

# Classes Booking Form 2012

## SEPTEMBER 24TH - DECEMBER 1ST 2012

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

(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

5 WEEK TERM - MODERN DANCE FOR 3-8 YEARS €60

10 WEEK TERM - ONE CLASS PER WEEK: €90

- TWO CLASSES PER WEEK: €175

- THREE CLASSES PER WEEK OR FAMILY RATE: €260

BODYWEATHER - ONE DAY WORKSHOP €40 / €15 PER CLASS

K-POP HIP HOP - €15 PER CLASS

PILATES - FOLLOWING ZUMBA TONING, 45 MINS X 10 WEEKS €70

I WISH TO BE ON YOUR EMAIL LIST FOR CLASSES & PERFORMANCES

YES  NO

I AM ALREADY ON YOUR EMAILER LIST YES  NO

HOW DID YOU HEAR ABOUT US.....

### GIFT VOUCHERS AVAILABLE

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

E [danceire@iol.ie](mailto:danceire@iol.ie)

[www.dancetheatreireland.com](http://www.dancetheatreireland.com)



# Current Class Schedule

## SEPTEMBER 24TH - DECEMBER 1ST 2012

DAY	CLASS	TIME
Monday	<b>NEW</b> Body Weather Mornings 24 Sept/Oct 1 & 8	10:00 - 11:45AM
	Ballet - Some experience	6:45 - 8:00PM
	Hip Hop - Beginners	8:00 - 9:00PM
Tuesday	Dance 'n Fitness - Mornings	10:00 - 11:00AM
	Salsa	6:45 - 8:00PM
	Body Weather - 3 weeks	10:00 - 11:45AM
Wednesday	<b>NEW</b> Ballet RAD - Grade 6	8:00 - 9:15PM
	Modern Dance	
	<b>NEW</b> 3-5 year olds - Starts Sept 19	2:10 - 2:55PM
Thursday	<b>NEW</b> 6-8 year olds - Starts Sept 19	3:00 - 4:00PM
	Contemporary	
	<b>NEW</b> Dance - Some experience	6:45 - 8:00PM
Friday	<b>NEW</b> Irish Ceili Dancing	8:00 - 9:00PM
	<b>NEW</b> K POP hip hop - 3 weeks	5:30 - 6:30PM
	Contemporary	
Saturday	<b>NEW</b> Dance - Beginners	6:45 - 8:00PM
	Zumba <sup>®</sup> Toning	8:15 - 9:15PM
	<b>NEW</b> Pilates	9:15 - 10:00PM
Sunday	Pilates & Dance - Mornings	10:00 - 11:15AM
	YOGA - Hatha	7:00 - 8:30PM
	Body Conditioning / Contemporary Dance	10:00 - 11:15AM
Monday	Ballet - Beginners	11:15 - 12:15PM
	Hip Hop - 8 - 12yrs	12:15 - 1:15PM
	Hip Hop - Adult / Teen	1:15 - 2:15PM
Tuesday	Zumba <sup>®</sup>	2:15 - 3:15PM
	Michael Jackson Dance	3:15 - 4:15PM
	Ballroom, Latin & Wedding	4:15 - 5:15PM

**Special Workshop with Oguri & Steinberg**  
One Day - Sat Sept 15 10:00 - 4:00PM

**COMING SOON!**  
**Every Little Step...the Rhythm of Hope**  
November 6 - 9, Mon-Fri  
Pavilion Theatre 8pm, plus matinees Nov 8 & 9

Dance Theatre of Ireland (IRL) and Soul Steps (USA) present this foot-stomping, body clapping, positively uplifting experience of dance and rhythm following its hit premiere in New York. Combining modern and Irish dance with African-American Stepping and personal stories of hope from a riveting cast, this show spreads a smile and makes you feel powerful.  
*Don't miss it!*

"a really powerful performance...definitely go" Irish Arts Review NYC  
"persuasive and rousing" The New York Times  
"...ebullient performances" Dance NYC

Discount Tickets €10 to DTI Students

**For Bookings & Further Information**  
Call (01) 280 3455 or Email: [danceire@iol.ie](mailto:danceire@iol.ie)  
[www.dancetheatreireland.com](http://www.dancetheatreireland.com)  
GIFT VOUCHERS AVAILABLE FROM DTI OFFICE

# Current Class Schedule

## Adults & Children

### SEPTEMBER 24TH - DECEMBER 1ST 2012

# Centre for Dance

**DAYTIME**  
PILATES & DANCE  
DANCE 'N FITNESS  
MODERN DANCE 3-8 YR OLDS  
K-POP HIP HOP

**NEW**  
IRISH CEILI DANCING  
BODY WEATHER  
RAD BALLET  
K-POP HIP HOP

**NEW SHOW**  
Every Little Step...  
The Rhythm of Hope  
Pavilion Theatre  
Nov 6-9

CONTEMPORARY  
BODY CONDITIONING  
& MODERN DANCE  
HIP HOP  
ZUMBA<sup>®</sup> & ZUMBA<sup>®</sup> TONING  
BALLET  
MICHAEL JACKSON DANCE  
YOGA  
BALLROOM, LATIN & WEDDING  
SALSA  
IRISH CEILI DANCING

DANCE COURSES FOR  
YOUNG PEOPLE AND ADULTS

## Dance Theatre of Ireland

Amharclann Rince na hÉireann

Bloomfields Centre,

Lr. Georges Street,

Dun Laoghaire, Co. Dublin, Ireland

[www.dancetheatreireland.com](http://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, 27th Sept - 29th Nov**

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

### Intermediate Wednesdays\*

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, rhythmic subtlety and multi-directional movement performed with motional passion.

