

2011 Class Descriptions, Dress Code and Pricing

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Classes for Young Children

Dancing Together (ages 3-4)

Through the use of colorful props, songs and simple dance steps, together you and your child will discover the wonderful world of creative movement while developing both your imaginations and coordination skills.

This 45 minute course meets once a week - *\$285 per semester or \$570 Annual/\$57 per month*

9:15-10:00 am Saturday

PINK leotard and pink footless tights/ No shoes are worn for this class

(Recommended leotard: Bloch CL5402 Lt Pink, Footless Tights)

Parent/Caregiver: comfortable clothing that you can move in easily, barefoot or socks

Creative Dance (ages 4-5)

This class utilizes imagination and creative movement to introduce the student to the initial steps of ballet and modern dance. This introductory movement class explores rhythm, song, body awareness, locomotive skills, and creative expression.

This 45 minute class meets once a week - *\$285 per semester or \$570 Annual/\$57 per month*

10:00-10:45am Saturday

PINK leotard and pink tights/ Full Sole Ballet Shoes

(Recommended leotard: Bloch CL5402 Lt Pink, Tights: Bloch TO921 Pink, Ballet Shoe: Bloch SO225)

Pre-Ballet (ages 5-6)

Moving rhythmically and enjoying dance continues to be the priority while introducing the student to discipline and the initial steps of ballet at the barre and across the floor. This class combines technique with structured creativity while still studying body awareness, rhythm and alignment.

This 45 minute class meets once a week - *\$570 Annual/\$57 per month*

10:45-11:30am Saturday

PASTEL BLUE Leotard/ Pink Tights/ Full Sole Ballet Shoes

(Recommended leotard: Bloch CL5402 Pastel Blue, Tights: Bloch TO921 Pink, Ballet Shoe: Bloch SO225)

Student Ballet Classes

Beginning Ballet 1 (ages 7+)

Mentally and physically, students are now prepared for learning classical ballet. Barre work and center practice are designed to increase strength, flexibility and an understanding of ballet vocabulary.

This 60 minute class meets once a week - *\$700 Annual/\$70 per month*

12:30-1:30pm Sunday

Lavender Leotard/ Pink Tights/ Full Sole Ballet Shoes

(Recommended leotard: Bloch CL5402 Lavender, Tights: Bloch TO921 Pink, Ballet Shoe: SO225)

Beginner Ballet 2 (ages 8+)

Mentally and physically, the student progresses toward a more challenging classical ballet barre, vocabulary and terminology. Barre work and center practice are designed to increase strength and flexibility.

This 60 minute course is required twice a week - *\$1,100 Annual/\$110 per month*

5:00-6:00pm Wednesday -and- 1:30-2:30pm Sunday

Lavender Leotard/ Pink Tights/ Full Sole Ballet Shoes

(Recommended leotard: Bloch CL5402 Lavender, Tights: Bloch TO921 Pink, Ballet Shoe: SO225)

Teen Beginner Ballet (ages 10+)

Elementary principals of ballet are taught with a focus toward individual progression at a steady, comfortable pace and with the understanding that every unique body has a natural aptitude for movement. This course is a great way to stay in shape or catch up on previous ballet study.

This 90 minute class meets once each week - *\$800 Annual/\$80 per month*

4:30-6:00 Monday

Solid Colored Leotard/ Tights/ Ballet shoes

(Recommended: Solid Colored Leotard Bloch L5405 Tights: Bloch TO921/TO935 Pink Ballet shoe)

Intermediate Ballet 1 (ages 9+)

Increased strength and flexibility are expanded as barre and center practice become more complex. The syllabus grows to include body directions, pirouettes, jumps and increased knowledge of musicality.

This 90 minute course is required two times a week - *\$1400Annual/\$140 per month*

6:00-7:30pm Wednesday -and- 1:00-2:30pm Saturday

Royal Leotard/ Pink Tights/ Full or Split Sole Ballet Shoes (Recommended leotard: Bloch CL5402 or CL5405 Royal, Tights: Bloch TO921 Pink)

Intermediate Ballet 2 (ages 12+)

Dancers are now expected to integrate turn out, use of upper body and musicality. Increased strength and flexibility are emphasized for leg extensions, turns, adagio and allegro work in preparation for pointe and/or a more advanced class.

