

# Classes Booking Form 2017

SEPTEMBER 25TH – DECEMBER 2ND, 2017  
(BALLET RAD GRADE 8 STARTS AUGUST 26TH)

Name: \_\_\_\_\_  
 Name of Child (Kids classes only): \_\_\_\_\_ Age: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Telephone: (H) \_\_\_\_\_ 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	€77
7 WEEK TERM	- BALLROOM, LATIN & WEDDING	€89
8 WEEK TERM	- WELL-DANCE FOR SENIORS	€55 - €80
	WELL-DANCE VOLUNTARY SLIDING SCALE MIN €55, MAX €80 RING 01 280 3455 TO ENROLL & RETURN THIS FORM	
10 WEEK TERM	- ONE CLASS PER WEEK	€100
	- TWO CLASSES PER WEEK	€195
	- THREE CLASSES PER WEEK OR FAMILY RATE	€285

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**

Ring for EFT details or Send form and Cheque made payable to:

**Dance Theatre of Ireland**

Bloomfields Centre, Lr. Georges Street,  
 Dún 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 25TH – DECEMBER 2ND, 2017  
(BALLET RAD GRADE 8 STARTS AUGUST 26TH)

DAY	CLASS	TIME
<b>Monday:</b>	Ballet - Some experience	6:45 - 8:00PM
	Hip Hop - Beginners	8:00 - 9:00PM
<b>Tuesday:</b>	Dance 'N Fitness - Mornings	10:00 - 11:00AM
	Well-Dance for Seniors - Mornings	11:00 - 12:30PM
	Modern Dance - 3-5 year olds	3:00 - 3:45PM
	Modern Dance - 6-12 year olds	5:00 - 6:00PM
	Contemporary Dance - Some experience	6:45 - 8:00PM
	<b>NEW Zumba®</b>	8:00 - 9:00PM
<b>Wednesday:</b>	Well-Dance for Seniors - Mornings	11:00 - 12:30PM
<b>Thursday:</b>	<b>NEW Jazz-ercise - Mornings</b>	10:00 - 11:00AM
	Contemporary Dance - Beginners	6:45 - 8:00PM
	West Coast Swing / Jive	8:15 - 9:15PM
<b>Friday:</b>	Dancing Well with Parkinson's	11:00 - 12:30PM
	YOGA - Hatha	7:00 - 8:30PM
<b>Saturday:</b>	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
	Ballroom, Latin & Wedding	2:15 - 3:15PM
	Ballet RAD GRADE 8 (Starts Aug 26)	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 1-2 hours, tailored to give complete beginners to experienced dancers an exhilarating and creative experience. Single or on-going workshops are available.

**CULTURE NIGHT FRIDAY SEPTEMBER 22<sup>ND</sup>**  
**FREE DANCE CLASSES** on Culture Night **September 22**. Join us for **FREE** Taster Classes from 6:30-8:30pm. **Dance the Night Away at DTI!**

**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

# Dance Theatre of Ireland

Adults, Teens & Children

SEPTEMBER 26TH 2017 – DECEMBER 2ND, 2017

## Centre for Dance



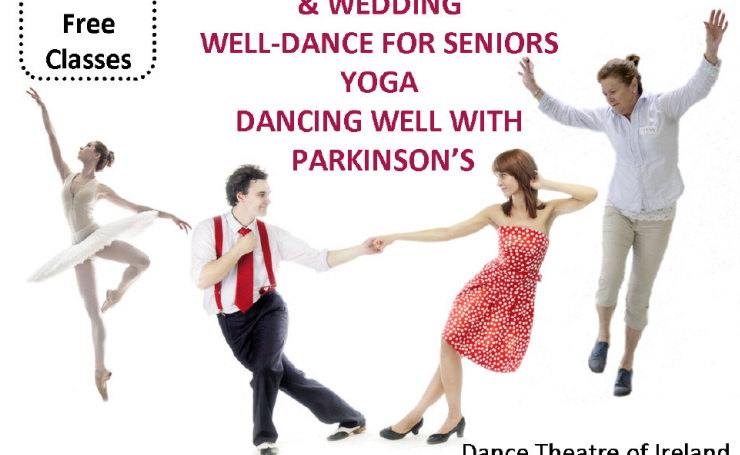
Parties  
★  
Private  
Classes

CONTEMPORARY  
HIP HOP  
BALLET

WEST COAST SWING  
MODERN DANCE FOR KIDS  
DANCE N'FITNESS  
BODY CONDITIONING/DANCE  
BALLROOM, LATIN  
& WEDDING  
WELL-DANCE FOR SENIORS  
YOGA  
DANCING WELL WITH  
PARKINSON'S

**NEW**  
Zumba®  
★  
Jazz-ercise

Culture  
Night  
Sept. 22  
★  
Free  
Classes



Dance Theatre of Ireland  
 Bloomfields Centre  
 Lwr. 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, 28th Sep - 30th Nov\***

**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. With **Eimear Byrne**.

**Date: Tuesdays, 26th Sep - 28th Nov**

**Time: 6:45PM - 8:00PM** Level: *Some experience*

\*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 **Monica Munoz**.

