



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

'IN MOTION' DANCE PROGRAM

Ballet & Jazz for Youth and Adults



ABOUT THE PROGRAM

The YMCA **IN MOTION** Dance Program is designed to meet the needs of any student interested in the art of dance. This program ranges from pre-school through advanced professional levels.

DANCE TRAINING BENEFITS

- Fosters the physical, emotional, intellectual and cultural growth of students and encourages the appreciation of the performing arts
- Exposure to creative process and reinforcement that students are inherently imaginative, creative beings
- Positive self-image through sound physical development, good posture, poise and grace as well as promoting friendships.

DANCE ATTIRE

All Pre-Ballet students will need a pink leotard, tights and ballet slippers (skirts optional).

All Beginning and Intermediate Ballet students will need black leotard, pink tights, ballet slippers and black skirts. Boys will need black attire.

All Jazz students will need a black leotard, black jazz pants and jazz shoes with rubber soles. T-shirts, worn over dancewear is acceptable.

New Students Must Register by Jan. 13, 2012

CLASS DESCRIPTIONS

■ JAZZ

What a feeling! Jazz dance is an absolute blast (there is no other way to describe it!) It is a much more free, less restricted form of dance. Experience the dance style you have been seeing in videos, on TV and at the movies. It's energetic, motivating music and dynamic movement – will set you free. These classes consist of warm-up exercises to develop proper alignment and technique. Students will then focus on dance combinations, learning movement associated with their class level.

Beginning Jazz

WEDNESDAY 4:45-5:30 pm (ages 8-12)
Teacher: Nancy Gitlin

Intermediate / Advanced Jazz

Prerequisite: One -Two years jazz dance training.
WEDNESDAY 5:30-6:15 pm (ages 10+)
Teacher: Nancy Gitlin

Advanced Jazz

Prerequisite: To be taken in combination with Lyrical Ballet. Four years jazz dance training, or approved by instructor.
MONDAY 6:15-7:00 pm (ages 12+)
Teacher: Nancy Gitlin

Intermediate Adult Jazz

SATURDAY 10:30-11:30 am
Teacher: Amy McWhirter



■ PRE-BALLET

These delightfully animated classes are based on creative movement. Children experience fun, simplified basic steps through musical rhythm games, limbering exercises and coordination movement. At the end of class, the child will be introduced to tumbling.

Pre-Ballet

WEDNESDAY 4:00-4:45 pm (ages 3-5)
FRIDAY 3:45-4:30 pm (ages 3-5)
Teacher: Judy Sykora

Pre-Ballet II

MONDAY 4:00-4:45 pm (ages 4-5)

■ BALLET

Join the fun! Ballet is not the only the oldest form of dance and the building block to all dance forms. These classes will consist of developing a solid ballet foundation consisting of proper body alignment, vocabulary, positions and movements associated with their class level. Ballet will help develop correct posture, flexibility and body awareness and improve motor skills, self-confidence and discipline.

Beginning Ballet

MONDAY 4:45-5:30 pm (ages 6-9)
Teacher: Judy Sykora

Intermediate Ballet II (Ballet I not offered Winter/Spring)

Prerequisite: One-two years Ballet training
MONDAY 5:30-6:15 pm (ages 10-12)
Teacher: Marie Maloney

Lyrical Ballet

Prerequisite: Three-years Ballet training.
MONDAY 7:00-7:45 pm (ages 12+)
Teacher: Nancy Gitlin

NEW! Beginning Adult Ballet

FRIDAY 4:30-5:15 pm
Teacher: Judy Sykora
(This class does not participate in the end-of-year performance).

IN MOTION DANCE STAFF

Nancy Gitlin is the YMCA Dance and Fitness Supervisor. A graduate of the Boston Conservatory of Music with a bachelor's degree in Fine Arts, Nancy formerly taught at the internationally acclaimed Broadway Dance Center in New York City and across the country as a National Fitness Presenter. Nancy is author of the popular dance book, "Frank Hatchett's Jazz Dance". Nancy developed curriculum, choreographed and provided Master Classes at high schools, universities and theatres throughout the United States. Nancy is a guest lecturer and provides choreography and dance expertise to many local organizations. Nancy has released several DVD's on Dance Aerobics and Pilates.

Marie Maloney has taught dance for over 25 years. Marie has performed locally in numerous full length ballets including Sleeping Beauty (as the lead role), and The Nutcracker. She is an English teacher at River Valley High School. Marie has been at the Y 11 years and has outstanding teaching skills that keep her students focused and eager to learn ballet.

Judy Sykora grew up in St. Joseph where she trained with many teachers in the area, including Nancy Gitlin. She is a graduate of Western Michigan University with a Bachelor of Fine Arts in Dance and a degree from Lee Honors College. Judy studied in New York City at the prestigious Alvin Ailey Dance School. She then traveled five years with Royal Caribbean Cruise Lines as a dancer in their musical theatre revue style shows. She is a wonderful teacher and we are excited to have her as part of our staff.

Amy McWhirter has taught dance for 18 years. She danced with the University of Michigan Dance Team and appeared in community and professional theater productions. Amy is a professional actress, corporate spokesperson and video producer for Bolin Video Communications with her husband Rich.

DANCE CLASS TUITION

7 WEEK SESSIONS

	<u>45 Min.</u>	<u>60 Min.</u>
YMCA Member	\$38.00	\$44.00
Community	\$47.00	\$53.00

WINTER REGISTRATION

YMCA Members	Dec. 12, 2011
Community	Dec. 19, 2011

Classes begin January 9, 2012

After the first session, current students are given first priority in signing up for classes. Due to the performance on May 30, 2012 at Lakeshore High School, **new students cannot be accepted after January 13, 2012.**

YMCA FINANCIAL ASSISTANCE POLICY

No one will be turned away for an inability to pay. For information on financial assistance, please call 428-YMCA.

YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.



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