Classes Booking Form 2014

April 22nd - June 30th, 2014

Name:

Address:

Telephone: (H) **(W)**

(Mobile)

(Email)

Class (1):

Time: **Day:**

Class (2):

Time: **Day:**

Class (3):

Time: **Day:**

PRE-REGISTRATION AND PAYMENT IN FULL IS ESSENTIAL TO BOOK YOUR CLASS

FEES STRICTLY NON-REFUNDABLE

6 week term	- Modern Dance for 3-12 years	€72
7 week term	- Ballroom, Latin & Wedding	€84
8 week term	- WellDance for Seniors Ring 280 3455 to Enroll & Return this Form	€20
10 week term	- One class per week	€90
	- Two classes per week	€175
	- Three classes per week *or* family rate	€260

I wish to be on your email list for Classes & Performances
YES ❑ NO ❑

I am already on your email list YES ❑ NO ❑

How did you hear about us.....

Gift Vouchers available

Send Form and Cheque made payable to:

Dance Theatre of Ireland
Bloomfields Centre, Lr. Georges Street,
Dun Laoghaire, Co. Dublin, Ireland
Phone: +353 1 280 3455 Fax: +353 1 280 3466
Email: danceire@iol.ie
www.dancetheatreireland.com

Become our fan on Facebook
www.facebook.com/dancetheatreofireland

Dún Laoghaire-Rathdown County Council Comhairle Contae Dhún Laoghaire-Ráth an Dúin

Ireland Funds

VENTUREPOINT Dun Laoghaire Rathdown County Enterprise Board

Current Class Schedule

April 22nd - June 30th, 2014

Day	Class	Time
Monday	Ballet - Some experience	6:45 - 8:00pm
	Hip Hop - Beginners	8:00 - 9:00pm
Tuesday	NEW Dance 'N Fitness - Mornings	10:00 - 11:00am
	NEW WellDance for Seniors - Mornings	11:00 -12:30pm
	Modern Dance - 3-5 year olds	3:00 - 3:45pm
	Contemporary Dance - Some experience	6:45 - 8:00pm
	Ballet RAD - Grade 6	8:00 - 9:00pm
	Ballet RAD - Grade 7	9:00-10:00pm
Thursday	NEW Modern Dance - 6-12 year olds	5:00 - 6:00pm
	Contemporary Dance - Beginners	6:45 - 8:00pm
	Zumba® Toning	8:15 - 9:15pm
Friday	Pilates & Dance - Mornings	10:00 -11:15am
	Yoga - Hatha	7:00 - 8:30pm
Saturday	Body Conditioning / Contemporary Dance	10:00 - 11:15am
	Ballet - Beginners	11:15 - 12:15pm
	Hip Hop - 8 -12yrs	12:15 -1:15pm
	Hip Hop - Adult /Teen	1:15 - 2:15pm
	Street Dance	2:15 - 3:15pm
	Ballroom, Latin & Wedding	3:15 - 4:15pm

SUMMER DANCE ALL DAY

Summer Camps for Young People and Adults

June 30th – July 4th	Ages 7-12	10am-4pm	Fee: €150
July 7th – 11th	Ages 13-17	10am-4pm	Fee: €150
July 14th – 18th	Adults	2pm-6pm	Fee: €115

Enrolment now on!

DANCE WORKSHOPS FOR ALL

Bring the joy of dance to your school, club, company or party through our award-winning **Dance Performance Outreach Programme (Dance POP).** Workshops with our professional teachers are 1-2hrs, tailored to give complete beginners to experienced dancers an exhilarating and creative experience. Single or multiple workshops are available..

EASTER DANCE CAMPS, TEENS & KIDS, APRIL 14–18

Kids ages 7-12	Mon-Fri	11am-2pm
Teens ages 13-17	Mon-Fri	2:30-5:30pm

For Bookings & Further Information
Call (01) 280 3455 *or* Email: danceire@iol.ie
www.dancetheatreireland.com
Gift Vouchers available from DTI office