**Date: Saturdays, 30th Sep - 2nd Dec**

**Time: 10:00AM - 11:15AM**

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

## WELL-DANCE 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.

**Date: Tuesdays, 26th Sep - 14th Nov\***

**Date: Wednesdays, 27th Sep - 15th Nov\***

**Time: 11:00AM-12:30PM**

\*This class is taught by **Dance Theatre of Ireland** Artistic Directors **Robert Connor & Loretta Yurick**  
Supported by the **Ireland Funds**

## 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, 26th Sep - 28th Nov**

**Time: 10:00AM - 11:00AM**

## WEST COAST SWING / JIVE

West Coast Swing is a fantastic smooth style of swing dance, similar to Lindy Hop & Jive. It can be traced back to the swing era. It imparts great movement for dancing with a partner, which can be used on a night out using swing, hip hop and rock & roll music. With **Lana Mayra**. Check out the Video <https://www.youtube.com/watch?v=sOulxDC8Z8>

**Date: Thursdays, 28th Sep - 30th Nov**

**Time: 8:15PM - 9:15PM**

## HIP HOP / STREET DANCE

High-energy Hip Hop classes that teach the latest moves influenced by some of today's hottest music videos. Great choreography that incorporates Street, House, and Commercial dance, as well as elements of popping, locking and freestyle movement to great music. Never too late to learn! With our fantastic teachers: **Matt Szczerek** (Mon), **Marianne Eustace** (Sat. Kids) and **Sorcha Quinn** (Sat. Teens/Adults).

**Date: Mondays, 25th Sep - 27th Nov\***

**Time: 8:00PM - 9:00PM**

**Date: Saturdays, 30th Sep - 2nd Dec**

**Time: 12:15PM - 1:15PM** Kids 8-12 year olds

**Time: 1:15PM - 2:15PM** Teens/Adults

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

\*Class as normal on Bank Holiday Monday October 30th

## 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 8** is open to those doing another ballet class during the week. **RAD Classes** are geared to those wishing to sit the exams. The ballet classes are taught by **Justine Cooper** (Monday), **Karen Wignall** (Grade 8 Saturday) and **Shauna Coffey** (Beginners Saturday)

**Date: Mondays, 25th Sep - 27th Nov\***

**Time: 6:45PM - 8:15PM** Level: *some experience*

**Date: Saturdays, 30th Sep - 2nd Dec**

**Time: 11:15AM - 12:15PM** Level: *Beginners*

**Date: Saturdays, 26th Aug - 28th Oct**

**Time: 3:15PM - 4:15PM** Level: *RAD Grade 8*

\*Class as normal on Bank Holiday Monday October 30th

## JAZZ-ERCISE

Jazz-ercise combines a Jazzy & Modern dance warm up with an aerobic fitness class and some barre work, all done with popular music for a fun, full-body dancerly workout. With **Cayisha Graham**

**Date: Thursdays, 26th Sep - 28th Nov**

**Time: 10:00AM - 11:00AM**

DANCE THEATRE OF IRELAND IS COMMITTED TO THE  
CHILDREN FIRST NATIONAL GUIDELINES FOR THE PROTECTION & WELFARE OF CHILDREN

NEW

## ZUMBA®

Zumba® combines a unique fusion of dance styles, including Samba, Hip Hop, Merengue, Belly Dancing, Salsa and Reggaeton in an exceptionally fun fitness class. Constantly moving/dancing to uplifting music, you will leave with a smile after an amazing workout, happy and hungering for more. With **Diana Pamela Rodriguez Bejar**.

**Date: Tuesdays, 26th Sep - 28th Nov**

**Time: 8:00PM - 9:00PM**

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, 26th Sep - 31st Oct**

**Time: 3:00PM - 3:45PM** Ages: 3-5

**Time: 5:00PM - 6:00PM** Ages: 6-12

\* Classes as usual during Mid Term Break

## BALLROOM, LATIN & WEDDING

This class covers the most popular forms of Social Dancing in a fantastic way! Take your dancing to a new level with our amazing teacher and coach **Lorraine Heron**, who covers the **Waltz, Foxtrot, Cha-Cha, Rumba, Quick Step, Jive** and more. You will refresh with the basics, and go on to expand your range of steps *and style*. Meet new people and have great fun. No partner necessary **OR** bring your partner and have a Ball!

Come 'Strictly Dancing' with us on Saturday. All welcome.

7 WEEKS

**Date: Saturdays, 30th Sep - 2nd Dec**

**Time: 2:15PM - 3:15PM**

*Wear comfortable shoes - No high heels.*

## YOGA

*The 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, 29th Sep - 1st Dec**

**Time: 7:00PM - 8:30PM**

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

DAYTIME

## DANCING WELL WITH PARKINSON'S

DTI is part of the **Dance for PD®** membership programme and offers a dance class for people with Parkinsons and their carers. Dancing Well with Parkinsons is supported in part by HSE National Lottery Grant. To Register for this class contact **Move4Parkinsons 01 295 0060**

NEW

**Date: Fridays, 15th Sep - 17th Nov\***

**Time: 11:00AM - 12:30PM**

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