

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. Returning dancers will continue along the dance progressions, learning their soft shoe dances and beginning their hard shoedances.

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.

Adult/Teen Yoga and Pilates Streamline your figure, dramatically improve your posture, flexibility, and balance. Drop-in available after minimum registration has been fulfilled.

Gentle Yoga Gentle Yoga is a system of deep breathing, relaxation techniques and a wide range of gentle body stretches that offer wonderful physical and mental benefits to people of all shapes and sizes. Improve balance, mental focus, flexibility and range of motion. Lower blood pressure, increase physical tone and strength.

Nia (pronounced Nee-ah) is a dynamic total-body cardiovascular fitness & lifestyle program that stimulates and integrates your mind-body-spirit. Nia blends dance, yoga, and tai-chi, leaving you feeling recharged rejuvenated and fully alive! Appropriate for any fitness level, wear comfortable loose or stretchy clothing and bare feet. Drop-in available after minimum registration has been fulfilled.

Adult/Teen Beginning 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.

Egyptian Style Bellydance Learn Egyptian-style bellydance fundamentals: shimmies, isolatins, and zagat (finger cymbals.) Experience music, rhythms, and dance movement from around the Middle East.

Silver Sneakers FREE to Group Health Members! Increase strength, balance, posture and flexibility with the use of balls, bands and weights. These classes are partially seated and are specifically designed for seniors.

MLT Yearly and Semester Dance Program Fall 2010-2011



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

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Yearly and Semester Dance Classes

These classes provide a structured approach to dance, with emphasis on technique, creativity and building self esteem. Student may register by semester, or for the full year. Dancers who register for the full year receive a \$55 discount. Students dancing in the fall have the opportunity to perform in the Winter Dance Concert; Spring semester dancers perform in our formal year-end recital. The Winter Dance concert is less formal, students borrow costume pieces to accessorize their dress code/classroom attire. May Recital dancers are required to attend dress rehearsals, to purchase costumes, performance tickets, and will have the option of purchasing recital photos and videos.

Creative Ballet, 3.5-5yrs

M 14889 – 3:15-4:00pm	9/13-1/24	R\$191	NR\$208
14890	9/13-6/13	R\$335	NR\$370
Th 14891 – 2:00-2:45pm	9/16-1/27	R\$191	NR\$208
14892	9/16-6/16	R\$351	NR\$388
Sa 14893 – 9:00-9:45pm	9/18-1/29	R\$191	NR\$208
14894	9/18-6/18	R\$343	NR\$379

Creative Ballet, 5-6yrs

W 14904 – 5:00-5:50pm	9/15-1/26	R\$204	NR\$222
14905	9/15-6/15	R\$369	NR\$407
Th 14898 – 4:30-5:20pm	9/16-1/27	R\$196	NR\$212
14899	9/16-6/16	R\$360	NR\$397
Sa 14900 – 12:00-12:50pm	9/18-1/29	R\$196	NR\$212
14901	9/18-6/18	R\$352	NR\$388

Pre-Ballet, 6-7yrs

T 14906 – 4:30-5:30pm	9/13-1/24	R\$222	NR \$240
14907	9/13-6/13	R\$407	NR \$445
Th 14908 – 4:30-5:30pm	9/16-1/27	R\$212	NR \$229
14909	9/16-6/16	R\$397	NR \$434