Current Class Schedule

Adults, Teens & Children

April 22nd - June 30th, 2014

Centre for Dance

NEW

WELLDANCE FOR SENIORS
MODERN DANCE 3-5 YR OLDS
MODERN DANCE 6-12 YR OLDS
DANCE 'N FITNESS mornings

Easter & Summer Dance Camps

Parties & Private Classes

CONTEMPORARY
BODY CONDITIONING
& MODERN DANCE
HIP HOP
ZUMBA® TONING
BALLET
ADULT GRADE 6 & 7 RAD
BALLET
YOGA
BALLROOM, LATIN & WEDDING
PILATES & DANCE
STREET DANCE

Dance Courses for Young People and Adults

Dance Theatre of Ireland

Amharclann Rince na hÉireann
Bloomfields Centre,
Lr. Georges Street,
Dun Laoghaire, Co. Dublin, Ireland
www.dancetheatreireland.com

the arts council an chomhairle ealaíon
funding dance artscouncil.ie

CONTEMPORARY

Beginners Thursdays*

One of our most popular classes. The basics and much more. A warm-up which stretches and strengthens and routines that MOVE! to popular and world music in a variety of styles developing stamina, range and musicality. A great class for overall fitness and integration of body and mind. Learn large flowing movements and dynamic fast ones in a fun environment.

Date: Thursdays, 24th April- 26th June
Time: 6:45pm - 8:00pm *Level: Beginners*

Intermediate Tuesdays*

For those experienced in Contemporary Dance and other dance disciplines, this class approaches Contemporary Dance from the perspectives of texture, rhythm and dynamic space. Building on fundamental Contemporary techniques (Limon, Cunningham, Nikolais, Release and Ballet) this class progresses through a series of exercises and sequences which incorporate changing qualities, rhythmical subtlety and multi-directional movement performed with motional passion.

Date: Tuesdays, 22nd April- 24th June
Time: 6:45pm - 8:00pm *Level: Intermediate*

* These Contemporary Dance Classes are taught by **Dance Theatre of Ireland**
Artistic Directors **Robert Connor / Loretta Yurick**

Body Conditioning / Contemporary Dance

A Contemporary-based class which focuses on body conditioning through dance, improving posture and general muscle tone. The exercises and combinations of movement are designed to fully work the body outwards from the spine in a safe and structured way to create fluid expressive dance, strengthening and releasing tension. With **Amy Kinlon.**

Date: Saturdays, 26th April- 28th June
Time: 10:00am - 11:15am

No experience necessary – wear loose clothing, bare feet or cotton socks.

BALLET

Ballet for Adults / Teens

Maybe you did it long ago and want to try again? Or perhaps you've been doing other forms of dance and want to add to your range and style? This is a class designed to improve body alignment and dance technique (particularly legs and arms), plus impart the basics of ballet technique. **Beginners** is for those who have never done ballet before and **Intermediate** level is for those who may have done it before (but a long time ago) or who have some experience.

RAD Ballet, Grade 6 and 7, are only open to those doing 2 classes a week (so another class on Mon or Sat) and are geared to those wishing to sit the Exam. Teachers: **Karen Wignall** Mon & Tues and Saturdays with **Dee Wallace.**

Date: Mondays, 28th April- 30th June *
Time: 6:45pm - 8:00pm *Level: Intermediate*

Date: Tuesdays, 22nd April- 24th June
Time: 8:00pm - 9:00pm *Level: RAD Grade 6*
NEW **Time: 9:00pm - 10:00pm** *Level: RAD Grade 7*

Date: Saturdays, 26th April- 28th June
Time: 11:15am - 12:15pm *Level: Beginners*

**Class as normal on Bank Holiday Monday 5th May & 2nd June*

DAYTIME MODERN DANCE FOR 3-12 YEAR OLDS

In this class your child will be introduced to modern dance exercises and movement, learning short routines and participating in playful movement games and exercises that increase their flexibility, musicality and sense of timing and motion. The class is designed to nurture individual expression in the children's own movement, and encourages their imagination, developing physical confidence along the way.

