

# Classes Booking Form 2014

## SEPTEMBER 29TH – DECEMBER 6TH, 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 - TWO CLASSES PER WEEK - THREE CLASSES PER WEEK OR FAMILY RATE - PRE-POINTE BALLET	€90 €175 €260 €60

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](mailto:danceire@iol.ie)  
[www.dancetheatreireland.com](http://www.dancetheatreireland.com)



# Current Class Schedule

## SEPTEMBER 29TH – DECEMBER 6TH, 2014

DAY	CLASS	TIME
Monday	<b>NEW</b> Pre-Pointe Ballet	6:30-7:00PM
	Ballet - Some experience	7:00 - 8:15PM
	Hip Hop - Beginners	8:15 - 9:15PM
Tuesday	<b>NEW</b> Dance 'N Fitness - Mornings	10:00 - 11:00AM
	<b>NEW</b> 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	<b>NEW</b> Modern Dance - 6-12 year olds
Contemporary		
Dance - Beginners		6:45 - 8:00PM
	Zumba <sup>®</sup> Toning	8:15 - 9:15PM
	Friday	Pilates & Dance - Mornings
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
<b>NEW</b> MICHAEL JACKSON &		
STREET DANCE	2:15 - 3:15PM	
Ballroom, Latin & Wedding	3:15 - 4:15PM	

### 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.

### CULTURE NIGHT SEPTEMBER 19TH

Free dance classes on Culture Night **September 19th**. Join us for Taster Classes from **6:30 - 8:40pm** and a special performance by the **Dublin Youth Dance Company 8:40-9pm**. Dance the Night Away at DTI!

Enrolment now on!

**For Bookings & Further Information**  
 Call (01) 280 3455 or Email: [danceire@iol.ie](mailto:danceire@iol.ie)  
[www.dancetheatreireland.com](http://www.dancetheatreireland.com)  
 GIFT VOUCHERS AVAILABLE FROM DTI OFFICE

# Current Class Schedule

## Adults, Teens & Children

SEPTEMBER 29TH – DECEMBER 6TH, 2014

# Centre for Dance

**NEW**  
 DANCE 'N FITNESS mornings  
 PRE - POINTE BALLET  
 MODERN DANCE 6 - 12 YR OLDS  
 MICHAEL JACKSON & STREET DANCE



CONTEMPORARY  
 BODY CONDITIONING  
 & MODERN DANCE  
 HIP HOP  
 ZUMBA<sup>®</sup> TONING  
 YOGA  
 PILATES & DANCE  
 BALLET  
 ADULT GRADE 6 & 7 RAD BALLET  
 BALLROOM, LATIN & WEDDING  
 WELLDANCE FOR SENIORS

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](http://www.dancetheatreireland.com)



## 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, 2nd Oct - 4th Dec**  
**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, rhythmic subtlety and multi-directional movement performed with motional passion.

**Date: Tuesdays, 30th Sept - 2nd Dec**  
**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 **Justine Cooper**.

**Date: Saturdays, 4th Oct - 6th Dec**  
**Time: 10:00AM - 11:15AM**

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

## 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, 3rd Oct - 5th Dec**  
**Time: 7:00PM - 8:30PM**

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

## 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, 4th Oct - 15th Nov**  
**Time: 3:15PM - 4:15PM**

*Wear comfortable shoes - No high heels.*

## NEW MICHAEL JACKSON & STREET DANCE

Learn party dances--in the style of **Michael Jackson, Diversity!** and others: Popping, Locking, Rocking, Hip Hop and House; Connect with the music and discover your own style of dance along the way in an atmosphere of unity and having fun - learn moves from "**Billie Jean**", "**Beat It**", and "**Smooth Criminal**" that will capture everyone's attention. Open to all. With **Alex O'Neill** of the **Michael Jackson Tribute Tour**; check him out!

<http://www.youtube.com/watch?v=Gqqsh4SSAz4>

**Date: Saturdays, 4th Oct - 6th Dec**  
**Time: 2:15PM - 3:15PM**

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

## 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, 29th Sept - 1st Dec\***  
**Time: 8:15PM - 9:15PM** *Level: Beginners*

**Date: Saturdays, 4th Oct - 6th Dec**  
**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 27th Oct*

## NEW BALLET & PRE-POINTE

### 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 recent experience.

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

**NEW** **Date: Mondays, 29th Sept -1st Dec\***  
**Time: 6:30PM - 7:00PM** *Level: Pre-Pointe*

**Date: Mondays, 29th Sept - 1st Dec\***  
**Time: 7:00PM - 8:15PM** *Level: Intermediate*

**Date: Tuesdays, 30th Sept - 2nd Dec**  
**Time: 8:00PM - 9:00PM** *Level: RAD 6*  
**Time: 9:00PM - 10:00PM** *Level: RAD 7*

**Date: Saturdays, 4th Oct - 6th Dec**  
**Time: 11:15PM-12:15PM** *Level: Beginners*

*\*Class as normal on Bank Holiday Monday 27th Oct*

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, 30th Sept - 2nd Dec**  
**Time: 10:00AM - 11:00AM**

## 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. With **Becky Reilly**

**Date: Fridays, 3rd Oct - 5th Dec**  
**Time: 10:00AM - 11:15AM**

*Wear loose clothing and bring a rug or yoga mat.*

## 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** **Date: Tuesdays, 30th Sept - 18th Nov\***  
**6 WEEKS** **Time: 11:00AM - 12:30PM**

*\*This class is taught by Dance Theatre of Ireland  
Artistic Directors Robert Connor / Loretta Yurick*

## 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, 7th Oct - 18th Nov\***  
**Time: 3:00PM - 3:45PM** *Ages: 3-5*

**NEW** **Date: Thursdays, 9th Oct - 20th Nov\***  
**Time: 5:00PM - 6:00PM** *Ages: 6-12*

*\*No Classes 28th & 30th October Mid-Term*

## 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, 2nd Oct - 4th Dec**  
**Time: 8:15PM - 9:15PM**