

## MLT Quarterly Dance and Fitness Summer 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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Mountlake Terrace, WA 98043  
www.cityofmlt.com 425-776-9173

## Summer Dance Classes

These classes provide a structured approach to dance, with emphasis on technique, creativity and building self esteem. The summer dance program is a great way to introduce new and continuing students to the joy of movement and fundamental dance skills. Weekly class offerings are listed below. For more information on particular availability call 425.776.9173

### Parent Toddler Creative Dance, 18months-3yrs

15012 W 3:00-3:45pm 4/13-6/15 R\$88 NR\$99  
15016 S 10:00-10:45am 4/16-6/18 R\$80 NR\$90  
17669 S 10:00-10:45am 7/9-8/27 R\$64 NR\$72

### Creative Ballet, 3.5-5yrs

17610 W 1:00-1:45pm 6/29-8/24 R\$72 NR\$81  
17612 S 9:00-9:45am 7/9-8/27 R\$64 NR\$72

### Creative Ballet, 5-6yrs

17615 T 4:30-5:20pm 6/28-8/23 R\$66 NR \$74  
14617 S 11:00-11:50am 7/9-8/27 R\$66 NR \$74

### Pre-Ballet, 6-7yrs

17618 M 4:30-5:30pm 6/27-8/22 R\$74 NR\$82  
17619 S 11am-12pm 7/9-8/27 R\$74 NR\$82

### Ballet I, 8-11yrs

17620 M 5:30-6:30pm 6/27-8/22 R\$74 NR\$82

### Tap and Ballet, 4-6yrs

17621 W 2:00-2:50pm 6/29-8/24 R\$74 NR\$83  
17622 T 5:30-6:30pm 6/28-8/23 R\$74 NR\$83  
17623 S 10:00-10:50am 7/9-8/27 R\$66 NR\$74

### Beginning Tap, 5+yrs

17628 T 4:30-5:15pm 6/28-8/23 R\$72 NR\$81

### Jazz I, 7-11yrs

17629 T 5:30-6:30pm 6/28-8/23 R\$83 NR\$92

### Hip Hop, 7-10yrs

17631 Th 4:00-5:00pm 6/30-8/25 R\$83 NR\$92

### Hip Hop, 11-14yrs

17632 Th 5:00-6:00pm 6/30-8/25 R\$83 NR\$92

### Hawaiian Hula, 7-10yrs

17711 S 11am-12pm 7/9-8/27 R\$74 NR\$82

### Hawaiian Hula, Adult/Teen

16337 M 7:00-8:15pm 4/14-6/16 R\$102 NR\$113

### Irish Dance, 7-11yrs

17636 Th 5:00-6:00pm 6/30-8/25 R\$83 NR\$92

### Irish Dance, Adult/Teen

17634 Th 6:15-7:15pm 6/30-8/25 R\$83 NR\$92

### Ballet, Adult/Teen

17647 Th 6:00-7:00pm 6/30-8/25 R\$83 NR\$92

### Egyptian Style Bellydance

15073 T 7:15-8:30pm 4/12-6/14 R\$116 NR\$128

### Adult/Teen Tap

18098 T 6:30-7:30pm 6/29-8/24 R\$83 NR\$92

## Fitness Classes

### Silver Sneakers (Drop-in)

Beginning T, Th 8:30-9:30am R\$3.00 NR\$3.50  
Advanced M,W,F 8:30-9:30am R\$3.00 NR\$3.50

### Yoga/Pilates, Adult/Teen

15028 M 7:35-8:35pm 4/11-6/13 R\$83 NR\$92  
15032 Th 7:35-8:35pm 4/14-6/16 R\$93 NR\$103  
17653 M 7:35-8:35pm 6/27-8/22 R\$74 NR\$82  
17654 Th 7:35-8:35pm 6/30-8/25 R\$83 NR\$92

### Gentle Yoga

16336 T 7:30-8:30pm 4/12-6/14 R\$102 NR\$113  
17666 T 7:30-8:30pm 6/28-8/30 R\$83 NR\$92

### Nia

15048 W 7:30-8:30pm 4/12-6/14 R\$102 NR\$113  
17651 W 7:30-8:30pm 6/29-8/24 R\$83 NR\$93

**For descriptions of all  
classes see inside this  
brochure!**

### 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.

### Egyptian Style Bellydance

Learn Egyptian-style bellydance fundamentals: shimmies, isolations, 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.

