

Classes Booking Form 2017

JANUARY 23RD – APRIL 1ST, 2017

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
	- BOLLYWOOD	€89
8 WEEK TERM	- WELL-DANCE FOR SENIORS	€55 - €80
	VOLUNTARY SLIDING SCALE MIN €55, MAX €80	
	RING 01 280 3455 TO ENROLL & RETURN THIS FORM	
10 WEEK TERM	- ONE CLASS PER WEEK	€100
	- TWO CLASSES PER WEEK	€195
	- THREE CLASSES PER WEEK OR FAMILY RATE	€285
	- POINTE & PRE-POINTE BALLET	€65

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,
 Dun Laoghaire, Co. Dublin, Ireland
 Phone: +353 1 280 3455 Fax: +353 1 280 3466
 Email: danceire@iol.ie
www.dancetheatreireland.com



Current Class Schedule

JANUARY 23RD – APRIL 1ST, 2017

DAY	CLASS	TIME
Monday:	Pointe & Pre-Pointe Ballet	6:30-7:00PM
	Ballet - Some experience	7:00 - 8:15PM
	Hip Hop - Beginners	8:15 - 9:15PM
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
	Modern Dance - 6-12 year olds	5:00 - 6:00PM
	Contemporary Dance - Some experience	6:45 - 8:00PM
	Lyrical Jazz/Musical Theatre	8:00 - 9:00PM
Wednesday:	Well-Dance for Seniors - Mornings	11:00-12:30PM
Thursday:	Contemporary Dance - Beginners	6:45 - 8:00PM
	NEW West Coast Swing / Jive	8:15 - 9:15PM
Friday:	Dancing Well with Parkinson's	11:00-12:30PM
	Ballet RAD - Intermediate	6:00 - 7:00PM
	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 Ballet RAD Repertoire/Grade 8	3:15 - 4:15PM
	NEW Bollywood	4:15 - 5:15PM

EASTER DANCE WEEK – KIDS AND TEENS

April 10th-14th

Kids ages 7-12, 11am-2pm / Teen ages 13-17, 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

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.

Enrolment now on!!

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

JANUARY 23RD – APRIL 1ST, 2017

Centre for Dance

NEW

WEST COAST SWING/JIVE
 BOLLYWOOD
 RAD BALLET REPERTOIRE/GRADE 8

- CONTEMPORARY DANCE
- BALLROOM, LATIN & WEDDING
- HIP HOP
- MODERN DANCE FOR 3 – 12 YEAR OLDS
- WELL-DANCE FOR SENIORS
- BALLET
- ADULT RAD BALLET INTERMEDIATE
- PRE-POINTE & POINTE BALLET
- LYRICAL JAZZ/MUSICAL THEATRE
- BODY CONDITIONING & DANCE
- DANCING WELL WITH PARKINSON'S
- DANCE 'N FITNESS
- YOGA



Dance Theatre of Ireland
 Amharclann Rince na hÉireann



Bloomfields Centre,
 Lr. Georges Street,
 Dun Laoghaire, Co. Dublin, Ireland
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, 26th Jan - 30th Mar
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, 24th Jan - 28th Mar
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, 28th Jan - 1st Apr
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, 24th Jan - 14th Mar***
Date: Wednesdays, 25th Jan - 15th Mar*
Time: 11:00AM-12:30PM

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

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, 24th Jan - 28th Mar
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>

Date: Thursdays 26th Jan - 30th Mar
Time: Thursdays 8:15PM - 9:15PM

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: **Danielle Ng, Marianne Eustace and Sorcha Quinn**.

Date: Mondays, 23rd Jan - 27th Mar
Time: 8:15PM - 9:15PM
Date: Saturdays, 28th Jan - 1st Apr
Time: 12:15PM - 1:15PM Kids 8-12 year olds
Time: 1:15PM - 2:15PM Level: *General*

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

BALLET, POINTE & PRE-POINTE

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 BALLET Intermediate, Repertoire, Grade 8, Pointe & Pre-Pointe are open to those doing 2 classes a week. RAD classes are geared to those wishing to sit the exams. The Sat Repertoire/Grade 8 class at 3:15pm will be a combination of the new RAD Repertoire Syllabus and Grade 8 RAD. Karen will be teaching Level 2 Rep: Variation 1 from Coppelia- Spanish variation. Pre-Pointe is for those almost ready or ready to dance on Pointe and is designed to develop strength and suppleness of the feet and alignment. With **Karen Wignall** all except Saturday morning with **Shauna Coffey**

NEW **Date: Mondays, 23rd Jan - 27th Mar**
Time: 6:30PM - 7:00PM Level: *Pointe & Pre-Pointe*

Date: Mondays, 23rd Jan - 27th Mar
Time: 7:00PM - 8:15PM Level: *some experience*

Date: Friday, 27th Jan - 7th Apr*
Time: 6:00PM - 7:00PM Level: *RAD Intermediate*

Date: Saturdays, 28th Jan - 1st Apr
Time: 11:15AM-12:15PM Level: *Beginners*

Date: Saturdays, 28th Jan - 1st Apr
Time: 3:15PM-4:15PM Level: *RAD Repertoire & RAD 8*

*No class St Patrick's Day March 17th 2017- instead class on Friday April 7th

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. To Register for this class contact **Move4Parkinsons 01 295 0060**

NEW **Date: Fridays, 13th Jan - 7th Apr***
Time: 11:00AM - 12:30PM

*This class is taught by **Dance Theatre of Ireland** Artistic Directors **Robert Connor & Loretta Yurick**
*No class St Patrick's Day March 17th 2017- instead class on Friday April 7th

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

LYRICAL JAZZ / MUSICAL THEATRE DANCE

Modern dance straight from the stage. Excerpts of Choreography direct from West End & Broadway musicals such as **Chicago, Wicked, Sweet Charity, Cats, A Chorus Line**. From Bob Fosse to Jerome Robbins - there's plenty of musicals with stunning dance numbers. A great class which is a fusion of jazz, contemporary and ballet techniques, a wonderful lyrical dance class with something for everyone. With Sarah Dennis & Hannah Troy.

Date: Tuesdays, 24th Jan - 28th Mar
Time: 8:00PM - 9:00PM

BOLLYWOOD

One of the hottest dance styles around! Get the real taste of traditional and classical Indian dances which has been influenced by hip hop, jazz, and modern dance. Fantastically fun time, absolutely GREAT Music and lots of positive energy! With **Mili Seth**

7 WEEKS **Date: Saturdays 28th Jan - 11th Mar**
Time: 4:15PM - 5:15PM

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, 24th Jan - 28th Feb**
Time: 3:00PM - 3:45PM Ages: *3-5*
Time: 5:00PM - 6:00PM Ages: *6-12*

BALLROOM, LATIN & WEDDING

This course covers the most popular forms of Social Dancing in the funnest way: the Waltz, Foxtrot, Cha-cha, Rumba, Quick Step, Jive and more. Whether you have never done any class like this before, or you would like to re-visit these dances again, you will meet new people and have great fun. You do not have to have a partner. Come 'Strictly Dancing' with us on Saturday afternoons. All welcome. With **Lorraine Herron**

7 WEEKS **Date: Saturdays 28th Jan - 11th Mar**
Time: 2:15PM - 3:15PM

Wear comfortable shoes - No high heels.

YOGA

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, 27th Jan - 7th Apr*
Time: 7:00PM - 8:30PM

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

*No class St Patrick's Day March 17th 2017- instead class on Friday April 7th