

Quarterly Class Descriptions

The fall quarter is split into two 7 week sessions
Register for one or both!

Hawaiian Hula Experience the enchantment of Hawaii through traditional island dancing. In this class students will learn traditional girl's and women's footwork and hand motions. Together, these fluid movements follow the rhythm of the music and express the lyrics of the song.

Egyptian Bellydance Learn Egyptian style Bellydance fundamentals: Shimmies, isolations, and Zagat (finger cymbals). Experience music, rhythms and dance movement from around the Middle East.

Salsa de Reude This is like Line Dancing but Salsa style! Everyone, from beginners to those who already enjoy salsa will have fun learning the basis of this unique style of Cuban dance. It's rhythmic and highly aerobic. Learn basic techniques of leading, following and understanding the musical rhythms of Salsa. Partners not required: come alone or bring a friend!

Salsa Areobic Dance your way to stress relief and fitness with Salsa instructor Dennis Ruiz. This easy-to-follow, aerobic and rhythmic, Cuban style Salsa experience will keep you smiling while burning calories. No experience required, partners not necessary.

Zumba Have you noticed the new dance party in town? Zumba is a high energy fitness class that fuses Latin rhythms like Merengue, Cumbia and Salsa into a workout. It's not complicated, just a fun way to a fitter you.

Parent/Toddler Creative Dance In this fun class, parents and toddlers investigate the elements of dance in a playful environment. Parents dance with their children! Music & singing, rhythm instruments, scarves & other props enhance this lively experience. Children gain self-confidence & experiential knowledge of dance concepts.

We never allow shoes that have been worn outside, into our dance studios. Please only wear bare feet or appropriate dance shoes to class.

See the back for quarterly class times!

Quarterly Dance Classes

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Register for one or both!

Hula

18694	M	7:30-8:45pm	9/12-10/24	R\$81	NR\$90
18695	M	7:30-8:45pm	11/7-12/12	R\$69	NR\$77

Egyptian Style Belly Dance Adult/Teen

18696	T	7:30-8:30pm	9/13-10/2	R\$65	NR\$72
18697	T	7:30-8:30pm	11/1-12/13	R\$65	NR\$72

Salsa Cuban Style — Reude de Casino

18702	Th	7:30-8:30pm	9/15-10/25	R\$65	NR\$72
18703	Th	7:30-8:30pm	11/3-12/15	R\$56	NR\$62
18704	Sat	7-8pm	9/17-10/29	R\$65	NR\$72
18705	Sat	7-8pm	11/5-12/17	R\$56	NR\$62

Salsa — Aerobics

18706	W	7-8pm	9/14-10/26	R\$65	NR\$72
18707	W	7-8pm	11/2-12/14	R\$65	NR\$72
18708	Sat	6-7pm	9/17-10/29	R\$65	NR\$72
18709	Sat	6-7pm	11/5-12/17	R\$56	NR\$62

Zumba!

18698	T	6:15-7:15pm	9/13-10/25	R\$65	NR\$72
18699	T	6:15-7:15pm	11/1-12/13	R\$65	NR\$72
18700	Sat	9:00-10:00am	9/17-10/29	R\$65	NR\$72
18701	Sat	9:00-10:00am	11/5-12/17	R\$56	NR\$62

Parent/Toddler Creative Dance (ages 18 mos-3 yrs)

18678	Sat	10-10:45am	9/17-10/29	R\$56	NR\$63
18679	Sat	10-10:45am	11/5-12/17	R\$48	NR\$54

Ballet - Adult/Teen

18690	W	5:45-7pm	9/14-10/26	R\$81	NR\$90
18691	W	5:45-7pm	11/2-12/14	R\$81	NR\$90

Intermediate Tap - Adult/Teen

18692	T	7:40-8:40pm	9/13-1/25	R\$65	NR\$72
18693	T	7:40-8:40pm	11/1-12/13	R\$65	NR\$72



MLT Dance Program Fall 2011



MLT Dance provides an enjoyable dance education that promotes creativity of the individual, with an emphasis on healthy alignment and body image.

For Information contact
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Yearly Class Descriptions

You can register in 2 semesters
or for the entire 2011/12 school year at a discount

Creative Ballet (Ages 3 1/2-5yrs) Dance and play with scarves, instruments, and other props. Students develop strength, coordination and flexibility, while experiencing the joy of dancing.

Creative Ballet (Ages 5-6) This class introduces the basic ballet positions and preparatory steps in an enjoyable manner. Ballet terminology is incorporated into creative explorations. Musicality and classroom etiquette are emphasized in a friendly encouraging environment.