## Dance Camps

All camps are 9:30am-Noon

\*Starred camps have the opportunity to march in the Tour de Terrace parade

*All campers should bring lunch/snack and water bottle*

### Themed Dance Camps, 4-6yrs

Children’s creative dance camps are centered around a weekly theme explored through storytelling and creative movement. Children will learn fun dancing games, create small costume pieces and craft projects, all will culminate in a performance on the last day.

17310	6/27-7/1	Nutcracker Ballet	R\$88	NR\$94
17311	6/27-7/1	Flower Fairies	R\$88	NR\$94
17312	7/5-7/8	Ballerina Princess	R\$70	NR\$75
17313	7/11-7/15	Angelina Ballerina	R\$88	NR\$94
17314	7/18-7/22	Flower Fairies	R\$88	NR\$94
17315	7/25-7/29	Mermaids & Pirates*	R\$88	NR\$94
17316	7/25-7/29	Teddy Bear’s Picnic	R\$88	NR\$94
17317	8/1-8/5	Angelina Ballerina	R\$88	NR\$94
17318	8/1-8/5	Sleeping Beauty Ballet	R\$88	NR\$94
17319	8/8-8/12	Flower Fairies	R\$88	NR\$94
17320	8/8-8/12	Outer Space	R\$88	NR\$94
17321	8/15-8/19	Mermaid Princess	R\$88	NR\$94
17322	8/15-8/19	Around the World	R\$88	NR\$94
17365	8/22-8/26	Angelina Ballerina	R\$88	NR\$94

### Yoga Camp for Kids, 7-11yrs

Stretch, flow, balance, and breathe to wake up your body, heart, and mind! Yoga is both relaxing and invigorating. We will use art, stories, games and our own yoga practice to explore this ancient art. Come challenge yourself, get centered, and have fun! Yoga is non-competitive, and enhances everything else you do in life!

17311	7/5-7/8	R\$70	NR\$75
17312	8/8-8/12	R\$88	NR\$94

### Hip Hop/Jazz Camp, 7-11yrs & 12-18yrs

This camp covers basic dance techniques. Jazz builds strength and coordination, hip hop introduces street dance forms and elements of African Dance, both are accompanied by fun and lively music.

17366	6/27-7/1	ages 7-11	R\$88	NR\$94
17367	7/11-7/15	ages 12-18	R\$88	NR\$94
17368	7/25-7/29*	ages 7-11	R\$88	NR\$94
17369	8/22-8/26	ages 7-11	R\$88	NR\$94
17370	8/22-8/26	ages 12-18	R\$88	NR\$94

## Dance Camps Cont.

All camps are 9:30am-Noon

\*Starred camps have the opportunity to march in the Tour de Terrace parade

*All campers should bring lunch/snack and water bottle*

### Musical Theater Camp Ages 7-11

Students will learn dances to show-tunes from their favorite musicals and movies. Theatricality and performance techniques will be emphasized, while dancing to enjoyable favorites from Grease, West Side Story, Annie, and other favorites.

17374	7/18-7/22	R\$88	N\$94
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### Spectrum of Dance Camp Ages 7-11

Enjoy this opportunity to try out many different dance styles, find the one you like best, or decide you like them all! Ballet, Jazz, Tap, Modern, and Hip Hop will all be introduced at this fun camp! Wear ballet or jazz shoes, and bring tap shoes or hard soled dress shoes for the tap day.

17377	7/18-7/22	R\$88	N\$94
17378	8/1-8/5	R\$88	N\$94

### Conditioning Dance Camp Ages 10 and up

A contemporary dance camp where you will explore jazz, modern and hip hop, while focusing on toning muscles, keeping your core strengthened, and getting fit.

17379	8/15-8/19	R\$88	N\$94
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### 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 I

Focuses on the basics of basics of 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.

### 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.