will learn modern, jazz, lyrical, contemporary, Broadway and Hip-hop. Warm-ups focus on increasing flexibility and strength, and across the floor exercises focus on improving turns, jumps, and leaps. You will end by learning a dance. This class is a great opportunity to perform in our annual Adult Dance Performance. A show that gives amateur dancers of all levels the opportunity to perform their passion.

### **Intermediate Ballet 8:45 – 9:45pm**

This class is great for strengthening your core. Starting with a classical barre, working on flexibility and center floor and across the floor movement. You will end by learning a dance routine. Performing opportunity in this class as well.

### Thursday Night

**Beginning Ballet 9:00– 9:55pm**

Are you new to ballet? Come learn the basics of ballet and discover muscles you never knew you had. If you are an intermediate to advanced dancer come improve your technique and balance. An emphasis on improving turn out, flexibility, and strength, as we work at the barre, center floor and across the floor. Enjoy the beautiful dance of ballet and the strength and agility it gives your body. Great drop in class as there are no routines being taught, just technique.

### **Saturday Morning –No new participants August– November**

**Jazz Technique Workshop 10:00 – 11:00am**

A great drop in class for intermediate dancers. Work to build your strength and technique. Focus on leaps, turns and jumps.

## Fees-

Tuesday night intermediate Jazz =\$30 per month

Wednesday night intermediate Jazz =\$30 per month

Wednesday night intermediate Ballet =\$30 per month

Wednesday night intermediate Jazz & Ballet Combo =\$45 per month

Thursday night Beginning Ballet =\$30 per month

2 class Combo; Tuesday, Wednesday or Thursday =\$50 per month

3 class Combo; Tuesday, Wednesday and Thursday =\$65 per month

4 class Combo; Tuesday, Wednesday and Thursday =\$90 per month

Saturday Technique workshop = \$5 per week

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