



## ADULT Summer DANCE 2017

### Dance FOR LIFE!

*Dance is not only fun and a great way to meet other adults, dancing improves memory and creates more brain connections, helping maintain balance and strength of the entire body.*

**WHEN: June 13<sup>th</sup> – July 27 (7 WEEK Summer SESSION)**

**LOCATION:**

Julie Moffitt Ballet School

2625 North 1000 West, Pleasant View

Phone: 786-1254 or 782-6712 [www.jmballetschool.com](http://www.jmballetschool.com)

**TO REGISTER:**

Make an appointment to turn in your registration form and pay your full class tuition fee or set up an auto-pay plan to J.M.B.S. before the session begins. Dancewear and dance shoes may be purchased at the studio.

### Adult Student Dance Schedule

Day/Class	Tuition fee	Begins	Ends	Teacher	Attire/Shoes
<b><u>TUESDAY</u> Beginning Ballet</b>	\$158.00	6:00 pm	7:30 pm	Ms. Aimee	Dancewear or form fitting exercise clothing. Dance convertible tights. Ballet shoes
<b><u>TUESDAY</u> Beg. Tap</b>	\$105.00	7:45 pm	8:45 pm	Ms. Aimee	Dancewear or form fitting exercise clothing. Dance convertible tights. Tap shoes
<b><u>THURSDAY</u> Intermediate Ballet</b>	\$158.00	6:00 pm	7:30 pm	Ms. Aimee	Dancewear or form fitting exercise clothing. Dance convertible tights. Jazz shoes
<b><u>THURSDAY</u> Int. Tap</b>	\$80.00	7:45 pm	8:30 pm	Ms. Aimee	Dancewear or form fitting exercise clothing. Dance convertible tights. Tap shoes

**Beginning Ballet:** No experience necessary. Learn the fundamentals of a ballet class from tendus to arabesques and center dancing. Embrace your inner ballerina while gaining strength & a leaner body.

**Intermediate Ballet:** Previous ballet experience necessary, even if you haven't taken class for a while. Attention will focus on ballet technique and artistry to achieve mastery in ballet. More advanced barre, center, and enchainements will be taught as well as ballet stretching to improve flexibility and balance.

**TAP:** The 1 hour beginning class is designed to learn basic tap technique of shuffles, riffs, turns, flaps, irish, buffalo, and time-steps to expand the student's knowledge of tap repertoire. Great exercise and fun while learning basic classical and rhythm tap.