Ballet I, ages 8 and up

T 14912 – 5:30-6:30pm	9/14-1/25	R\$222	NR\$240
14913	9/14-6/14	R\$407	NR\$445

Ballet II, placement

Th 14921 – 5:30-6:30pm	9/16-1/27	R\$212	NR\$229
14922	9/16-6/16	R\$397	NR\$434

Ballet III, placement *class meets twice a week

M/Th 14951 – 5:45-7:00pm	9/13-1/27	R\$409	NR\$447
14952	9/13-6/16	R\$804	NR\$885

Ballet IV, placement *class meets twice a week

M 5:00-6:20/ W 4:30-6:00			
14957	9/13-1/26	R\$430	NR\$470
14958	9/13-6/13	R\$815	NR\$897

Ballet V/VI, placement *class meets twice a week

M 5:00-6:20/ W 6:00-7:30			
14954	9/13-1/26	R\$430	NR\$470
14956	9/13-6/13	R\$815	NR\$897

Pointe, placement

M 14924 – 6:30-7:15pm	9/13-1/24	R\$191	NR\$208
14925	9/13-6/13	R\$335	NR\$370

Adult/Teen Ballet

Th 15052 – 6:30-7:30pm	9/16-11/18	R\$93	NR\$103
15053	12/2-1/27	R\$65	NR\$72

Jazz I, ages 7 and up

T 14970 – 5:50-6:50pm	9/14-1/25	R\$222	NR\$240
14971	9/14-6/15	R\$407	NR\$445

Jazz II, placement

W 14973 – 6:00-7:00pm	9/15-1/26	R\$222	NR\$240
14974	9/15-6/15	R\$407	NR\$445

Jazz III, placement

T 14975 – 4:30-5:30pm	9/14-1/25	R\$222	NR\$240
14976	9/14-6/14	R\$407	NR\$445

Jazz IV, placement

T 14978 – 5:35-6:55pm	9/14-1/25	R\$263	NR\$281
14979	9/14-6/14	R\$494	NR\$542

Jazz V/VI, placement

T 14980 – 7:00-8:30pm	9/14-1/25	R\$291	NR\$332
14981	9/14-6/14	R\$582	NR\$639

Modern I, ages 7 and up

M 14983 – 6:30-7:30pm	9/14-1/25	R\$222	NR\$240
14984	9/14-6/14	R\$407	NR\$445

Modern II, placement

Th 14986 – 5:00-6:15pm	9/16-1/27	R\$252	NR\$273
14987	9/16-6/16	R\$483	NR\$529

Musical Theater, ages 7 and up

Th 14988 – 6:30-7:30pm	9/16-1/27	R\$212	NR\$229
14989	9/16-6/16	R\$397	NR\$434

Dance Classes

Continued

Hip Hop I/II ages 7 and up

M 14990	4:30-5:30pm	9/13-1/24	R\$212 NR\$229
14991		9/13-6/13	R\$379 NR\$414

Hip Hop III, placement

M 14996	5:35-6:35pm	9/13-1/24	R\$212 NR\$229
14997		9/14-6/14	R\$379 NR\$414

Hip Hop IV, placement

M 14998	7:30-8:45pm	9/13-1/24	R\$252 NR\$273
M 14999		9/13-6/13	R\$460 NR\$503

Tap I, placement

W 14962	5:30-6:30pm	9/15-1/26	R\$222 NR\$240
14963		9/15-6/15	R\$407 NR\$445

Teen Tap, placement

W 14965	6:30-7:30pm	9/15-1/26	R\$222 NR\$240
14966		9/15-6/15	R\$407 NR\$445

Adult/Teen Beginning Tap

Th 15060	7:15-8:15pm	9/16-11/18	R\$93 NR\$103
15061		12/2-1/27	R\$65 NR\$72

Adult/Teen Intermediate Tap, placement

W 14967	7:30-8:30pm	9/15-1/26	R\$222 NR\$240
14968		9/15-6/1	R\$407 NR\$445

Irish Dance ages 7-12

Sa 15002	10:00-11:00am	9/18-1/29	R\$212 NR\$229
15004		9/18-6/18	R\$388 NR\$424

Irish Dance Adult/Teen ages 13 and up

Sa 15003	11:15-12:15pm	9/18-1/29	R\$212 NR\$229
15005		9/18-6/18	R\$388 NR\$424

Adult/Teen Hawaiian Hula

M 15064	7:00-8:15pm	9/13-1/24	R\$127 NR\$141
15065		11/29-1/24	R\$69 NR\$77

Parent/Toddler Creative Dance, 18mo.-3 yrs

W 15008	3:30-4:15pm	9/15-11/24	R\$88 NR\$99
15009		12/1-1/26	R\$48 NR\$54

Sa 15006	10:00-10:45pm	9/18-11/20	R\$80 NR\$90
15007		12/4-1/29	R\$56 NR\$63

Nia

W 15044	7:30-8:30pm	9/15-11/23	R\$102 NR\$113
15046		12/01-1/26	R\$65 NR\$72



Tap and Ballet, 4-6yrs

M 14939	4:30-5:20pm	9/13-1/24	R\$196 NR\$212
14940		9/13-6/13	R\$344 NR\$374
T 14941	5:00-5:50pm	9/14-1/25	R\$204 NR\$222
14942		9/14-6/14	R\$369 NR\$407
Th 14943	3:00-3:50pm	9/16-1/27	R\$196 NR\$212
14944		9/16-6/16	R\$360 NR\$397
Sa 14945	11:00-11:50am	9/18-1/29	R\$196 NR\$212
14946		9/18-6/18	R\$352 NR\$388

Beg. Tap ages 5 and up

W 14959	4:30-5:20pm	9/15-1/26	R\$204 NR\$222
14960		9/15-6/15	R\$369 NR\$407

Egyptian Style Bellydance

T 15070	7:15-8:30pm	9/14-11/23	R\$127 NR\$141
15071		11/30-1/25	R\$81 NR\$90

Silver Sneakers

T, Th	I (Beginners)	9:00-10:00am	
M, W, F	II (Advanced)	8:30-9:30am	
Drop-in rate of			R\$3 NR\$3.5



Adult/Teen Yoga and Pilates

Level I—For the newcomer

M 15018	7:35-8:35pm	9/13-11/22	R\$102 NR\$113
15019		11/29-1/24	R\$56 NR\$62

Th 15022	7:35-8:35pm	9/16-11/18	R\$102 NR\$113
15023		12/2-1/27	R\$65 NR\$72

Level II For students with experience

W 15024	7:45-9:00pm	9/15-11/24	R\$127 NR\$141
15025		12/1-1/26	R\$81 NR\$90

Gentle Yoga—gentle class for all ages and abilities

T 15042	7:30-8:30pm	9/14-11/23	R\$102 NR\$113
15043		11/30-1/25	R\$65 NR\$72

Mom and Baby Yoga (newborn-pre-walking)

Th 15444	3:00-3:45pm	9/16-11/18	R\$80 NR\$90
15445		12/2-1/27	R\$56 NR\$63

Family Yoga

Th 15442	4:00-4:45pm	9/16-11/18	R\$80 NR\$90
15443		12/2-1/27	R\$56 NR\$63

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.

Tap and Ballet 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 This class covers basic jazz technique: warm up, movement across the floor, and a run rhythmic combination. Jazz builds strength and coordination, and is accompanied by fun and lively music.

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

Musical Theater A jazz based dance class with emphasis on theatricality. Students will learn dance sequences based on favorite musicals and movies.

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

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 a song.