This 90 minute course is required three times a week - *\$2050 Annual/\$205 per month*

6:00-7:30pm Tuesday, Thursday -and- 11:30-1:00pm Saturday

Burgundy Leotard/ Convertible Pink Tights Full or Split Sole Ballet Shoes

(Recommended leotard: Bloch CL5402 or CL5405 Burgundy, Tights: Bloch TO921/TO935 Pink)

Advanced Ballet (ages 16+)

At this level, dancers are expected to become technically, musically and emotionally proficient as they progress.

This 90 minute course is required four times a week - \$2750 Annual/\$275 per month

4:30-6:00pm Tuesday, Wednesday, Thursday -and- 10:00-11:30am Saturday

Black Leotard/ Pink Tights/Ballet Shoes

(Recommended leotard: Bloch CL5402 or CL5405 Black, Tights: Bloch TO920/TO935 Pink)

Pointe 1

This class provides the ground work for dancing on pointe. The student develops foot and ankle strength as well as stamina for safely rising on to the tips of the toes while maintaining turn out, coordination and grace.

This course requires the consent of instructor.

This 60 minute course is required twice a week - \$750 Annual/\$75 per month

7:30-8:30pm Thursday -and- 1:00-2:00pm Saturday

Burgundy or **Black** Leotard/ Convertible Pink Tights/Ballet Shoes

Pointe shoes once recommended by instructor (Recommended leotard: Bloch CL5402 or CL5405 **Burgundy** or

Black Tights: Bloch TO935 Pink)

Pointe 2

Students continue to build strength and coordination away from the barre they begin incorporating advanced pointe work, balances and allegro movements.

This course requires the consent of instructor.

This 60 minute course is required two times a week - \$750 Annual/\$75 per month

6:00-7:00pm Wednesday -and- 11:30-12:30pm Saturday

Black Leotard/Convertible Pink Tights/ Ballet Shoes/Pointe shoes

(Recommended leotard: Bloch CL5402 or CL5405 Black, Tights: Bloch TO935 Pink)

Open Intermediate Ballet

This class is an open level intermediate ballet class combining levels from both Intermediate Ballet 1 and 2. It is the perfect make-up class or an extra class to take for increased improvement for both students and adults.

This 90 minute class meets once each week - \$800 Annual/\$80 per month

11:00-12:30 Sundays

Solid Colored Leotard/ Tights/ Ballet shoes

(Recommended: Solid Colored Leotard Bloch L5405 Tights: Bloch TO921/TO935 Pink Ballet shoe)

Student Dance Classes

Kids Tap (ages 7-10)

Focusing on rhythm, singing, clapping and coordination the students create percussive sounds that transition into classical tap vocabulary. Tap shoes are required. This course is repeatable yearly.

This 45 minute course meets once a week - *\$570 Annual/\$57 per month*

5:45-6:30pm Thursday

Solid Colored Leotard/ Pink Tights or Dance Pants - Tap Shoes Required

(Recommended leotard: Bloch CL5402, Tights: Bloch TO921 Pink, Tap Shoe: Tap On SO302)

Shake It Up (ages 6-10)

This class is a wonderful introduction to the world of dance by exploring different dance styles throughout the year including ballet, jazz, modern, hip hop and musical theatre.

This 60 minute course is repeatable yearly and meets once a week - *\$600 Annual/\$60 per month*

5:30-6:30pm Tuesday

Solid Colored Leotard/ Tights or Jazz pants/ Jazz Shoes

(Recommended: Solid Colored Leotard Bloch L5405 Pants: Capezio Nylon Spandex Pant TB118, Jazz Shoe: Bloch Split Sole-S0405)

Teen Intermediate Tap (ages 11+)

Using rhythm as a basis, this class combines vocalization and foot work to make percussive music. Foot isolation, strength, weight shift, balance and coordination are emphasized. Tap shoes are required, flat soled tap shoes are preferred.