6 WEEKS **Date: Tuesdays, 22nd April- 27th May**
Time: 3:00pm - 3:45pm *Ages: 3-5*

NEW **Date: Thursdays, 24th April- 29th May**
Time: 5:00pm - 6:00pm *Ages: 6-12*

HIP HOP

High-energy Hip Hop classes that teach the latest moves influenced by some of today's hottest music video choreographers. Classes incorporate elements of popping, locking and street dance, as well as freestyle movement to give you the opportunity to develop your own sense of style, and improve overall fitness. No matter what your level, we have something for you and it's never too late to learn Hip Hop with our fantastic teachers **Duane Watters** and **Rachel Sheil.**

Date: Mondays, 28th April- 30th June*
Time: 8:00pm - 9:00pm *Level: Beginners*

Date: Saturdays, 26th April- 28th June
Time: 12:15pm - 1:15pm *Kids 8-12 year olds*
Time: 1:15pm - 2:15pm *Level: General*

No street shoes or black soled runners allowed in the studio.
**Class as normal on Bank Holiday Monday 5th May & 2nd June*

BALLROOM, LATIN & WEDDING

This is a fantastic introduction to the most popular forms of Social Dancing including the **Waltz, Foxtrot, Cha-Cha, Rumba, Quick Step, Jive** and **more**. Whether you have never done any class like this before, or you would like to re-visit these dances again, you will meet new people and have great fun - there is something for everyone in this class. You do not have to have a partner. Taught by the wonderful **Lorraine Heron** - come 'Strictly Dancing' with us on Saturday afternoons. All welcome.

7 WEEKS **Date: Saturdays, 26th April - 7th June**
Time: 3:15pm - 4:15pm

Wear comfortable shoes - No high heels.

DAYTIME WELLDANCE FOR SENIORS

Put music & movement together and you have a recipe for feeling wonderful. Enjoy this class which will guide you through a series of simple, modern & creative dance movements & exercises to improve balance, fluidity, flexibility and strength. (and yes there will be some chairs and you can sit down too) These dance sessions will empower you in a creative, refreshing, enjoyable, and stimulating way.

NEW 8 WEEKS **Date: Tuesdays, 22nd April - 10th June**
Time: 11:00am - 12:30pm

Dance Theatre of Ireland is committed to the Children First National Guidelines for the Protection & Welfare of Children

DAYTIME NEW DANCE 'N FITNESS

A flowing dance exercise class that will seamlessly set you up for the day. Designed to increase flexibility, fluidity of movement, and aerobic capacity, this series of simple dance exercises and movements will target the abdominals, strengthen the back, arms, and legs and is a muscle-sculpting wake up! A great dance class, workout, and social alternative to the gym with a high feel-good factor. Taught by **Cayisha Graham.**

Date: Tuesdays, 22nd April - 24th June
Time: 10:00am - 11:00am

STREET DANCE

Learn party dances--in the style of Diversity! Ashley Banjo and Michael Jackson--Popping, Locking, Rocking, Hip Hop and House. This class is about connecting with the music and discovering your own style of dance along side others in a atmosphere that is all about unity and having fun--learning moves that will capture the attention of anyone around you, and discovering you can do more than you ever imagined. With Alex O'Neill, check him out!
http://www.youtube.com/watch?v=Gqqsh4SSAz4

Date: Saturdays, 26th April - 28th June
Time: 2:15pm - 3:15pm

No street shoes or black soled runners allowed in the studio.

YOGA

Practice of Yoga brings Health, Vitality and Positive well-being. **Hatha Yoga** will introduce you to gentle safe stretching, classical Yoga postures, breathing techniques, visualization and relaxation. Finishes with a beautiful deep relaxation. With **Maureen Nightingale**, a founder of Yoga Therapy Ireland.

Date: Fridays, 25th April - 27th June
Time: 7:00pm – 8:30pm

No experience necessary – wear loose clothing and bring a rug or yoga mat.

DAYTIME PILATES & DANCE

This class is primarily a body conditioning class focused on providing a warm-up that is Pilates based, giving special attention to developing core strength and strengthening the abdominal muscles. With an emphasis on floor work which teaches the precise way of working each muscle group. Each class will culminate in a small dance movement phrase.

Date: Fridays, 25th April- 27th June
Time: 10:00am – 11:15am

Wear loose clothing and bring a rug or yoga mat.

ZUMBA® TONING

Zumba® is the hottest new trend in dancing in Dublin. Zumba® combines a unique fusion of dance styles, including **Samba, Hip Hop, Merengue, Belly Dancing, Salsa** and **Reggaeton** in an exceptionally fun fitness class. **Zumba® Toning** takes body sculpting to the next level as you dance with rhythmic Maraca-like weighted sticks, provided in the class. With **Heather Gordon.**

Date: Thursdays, 24th April- 26th June
Time: 8:15pm – 9:15pm