



Adult 8-Week Class Session 3

January 12, 2009 – March 6, 2009

Monday

6:45pm–7:45pm	Studio
<hr/>	
<input type="checkbox"/> Liturgical Technique	2

Tuesday

6:45pm–7:45pm	Studio
<hr/>	
<input type="checkbox"/> Modern Dance	5

Friday

6:45pm–7:45pm	Studio
<hr/>	
<input type="checkbox"/> Jazzy Hip Hop	2

7:45pm–8:45pm

<input type="checkbox"/> Repertory	5
<small>(Must have instructor's approval to join class)</small>	

All Adult Classes are Beg-Int Level. Open to Students ages 15 years and Older.

The class you're looking for not offered? Let us know at the front desk and we will start an interest list. Once we have 5 students interested in taking the same class, we'll start it!

Cost/Fees

1 Class - \$110 2 Classes - \$175 3 Classes - \$225

Registration Fee: \$5 (due at each registration – non-refundable)

Class costs are pro-rated according to start date.

Adult Student Registration Information
Please complete the following information to register for classes.

Student Name: _____ Age: _____

Address: _____ City/State/Zip: _____

Phone (Day): _____ Phone (Evening): _____

E-mail: _____

Emergency Contact: _____ Phone: _____

All students must have a Student Waiver on file before attending any classes.



Adult Session 3 – Class Descriptions

Jazzy Hip-Hop – Get ready to sweat! This class incorporates fast paced, funky, street-style **Hip Hop** moves with **Jazz** inspired body isolation techniques, and across the floor combinations to provide a full body workout that increases flexibility and improves stamina.. Stretching and warm-up exercises at the beginning help to tone and tighten.

Liturgical Technique – This class emphasis the spiritual connection of the choreography to the lyrics and emotional expressiveness of the movement. The class combines music with ballet and modern dance techniques to convey a story to the audience through dance. The class allows the dancers the ability to express themselves openly and without reservation. This is an excellent class for church based dance groups or dance ministries because it reinforces strong ballet and modern dance technique while maintaining the most important aspect, the spiritual integrity of Liturgical Dance.

Modern – In this class, students explore movement, space, rhythm and inner creativity with an emphasis on momentum, shapes and patterns. The class incorporates the basic technique, study and improvisation of Horton Technique. Lots of strengthening exercises and stretching make this an excellent body conditioning class.

Repertory – This is the BodyMoves Adult Dance Company class. The BodyMoves Adult Repertory Company is an adult performance group that offers members training and pre-professional performance opportunities. Group members work with Director Katherine Smith to learn choreography, stage presence, timing and professional performance techniques. Anyone interested in joining the company should complete a Repertory Audition Information Sheet, available at the front counter. Anyone interested in taking the class but not joining the Adult Repertory Company, must have the instructor's permission.

Adult Classes are beginner to intermediate level. Students 15 years and up may participate in adult classes.