

# Classes Booking Form 2020

## APRIL 20 – JUNE 29, 2020

**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 3-5 YEARS	€80
6 WEEK TERM	- DANCING WELL WITH PARKINSON'S	€60
7 WEEK TERM	- SALSA AND SWING DANCE	€92
8 WEEK TERM	- MODERN DANCE FOR 6-11 YEARS	€105
8 WEEK TERM	- WELL DANCE FOR SENIORS	€85
	WELL DANCE VOLUNTARY SLIDING SCALE (MIN €65, MAX €85)	
	RING 01 280 3455 TO ENROL & RETURN THIS FORM	
10 WEEK TERM	- ONE CLASS PER WEEK	€105
	- TWO CLASSES PER WEEK	€200
	- THREE CLASSES PER WEEK / FAMILY RATE	€300

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: [info@dancetheatreireland.com](mailto:info@dancetheatreireland.com)  
[www.dancetheatreireland.com](http://www.dancetheatreireland.com)



# Current Class Schedule

## APRIL 20 – JUNE 29, 2020

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	11:00 - 12:30PM
	Modern Dance - 6-11 year olds	5:00 - 6:00PM
	Contemporary Dance - Some experience	6:45 - 8:00PM
	<b>NEW</b> Swing Dance - 7 weeks - Lindy & Charleston	8:00 - 9:00PM
<b>Wednesday:</b>		
	Well-Dance for Seniors - Mornings	11:00 - 12:30PM
	Modern Dance - 3-5 year olds	3:00 - 3:45PM
<b>Thursday:</b>		
	<b>NEW</b> Barre & Dance Fitness - Mornings	10:00 - 11:00AM
	Contemporary Dance - Beginners	6:45 - 8:00PM
	<b>NEW</b> Bollywood	8:00 - 9:00PM
<b>Friday:</b>		
	Dancing Well with Parkinson's	11:00 - 12:30PM
	YOGA FOR MIND & BODY	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
	<b>NEW</b> Salsa Saturdays! - 7 weeks	2:15 - 3:15PM
	RAD Intermediate Ballet	3:15 - 4:30PM

### EASTER DANCE CAMPS – KIDS, TEENS, ADULTS & SENIORS

April 6th-9th  
 Kids ages 6-9 11am – 2pm / Teen ages 10-14 2:30pm-5:30pm  
 A fantastic course in Modern dance and Hip Hop to popular & world music, learning routines both individually and with others. Culminating in an informal showing for parents, family, and friends.  
 March 30-April 2  
 Seniors Easter Dance Course (over 55s) 11am-1:45pm Mon-Thurs

### SUMMER DANCE ALL DAY

WEEK 1:	Seniors (over 55)	June 29th – July 3rd	11-1:45	€100
	Adults (over 18+)	June 29th – July 3rd	2-6pm	€155
WEEK 2:	Ages 7-12yrs	JULY 6th – 10th	10 – 4pm	€155
WEEK 3:	Ages 13-17yrs	JULY 13th – 17th	10 – 4pm	€155

Enrolment now on!

### 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.

### For Bookings & Further Information

Call (01) 280 3455 or Email: [info@dancetheatreireland.com](mailto:info@dancetheatreireland.com)  
[www.dancetheatreireland.com](http://www.dancetheatreireland.com)

GIFT VOUCHERS AVAILABLE FROM DTI OFFICE

# Dance Theatre of Ireland

## Centre for Dance

**Adults, Teens & Children (All ages)**  
**20th April - 29th June, 2020**



*“Thank you for giving me my heart back!”*  
*“The Best classes ever!”*

## DANCING IS GOOD FOR YOU!

Gift Vouchers Available / Easter & Summer Camps



### Dance Theatre of Ireland

Bloomfields Centre, Lwr. Georges Street  
 Dun Laoghaire, Co. Dublin,  
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## 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. **Taught by Monica Munoz.**

**Date: Thursdays Apr 23rd – June 25th**  
**Time: 6:45PM – 8:00PM** *Level: Beginners*

**Intermediate Tuesdays** - For those experienced in Contemporary Dance and other disciplines, this class will be a technique class with a warm-up influenced by Limon, Cunningham, Release and Ballet techniques, learning short phrases and movement across the floor, devising and creating with **Justine Cooper** and **Emily Kilkenny Roddy.**

**Date: Tuesdays Apr 21st – June 23rd**  
**Time: 6:45PM – 8:00PM** *Level: Some experience*

## BODY CONDITIONING / CONTEMPORARY DANCE

A Contemporary-based dance class which focuses on body conditioning through dance, improving posture and general muscle tone. The exercises and combinations of movement are designed to create fluid dance, strengthening and releasing tension. With **Monica Munoz.**

**Date: Saturdays, Apr 25th – June 27th**  
**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.

**8 WEEKS** **Date: Tuesdays Apr 21st – June 9th**  
**Date: Wednesdays Apr 22nd – June 10th**  
**Time: 11:00AM – 12:30PM**

\*This class is taught by Dance Theatre of Ireland Artistic Directors Robert Connor & Loretta Yurick Supported in part by The Ireland Funds and the HSE National Lottery Grant

## 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, focusing on musicality, rhythm, expression & connection. **Dancing Well with Parkinsons** is supported in part by HSE National Lottery Grant and [Move4Parkinsons.com](http://Move4Parkinsons.com).