Pre-Ballet (ages 6-7) Ballet terminology is alternated with movement improvisation. Musicality and classroom etiquette are emphasized. Dancers will begin working at the barre towards the end of the session. 6 year old students should have at least one year of creative ballet before entering pre-ballet.

Ballet This class focuses on basic ballet vocabulary, emphasizing correct alignment. Barre-work, adagio, and petite and grand allegro build strength and grace in a non-competitive encouraging environment. We have levels I - V to provide the most appropriate challenge for each dancer.

Tap and Ballet (ages 4-6) This class introduces the young dancer to the preliminary steps of ballet and the fundamentals of rhythm through tap techniques. Creative games and fun songs are a great way to introduce the joy of dancing to the inquisitive beginner.

Tap A truly American dance form, tap dance is the quintessential expression of rhythm. This class focuses on fundamental tap vocabulary, builds coordination, musicality, and offers a great opportunity for self-expression.

Jazz Class covers basic jazz technique: warm up, movement across the floor, and a run rhythmic combination. This class builds strength and coordination, and is accompanied by fun and lively music. We have levels I - V to provide the most appropriate challenge for each dancer.

Modern/Contemporary Dance focuses on body alignment and moving through space. This class includes floor work, center work, modern partnering, improvisation and a dance combination. The ability to move in many different ways and styles will be emphasized.

Hip-Hop An exhilarating fun class to get you moving with the latest grooves. Enjoy a funky beat while learning this street dance form.

Irish Dance Erin Raney and Sara Raney Williams, TCRG are long time Irish dance teachers, certified through *An Coimisiun le Rince gaelacha* in Ireland for the teaching of Irish stepdancing. Students will be instructed in the correct technique, carriage, steps and timing of Irish stepdancing while sharing the joy of dance and fostering a love for this beautiful art form.

Yearly and Semester Dance Classes

You can register in 2 semesters
or for the entire 2011/12 school year at a discount

Creative Ballet, 3-5-5yrs

18738	M	3-3:45pm	9/12-1/23	R\$183	NR\$199
18717	M	3-3:45pm	9/12-6/11	R\$319	NR\$352
18739	W	4:30-5:15pm	9/14-1/25	R\$199	NR\$217
18718	W	4:30-5:15pm	9/14-6/13	R\$351	NR\$388
18740	Sat	9-9:45am	9/17-1/28	R\$191	NR\$208
18719	Sat	9-9:45am	9/17-6/16	R\$343	NR\$379

Creative Ballet, 5-6yrs

18741	M	4-5pm	9/12-1/23	R\$203	NR\$219
18720	M	4-5pm	9/12-6/11	R\$360	NR\$393
18742	Th	4-5pm	9/15-1/26	R\$212	NR\$229
18721	Th	4-5pm	9/15-6/14	R\$388	NR\$424

Pre-Ballet, 6-7yrs

18743	M	5-6pm	9/12-1/23	R\$203	NR\$219
18710	M	5-6pm	9/12-6/11	R\$360	NR\$393
18744	T	5-6pm	9/13-1/24	R\$222	NR\$240
18711	T	5-6pm	9/13-6/12	R\$388	NR\$424