This 60 minute course is repeatable yearly and meets once a week - *\$600 Annual/\$60 per month*

6:30-7:30pm Thursday

Solid Colored Leotard/Tights or Pants/ Tap Shoes

(Recommended Solid Colored Leotard Bloch L5404, Pants: Capezio Nylon Spandex Pant TB118 or Pink Tights from ballet, Tap Shoes: Bloch Tap SO302 or SO301)

Teen Beginner Ballet (ages 10+)

Elementary principals of ballet are taught with a focus toward individual progression at a steady comfortable pace and with the understanding that every unique body has a natural aptitude for movement. This course is a great way to stay in shape or catch up on previous ballet study.

This 90 minute class meets once each week - *\$800 Annual/\$80 per month*

4:30-6:00 Monday

Solid Colored Leotard/ Tights/ Ballet shoes

(Recommended: Solid Colored Leotard Bloch L5405 Tights: Bloch TO921/TO935 Pink, Pink, Ballet Shoe: SO225)

Contemporary Jazz 1 (ages 9+)

Using rhythm and pulse as a means of individual expression, this class explores the fusions of classic jazz and contemporary modern movements.

This 60 minute course is repeatable yearly and meets once a week - *\$600 Annual/\$60 per month*

6:30-7:30pm Tuesday

Solid Colored Leotard/ Tights or Jazz pants/Jazz Shoes

(Recommended: Solid Colored Leotard Bloch L5405 Pants: Capezio Nylon Spandex Pant TB118, Jazz Shoe: Bloch Split Sole-S0405)

Contemporary Jazz 2 (ages 12+)

Combining classic jazz and contemporary modern movements, this fusion of dance styles expresses more intricate and complex rhythms and combinations.

This 90 minute course is repeatable yearly and meets once a week - *\$800 Annual/\$80 per month*

7:30-9:00pm Tuesday

Solid Colored Leotard/ Tights or Jazz pants. Jazz Shoes

(Recommended: Solid Colored Leotard Bloch L5405 Pants: Capezio Nylon Spandex Pant TB118, Jazz Shoe: Bloch Split Sole-S0405)

Teen and Adult Hip Hop 2

Incorporating current music and street dancing, this class combines rhythmic isolations and syncopation. It is the ultimate dance work out.

This 60 minute course is repeatable yearly and meets once a week - *\$600 Annual/\$60 per month*

7:30-8:30pm Monday

Solid Colored Leotard/Pants/ Dance Sneaker

(Recommended Solid Colored Leotard Bloch L5404, Pants: Capezio Nylon Spandex Pant TB118 or Body Wrappers Hip Hop Action Pant BW4287)

Open Level Modern-Graham Technique (ages 12+)

Martha Graham is regarded as one of the for-most pioneers of modern dance. Her dance style is based upon contraction and release of the body in an earth-driven formula. The fundamental principles in Graham Technique include contraction and release, opposition, shift of weight and spirals. It is a codified technique, with a set series of seated floor exercises, standing exercises and across-the-floor sequences.

This 90 minute class is repeatable yearly and meets once a week - *\$800 Annual/\$80 per month*

Sunday 2:30-4:00pm

Solid Colored Leotard/ Tights or Jazz pants/No shoes

(Recommended: Solid Colored Leotard Bloch L5405 Pants: Capezio Nylon Spandex Pant TB118)

Wellness Classes

Zumba

Zumba is a dance fitness program designed to make dance fun. Classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring. The routines feature interval training sessions with fast and slow rhythms and resistance training that tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got it! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. All classes are taught by certified Zumba instructors.

Workout wear and Sneakers recommended.

This 60 minute class is available twice a week: **Mondays 10-11am, Tuesday & Thursdays 4:30-5:30pm and**

Wednesdays 7-8pm

Single Class: \$12 10 Class Card: \$100

No Student Rate Available

Pilates

A form of strength training and conditioning developed by Joseph Pilates. Pilates increases core strength using breath, flow, coordination, concentration, control and precision. This class is taught by a certified Pilates instructor. Pilates utilizes mat work on the floor.

Workout wear and a yoga or workout mat is recommended.

This 60 minute class meets once a week: **Mondays 6:30-7:30pm and Saturdays 9:00-10:00am**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

DanceBody

This dance/fitness workout combines dance technique, cardio and body conditioning elements to burn calories and tone muscles. Each class combines elements of Ballet, Hip Hop, Yoga, Jazz and shake and sculpt moves to challenge you mentally and physically. No dance experience is required. Workout wear is recommended.