**Date: Fridays Apr 17th – June 26th (two 6-week terms)\***  
**Time: 11:00AM – 12:30PM**

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

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

## BOLLYWOOD

NEW

One of the hottest dance styles around! Get a real taste of traditional and classical Indian dances which have been influenced by hip hop, jazz, and modern dance. Fantastically fun time, absolutely GREAT Music and lots of positive energy! With **Mili Seth**, a beautifully trained Kathak dancer since age 8!

**Date: Thursdays Apr 23rd – Jun 25th**  
**Time: 8:00PM – 9:00PM**

## HIP HOP / STREET DANCE

High-energy Hip Hop classes that teach the latest moves influenced by 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 teacher **Saoirse Doyle.**

**Date: Mondays, Apr 20th – June 29th\***  
**Time: 8:00PM – 9:00PM**

**Date: Saturdays, Apr 25th – June 27th**  
**Time: 12:15PM – 1:15PM** Kids 8-12 year olds  
**Time: 1:15PM – 2:15PM** Teens/Adults

\*Classes as usual on Bank Holiday May 4th, and NO CLASS on June 1st, instead on June 29th. No street shoes or black soled runners allowed in the studio.

## BALLET

**Ballet for Adults / Teens** Maybe you did it long ago and want to try again? Or perhaps you've been doing other dance styles and want to add to your range? Ballet improves body alignment and dance technique (particularly legs & arms). **Beginners** is for those who have never done ballet before and **Intermediate** for those who may have done it along ago or have some experience.

**RAD Ballet Intermediate** is for ballet improvers and is **RAD-Syllabus based** and includes **Barre and Centre** and can be done en Pointe. **Monday Nights** are taught by **Justine Cooper** and **Jane Magan.** **Saturday RAD classes** are taught by **Karen Wignall**, and Saturday **Beginners** classes are taught by **Federica Staderini.**

**Date: Mondays, Apr 20th – Jun 29th\***  
**Time: 6:45PM – 8:00PM** *Level: some experience*

**Date: Saturdays, Apr 25th – June 27th**  
**Time: 11:15AM – 12:15PM** *Level: Beginners*

**Date: Saturdays, Apr 25th – June 27th**  
**Time: 3:15PM – 4:30PM** *Level: RAD Intermediate*

Classes as usual on Bank Holiday May 4th, and NO CLASS on June 1st, instead on June 29th.

DAYTIME

## 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, these simple dance exercises 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 Apr 21st – June 23rd**  
**Time: 10:00AM – 11:00AM**

NEW

## SWING DANCE

**Swing** is an energetic and playful partnering dance, originating in Harlem from African American communities during the Swing era of jazz music from the 20s into the 40s. This class will focus on two of the most fun and popular styles, **Lindy Hop** and **Charleston.** Come with or without a partner and have a blast! With Paul Armstrong and Nilsun Gursoy of the **Dublin Swing Dance Troupe.**

**7 WEEKS** **Date: Tuesdays Apr 21st – Jun 2nd**  
**Time: 8:00PM – 9:00PM**

DAYTIME

## MODERN DANCE FOR 3-11 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: Wednesdays April 22nd – May 27th**  
**Time: 3:00PM – 3:45PM** *Ages: 3-5*

**8 WEEKS** **Date: Tuesdays Apr 21st – June 9th**  
**Time: 5:00PM – 6:00PM** *Ages: 6-11*

NEW

## SALSA SATURDAYS!

Salsa is one of the most popular forms of Latin American dance. This class covers all the essential steps to enable you to join friends and glide on the dance floor, Join us to learn moves influenced by **Cha-cha, Mambo** and **Merengue.** Warm up with easy to follow Cardio Salsa steps followed by putting the steps together with a partner. Hugely fun! No partner needed or come with a friend! With **Paula Donnelly.**

**7 WEEKS** **Date: Saturdays Apr 25th – Jun 6th**  
**Time: 2:15PM – 3:15PM**

\* Wear comfortable shoes or trainers with light-coloured sole – No high heels

## YOGA - FOR MIND & BODY, DE-STRESS!

De-stress your Mind & Body on Friday nights with this class that will set you up for a great weekend. Slow Down. Featuring gentle safe stretching, classical Yoga postures, breathing techniques and visualization, this class finishes with a beautiful deep relaxation. Taught by **Maureen Nightingale**, a founder of Yoga therapy Ireland, **Time for YOU!**

**Date: Fridays Apr 24th – Jun 26th**  
**Time: 7:00PM – 8:30PM**

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

NEW

## BARRE & DANCE FITNESS

**Barre Fitness** is a **dance** workout class, combining modern dance and ballet moves with elements of **Pilates, yoga and strength training.** The classes incorporate movement at a ballet barre, dance sequences in the centre and dynamic stretches, for posture, core strength and flexibility, all to great music.

**DAYTIME** **Date: Thursdays Apr 23rd – Jun 25th**  
**Time: 10 – 11a.m.**

Wear comfortable shoes - No high heels.