

## 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**

**MONDAY 4:00-4:45 pm** (ages 3-5)  
Teacher: Melanie Findlay  
**WEDNESDAY 4:00-4:45 pm** (ages 3-5)  
Teacher: Melanie Findlay  
**FRIDAY 3:45-4:30 pm** (ages 3-5)  
Teacher: Melanie Findlay

### ■ 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**

**FRIDAY 4:30-5:30 pm** (ages 6-9)  
Teacher: Melanie Findlay

#### **Intermediate Ballet I**

*Prerequisite:* One year Ballet training  
**MONDAY 4:45-5:30 pm** (ages 7-9)  
Teacher: Melanie Findlay

#### **Intermediate Ballet II**

*Prerequisite:* 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

## ■ NANCY GITLIN ■ and 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. She also is a National Fitness Presenter for Fitness Conventions. Nancy is author of the popular dance book, "Frank Hatchett's Jazz Dance". Nancy has 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 locally for over 20 years. Marie has outstanding teaching skills and the ability to keep the children focused and feeling great. She is a fantastic Ballet teacher and we are thrilled to have her!

**Melanie J. Findlay** taught at Connie Cassidy School of Dance for 17 years. Melanie has taught and choreographed at several studios in the Detroit area as well. We are privileged to have her join our staff and look forward to many years of her working with the children.

**Amy McWhirter** has taught dance for 17 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.

# IN MOTION

## YMCA DANCE PROGRAM



**Benton Harbor-St. Joseph  
YMCA Family Center**

3665 Hollywood Road  
St. Joseph, MI 49085  
(269) 428-YMCA(9622)

[www.bhsjymca.org](http://www.bhsjymca.org)

We build strong kids,  
strong families, strong communities.



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 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.

### ■ DANCE CLASS ■ TUITION

#### 7 WEEK SESSIONS

	<u>45 Min.</u>	<u>60 Min.</u>
YMCA Member	\$34.00	\$40.00
Community	\$43.00	\$49.00

### ■ FALL REGISTRATION ■

YMCA Members	August 24, 2009
Community	August 31, 2009

**Classes begin September 14, 2009**

After the first session, current students are given first priority in signing up for classes. Due to the performance on June 2, 2010 at Lakeshore High School, new students cannot be accepted after January 15, 2010.

### YMCA Mission

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

### YMCA Financial Assistance Policy

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