

Classes Booking Form 2018

APRIL 16TH – JUNE 23RD, 2018

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 3-12 YEARS	€77
7 WEEK TERM	- BALLROOM, LATIN & WEDDING	€89
8 WEEK TERM	- WELL-DANCE FOR SENIORS	€80
	WELL DANCE VOLUNTARY SLIDING SCALE MIN €55, MAX €80 RING 01 280 3455 TO ENROLL & RETURN SEPERATE FORM	
10 WEEK TERM	- ONE CLASS PER WEEK	€100
	- TWO CLASSES PER WEEK	€195
	- THREE CLASSES PER WEEK OR FAMILY RATE	€285

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: danceire@iol.ie
www.dancetheatreireland.com



Current Class Schedule

APRIL 16TH – JUNE 23RD, 2018

DAY	CLASS	TIME
Monday:		
	Ballet - Some experience	6:45 - 8:00PM
	Hip Hop - Beginners	8:00 - 9:00PM
Tuesday:		
	Dance 'N Fitness - Mornings	10:00 - 11:00AM
	Well-Dance for Seniors - Mornings	11:00 - 12:30PM
	Modern Dance - 3-5 year olds	3:00 - 3:45PM
NEW	Modern Dance - 10-12 year olds	4:00 - 5:00PM
	Modern Dance - 6-9 year olds	5:00 - 6:00PM
	Contemporary Dance - Some experience	6:45 - 8:00PM
NEW	Salsa Night!	8:00-9:15PM
Wednesday:		
	Well-Dance for Seniors - Mornings	11:00-12:30PM
Thursday:		
NEW	Dance & Barre Fitness - Mornings	10:00 - 11:00AM
	Contemporary Dance - Beginners	6:45 - 8:00PM
NEW	West Coast Swing - Level II	8:15 - 9:15PM
Friday:		
	Dancing Well with Parkinson's	11:00 - 12:30PM
	YOGA - Hatha	7:00 - 8:30PM
Saturday:		
	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
	Ballroom, Latin & Wedding	2:15 - 3:15PM
NEW	RAD Intermediate/Giselle Repertoire	3:15 - 4:15PM

EASTER DANCE WEEK – KIDS AND TEENS

March 26-30, Monday-Friday
Kids ages 7-12 11am – 2pm
Teens ages 13-17 2:30pm-5:30pm

SUMMER DANCE ALL DAY CAMPS

Teens 13-17yrs	June 25 – 29	10am – 4pm	€155
Kids 7-12yrs	July 2 – 6	10am – 4pm	€155
Adults	July 9 – 13	2pm – 6pm	€120
Seniors	July 9 – 13	10:30am – 1:30pm	€100

Ireland's most beloved summer course. A simple fantastic course in Modern dance for Adults & Seniors and in Modern, Hip Hop & Musical dance theatre for teens & kids--all to popular and world music, learning routines both individually and with others.

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: danceire@iol.ie
www.dancetheatreireland.com
GIFT VOUCHERS AVAILABLE FROM DTI OFFICE



Dance Theatre of Ireland

Adults, Teens & Children
April 16th – June 23rd, 2018

Centre for Dance

- SALSA NIGHT!
- CONTEMPORARY DANCE
- MODERN DANCE FOR KIDS 3-12
- WEST COAST SWING
- BALLROOM, LATIN & WEDDING
- HIP HOP * YOGA * BALLET
- RAD INTERMEDIATE / GISELLE REPERTOIRE
- DANCE'N'FITNESS * DANCE & BARRE FITNESS
- BODY CONDITIONING / DANCE
- WELL-DANCE FOR SENIORS
- DANCING WELL WITH PARKINSON'S

Summer Dance Courses & Camps
Teen - June 25th - 29th * Kids - July 2nd - 6th
Adults PM July 9th - 13th * Seniors AM July 9th - 13th



Dance Theatre of Ireland
Bloomfields Centre, Lwr. Georges Street
Dun Laoghaire, Co. Dublin
01 280 3455 danceire@iol.ie
www.dancetheatreireland.com

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.

Date: Thursdays, 19th April – 21st June*

Time: 6:45PM - 8:00PM Level: *Beginners*

Intermediate Tuesdays

For those experienced in Contemporary Dance and other dance disciplines, this class approaches Contemporary Dance from the perspectives of texture, rhythm and dynamic space. Building on fundamental Contemporary techniques (Limon, Cunningham, Nikolais, Release and Ballet) this class progresses through a series of exercises and sequences which incorporate changing qualities, rhythmical subtlety and multi-directional movement performed with motional passion. With **Eimear Byrne**.

Date: Tuesdays, 17th April – 19th June

Time: 6:45PM - 8:00PM Level: *Some experience*

*These Contemporary Dance Classes are taught by **Dance Theatre of Ireland**
- Artistic Directors **Robert Connor / Loretta Yurick**

BODY CONDITIONING / CONTEMPORARY DANCE

A Contemporary-based class which focuses on body conditioning through dance, improving posture and general muscle tone. The exercises and combinations of movement are designed to fully work the body outwards from the spine in a safe and structured way to create fluid expressive dance, strengthening and releasing tension. With **Monica Munoz**.