Ballet I, ages 8 +

18745	T	6-7pm	9/13-1/24	R\$222	NR\$240
18712	T	6-7pm	9/13-6/12	R\$388	NR\$424

Ballet II, ages 9 + w/placement

18746	W	4:45-5:45pm	9/14-1/25	R\$222	NR\$240
18713	W	4:45-5:45pm	9/14-6/13	R\$397	NR\$434

Ballet III, ages 10 + w/placement

*Class meets twice a week

M 6-7:15pm, Th 6:15-7:30pm

18747		9/12-1/26	R\$437	NR\$477
18714		9/12-6/14	R\$798	NR\$884

Ballet IV/V, ages 12 + w/placement

*Class meets twice a week

M 5-6:15pm, W 6-7:30pm

18748		9/12-1/25	R\$489	NR\$537
18715		9/12-6/13	R\$895	NR\$992

Pointe/Pre-Pointe, 13 + w/placement

*must take 2 ballet classes a week to be eligible

18749	M	6:25-7:10pm	9/12-1/23	R\$183	NR\$199
18716	M	6:25-7:10pm	9/12-6/11	R\$319	NR\$352



Jazz I, ages 7 +

18755	W	4:45-5:45pm	9/14-1/25	R\$222	NR\$240
18727	W	4:45-5:45pm	9/14-6/13	R\$397	NR\$434

Jazz II, ages 8 + w/placement

18756	Th	6:15-7:15pm	9/15-1/26	R\$212	NR\$230
18728	Th	6:15-7:15pm	9/15-6/14	R\$388	NR\$424

Jazz III, ages 10 + w/placement

18757	Th	4:45-6pm	9/15-1/26	R\$252	NR\$273
18729	Th	4:45-6pm	9/15-6/14	R\$471	NR\$516

Jazz IV/V, ages 12 + w/placement

18758	Th	7:15-8:30pm	9/15-1/26	R\$252	NR\$273
18730	Th	7:15-8:30pm	9/15-6/14	R\$471	NR\$516

Tap and Ballet, 4-6yrs

18750	Th	5:15-6pm	9/15-1/26	R\$191	NR\$208
18722	Th	5:15-6pm	9/15-6/14	R\$343	NR\$379
18751	Sat	11-11:45am	9/17-1/28	R\$191	NR\$208
18723	Sat	11-11:45am	9/17-6/16	R\$343	NR\$379

Beg. Tap ages 5 +

18752	T	4:15-5:15pm	9/13-1/24	R\$222	NR\$240
18724	T	4:15-5:15pm	9/13-6/12	R\$388	NR\$424

Tap I, ages 7 + w/placement

18753	T	5:30-6:30pm	9/13-1/24	R\$222	NR\$240
18725	T	5:30-6:30pm	9/13-6/12	R\$388	NR\$424

Beg. Teen Tap

(open to younger students with teacher approval)

18754	T	6:30-7:30pm	9/13-1/24	R\$222	NR\$240
18726	T	6:30-7:30pm	9/13-6/12	R\$388	NR\$424

Modern/Contemporary I, ages 7 +

18759	W	5:30-6:30pm	9/14-1/25	R\$222	NR\$240
18731	W	5:30-6:30pm	9/14-6/13	R\$397	NR\$434

Modern/Contemporary II, ages 11 +

18760	W	6:30-7:30pm	9/14-1/25	R\$222	NR\$240
18732	W	6:30-7:30pm	9/14-6/13	R\$397	NR\$434

Hip Hop I/II ages 7 +

18761	M	4:30-5:30pm	9/12-1/23	R\$203	NR\$219
18733	M	4:30-5:30pm	9/12-6/11	R\$360	NR\$393

Hip Hop III, ages 10+

18762	M	5:30-6:30pm	9/12-1/23	R\$203	NR\$219
18734	M	5:30-6:30pm	9/12-6/11	R\$360	NR\$393

Hip Hop IV, ages 13+

18763	M	6:45-8pm	9/12-1/23	R\$240	NR\$260
18735	M	6:45-8pm	9/12-6/11	R\$436	NR\$478

Irish Dance ages 7-12

18764	Sat	10-11am	9/17-1/28	R\$212	NR\$229
18736	Sat	10-11am	9/17-6/16	R\$388	NR\$424

Irish Dance Adult/Teen (ages 13 and up)

18765	Sat	11:15-12:15pm	9/17-1/28	R\$212	NR\$229
18737	Sat	11:15-12:15pm	9/17-6/16	R\$388	NR\$424

These classes provide a structured approach to dance, with emphasis on technique, creativity, building self esteem and performance.

1st semester dancers are invited to perform in our informal Winter recital.
2nd semester dancers can perform in our formal Spring recital.

Students who enroll in the whole year get a discount and are eligible for both recitals.

Yearly and Semester Dress Code

Creative Ballet & Modern/Contemporary

Girls: Any color leotard and footless tights or leggings, bare feet, hair in a ponytail or bun.

Boys: Any solid color t-shirt, black footless leggings, sweats or shorts, bare feet.

Pre-Ballet & Ballet I-V

Girls: A black leotard, pink tights, and pink ballet shoes fitted properly, hair in a bun. Boys: White t-shirt, black leggings, black ballet slippers.

Tap and Ballet Girls: Black leotard, pink tights, and pink ballet shoes fitted properly, black tap shoes with tap ties (an elastic fastener that helps shorten the shoe changing time, available at the front desk). Hair in a bun. Boys: White t-shirt, leggings, sweats or shorts, black ballet slippers and tap shoes.

Tap Dance clothing and tap shoes fitted properly. Girl's hair in a ponytail or bun.

Jazz Girls: Any color leotard, tights or black jazz pants, and black jazz shoes. Hair in a ponytail or bun. Boys: Any solid color t-shirt, jazz pants, sweats or shorts, black jazz shoes.

Hip Hop Dance clothes, clean soled sneakers, hair pulled off the face. No Jeans. No shoes worn on the street.