This 60 minute class meets once a week: **Mondays 6:30-7:30pm**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Yoga

Yoga is a form of exercise meditation that uses slow controlled movements and stretching. It increases flexibility and balance. It is also good for relieving stress, relaxing and focusing. Yoga has been used as a meditation technique for thousands of years.

Comfortable workout wear and bare feet are recommended

This 60 minute class is available three times a week: **Tuesdays & Thursdays 1:30-2:30pm**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Latin Ballroom

Latin rhythms are the focus of this high energy and fun filled class. Learn ballroom technique and choreography in Latin forms such as the Samba, Rumba and Tango.

Wear clothes you can move in and shoes you can dance in.

This 60 minute class meets once a week: **Tuesdays 7:30-8:30pm**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Stretch and Strength – NOT CURRENTLY OFFERED (effective 10/1/11)

This class combines yoga, Tai Chi and Pilates based movement and isolated strength building exercises into a wonderful combination of stretch and strengthening that can rejuvenate the mind, body and spirit. Work out wear and yoga mats recommended. No sneakers, bare feet.

This 60 minute class is available twice a week: **Tuesdays and Thursdays 8:30-9:30am**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Adult Dance Classes

Beginner Ballet

Elementary principals of ballet are taught with a focus toward individual progression at a steady comfortable pace and with the understanding that every unique body has a natural aptitude for movement. A great way to stay in shape!

This 90 minute class meets once each week: **Sundays 11:00am-12:30pm**

Leotard/Tights/Ballet Shoes required

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Open Beginner/Intermediate Adult Ballet

This class is a slow level ballet class focusing on progressing at a steady pace. Previous ballet experience is preferred.

This 90 minute class meets once each week: **Wednesdays 7:30-9:00pm**

Leotard/Tights/Ballet Shoes required

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Adult Intermediate/Advanced Ballet

This class involves more complex ballet concepts and elements. Previous ballet experience required.

This 90 minute class meets once each week: **Mondays 7:30-9:00pm**

Leotard/Tights/Ballet Shoes required

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Open Adult and Student Intermediate Ballet

This class is an open level intermediate ballet class combining levels from both Intermediate Ballet 1 and 2.

The class progresses at a faster level than the Beginner/Intermediate class. It is the perfect make-up class or an extra class to take for increased improvement for both students and adults.

This 90 minute class meets once each week **11:00-12:30 Sundays**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Solid Colored Leotard/ Tights/ Ballet shoes

(Recommended: Solid Colored Leotard Bloch L5405 Tights: Bloch TO921/TO935 Pink Ballet shoe)

Open Level Modern-Graham Technique

Martha Graham is regarded as one of the for-most pioneers of modern dance. Her dance style is based upon contraction and release of the body in an earth-driven formula. The fundamental principles in Graham Technique include contraction and release, opposition, shift of weight and spirals. It is a codified technique, with a set series of seated floor exercises, standing exercises and across-the-floor sequences

This 90 minute class meets once a week: **2:30-4:00pm Sunday**

Wear Work-out wear or leotard and tights, no shoes

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Adult Beginner Tap

Using rhythm as a basis, this beginner class focuses on foot isolation, strength, weight shift, balance and coordination are emphasized. Tap shoes are required, flat soled tap shoes are preferred.

Wear clothes you can move in.

This 60 minute class meets once each week: **Thursdays 7:30-8:30pm**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Contemporary Jazz 2

Combining classic jazz and contemporary modern movements, this fusion of dance styles expresses rhythm and pulse through individual expression.

This 90 minute course meets once each week: **Tuesday 7:30-9:00pm**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120

Teen and Adult Hip Hop 2

Incorporating current music and street dancing, this class combines rhythmic isolations and syncopation. It is the ultimate dance work out.

This 60 minute course is repeatable yearly and meets once a week: **Monday 7:30-8:30pm**

Single Class: \$17 10 Class Card: \$150

Student Rate Available with valid student ID

Student Single Class: \$15 Student 10 Class Card: \$120