Date: Saturdays, 21st April – 23rd June

Time: 10:00AM - 11:15AM

No experience necessary – wear loose clothing, bare feet or cotton socks.

BAYTIME 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, 17th April – 19th June***

Date: Wednesdays, 18th April – 20th June*

Time: 11:00AM-12:30PM

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

BAYTIME 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, this series of simple dance exercises and movements will 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, 17th April – 19th June

Time: 10:00AM - 11:00AM

WEST COAST SWING / JIVE

West Coast Swing is a fantastic smooth style of swing dance, similar to Lindy Hop & Jive. It can be traced back to the swing era. It imparts great movement for dancing with a partner, which can be used on a night out using swing, hip hop and rock & roll music. With **Lana Mayra**. Check out the Video <https://www.youtube.com/watch?v=sOulxfDC8Z8>

NEW **Date: Thursdays, 19th April – 21st June**

Time: 8:15PM - 9:15PM LEVEL II, *SOME EXPERIENCE*

HIP HOP / STREET DANCE

High-energy Hip Hop classes that teach the latest moves influenced by some of 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 teachers: **Matt Szczerek** (Mon), **Saoirse Doyle** (Sat. Kids) and **Sorcha Quinn** (Sat. Teens/Adults).

Date: Mondays, 16th April – 18th June*

Time: 8:00PM - 9:00PM

Date: Saturdays, 21st April – 23rd June**

Time: 12:15PM - 1:15PM Kids 8-12 year olds

Time: 1:15PM - 2:15PM Teens/Adults

No street shoes or black soled runners allowed in the studio.

*Class as usual on Bank Holidays May 7, June 4

BALLET

Ballet for Adults / Teens Maybe you did it long ago and want to try again? Or perhaps you've been doing other forms of dance and want to add to your range and style? This is a class designed to improve body alignment and dance technique (particularly legs and arms), plus impart the basics of ballet technique. **Beginners** is for those who have never done ballet before and **Intermediate** level is for those who may have done it before (but a long time ago) or who have some experience.

RAD Intermediate/Giselle Repertoire will include **Intermediate** RAD barre with centre work based on the romantic Ballet **Giselle**, focusing on both technique and performance style—suitable for ballet improvers. The ballet classes are taught by **Laura Macken-Posavitz** (Some Experience Monday), **Karen Wignall** (RAD Intermediate Saturday) and **Sauna Coffey** (Beginners Saturday).

Date: Mondays, 16th April – 18th June*

Time: 6:45PM - 8:15PM Level: *some experience*

Date: Saturdays, 21st April – 23rd June**

Time: 11:15AM - 12:15PM Level: *Beginners*

NEW **Date: Saturdays, 21st April – 23rd June****

Time: 3:15PM - 4:15PM Level: *RAD Intermediate/Giselle Repertoire*

*Class as usual on Bank Holidays May 7, June 4

YOGA

The Practice of Yoga brings Health, Vitality and Positive well-being. **Hatha Yoga** will introduce you to gentle safe stretching, classical Yoga postures, breathing techniques, visualization and relaxation. Finishes with a beautiful deep relaxation. With **Maureen Nightingale**, a founder of Yoga Therapy Ireland.

Date: Fridays, 20th April - 22nd June

Time: 7:00PM – 8:30PM

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

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

SALSA NIGHT!

Salsa is the most popular form 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 **Cha-Cha, Mambo and Merengue**. And a great class for fitness too – Warm up with easy to follow Cardio Salsa steps done solo, followed by putting the steps together with a partner. Hugely fun! No partner needed or come with a friend! With **Paula Donnelly**.

NEW **Date: Tuesdays, 17th April - 19th June**

Time: 8:00-9:15PM

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

BAYTIME MODERN DANCE FOR 3-12 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: Tuesdays, 17th April - 19th June***

Time: 3:00PM - 3:45PM Ages: 3-5

NEW **Time: 4:00PM – 5:00PM** Ages: 10-12

Time: 5:00PM - 6:00PM Ages: 6-9

BALLROOM, LATIN & WEDDING

This class covers the most popular forms of Social Dancing in a fantastic way! Take your dancing to a new level with our amazing teacher and coach **Lorraine Heron**, who covers the **Waltz, Foxtrot, Cha-Cha, Rumba, Quick Step, Jive** and more. Brush up on your steps for Weddings and events this spring/summer and improve your style. Meet new people and have great fun. No partner necessary OR bring your partner and have a ball!

7 WEEKS **Date: Saturdays, 21st April - 23rd June**

Time: 2:15PM - 3:15PM *Beginners I & II*

Wear comfortable shoes - No high heels.

BAYTIME DANCE & BARRE FITNESS

Dance'NBarre fitness is a dancery workout which moves to music and uses isometric dance exercises performed at the barre. Emphasis is on alignment, posture, and core engagement, all while moving to great music. Taught by **Cayisha Graham**.

NEW **Date: Thursdays, 19th April - 21st June**

Time: 10:00AM - 11:00AM

BAYTIME 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. **Dancing Well with Parkinsons** is supported in part by HSE National Lottery Grant and **Move4Parkinsons.com**. To Register for this class contact **Move4Parkinsons 01 295 0060**

Date: Fridays, 20th April - 22nd June*

Time: 11:00AM - 12:30PM

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