**Date: Wednesdays, 26th Sept - 28th Nov**

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

\*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 **Justine Cooper**.

**Date: Saturdays, 29th Sept - 1st Dec**

**Time: 10:00AM - 11:15AM**

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

## 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 Ballet, Grade 6**, is only open to those doing 2 classes a week (so another class on Mon or Sat) and is geared to those wishing to sit the Exam. Teachers: **Karen Wignall** Mon & Tues and Saturdays with **Dee Wallace**.

**Date: Mondays, 24th Sept - 26th Nov**

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

**NEW**

**Date: Tuesdays, 25th Sept - 27th Nov**

**Time: 8:00PM - 9:15PM** Level: *RAD Grade 6*

**Date: Saturdays, 29th Sept - 1st Dec**

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

## BODY WEATHER, WORKSHOP & CLASSES

World-renowned dance artist **Oguri** leads Body Weather Laboratory in a special one-day workshop that explores and re-examines perceptions of the body in itself and its relation to environments. Join him and **Morleigh Steinberg** to train your mind, body, muscle and bone through a rhythmic and dynamic approach to movement, concentrated imagery, and deep stretching. Designed for dancers, actors, or anyone interested in deepening their knowledge of the body. All levels welcome.

**NEW**

**Date: Saturday, September 15**

**Time: 10AM-4 PM** Workshop with **Oguri & Morleigh Steinberg**

**NEW**

**Date: Mondays, September 24, Oct 1 & 8**

**Time: 10AM-11:45AM** With **Morleigh Steinberg**

## DAYTIME MODERN DANCE FOR 3-8 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.

**5 WEEKS**

**Date: Wednesdays, 19th Sept - 17th Oct\***

**Time: 2:10PM - 2:55PM** Ages: *3-5*

**Time: 3:00PM - 4:00PM** Ages: *6-8*

\*This class starts Sept 19.

## HIP HOP

High-energy hip hop classes that teach the latest moves influenced by some of today's hottest music video choreographers. Classes incorporate elements of popping, locking and street dance, as well as freestyle movement to give you the opportunity to develop your own sense of style, and improve overall fitness. **They're BACK!** Our fantastic teachers **Duane Watters** (Monday nights) and **Rachel Sheil** (Saturdays).

**Date: Mondays, 24th Sept - 26th Nov**

**Time: 8:00PM - 9:00PM** Level: *Beginners*

**Date: Saturdays, 29th Sept - 1st Dec**

**Time: 12:15PM - 1:15PM** Level: *8-12 year olds*

**Time: 1:15PM - 2:15PM** Level: *General*

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

## DAYTIME K-POP DANCE (HIP HOP)

K-Pop Dance is a form of Hip Hop and popular dancing—set to a medley of popular songs. In a K-POP class, you will learn a complete dance to excerpts from songs like *Girls' Generation, Kara, BoA & Super Junior*. Check out this recent **FLASH MOB**, choreographed by our amazing teacher **Juhee Lee** (google 'Korean Flash Mob in Grafton Street'). K-pop originally emanated from Korea, it's now world-wide.

**NEW**

**Date: Thursdays, Sept 27 / Oct 4th / Oct 11** (3 classes only)

**Time: 5:30-6:30 PM**

## MICHAEL JACKSON DANCE

Learn some of the greatest routines in dance from **Chris Dylus**, Dublin-based hip hop and break-dancer extraordinaire and the man who choreographed the recent nationwide tribute show "**Man In The Mirror**." Chris has been performing Michael Jackson routines throughout the tour and knows all his moves. Learn excerpts from "**Billie Jean**," "**Beat It**," and "**Smooth Criminal**" with one of the best. Don't miss it. All ages welcome.

**Date: Saturdays, 29th Sept - 1st Dec**

**Time: 3:15PM - 4:15PM**

## BALLROOM, LATIN & WEDDING

This is a fantastic introduction to the most popular forms of Social Dancing including 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 - there is something for everyone in this class. You do not have to have a partner. Taught by the wonderful **Lorraine Heron** - come 'Strictly Dancing' with us on Saturday afternoons. All welcome.

**Date: Saturdays, 29th Sept - 1st Dec**

**Time: 4:15PM - 5:15PM**

*Wear comfortable shoes - No high heels.*

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

## IRISH CEILI DANCING

Learn the simple basics of Irish group and set dances including *The Walls of Limerick, Siege of Ennis* and many more. For those who have always wanted to know, and those who would like to remember! Have some REEL fun and craic with friends. All ages welcome. With former River Dance performer, **Suzanne Lawless**.

**NEW**

**Date: Wednesdays, 26th Sept - 27th Nov**

**Time: 8:00PM - 9:00 PM**

**DAYTIME**

## DANCE 'N FITNESS

This morning class will seamlessly set you up for the day, isolating the abdominals and strengthening the back, arms and legs, giving you a good muscle-sculpting wake up. Through simple dance exercises and movement, enjoy a great work out, designed to increase flexibility and flow of movement plus increase aerobic capacity. A great dance class and social alternative to the gym with a high feel-good factor. With **Helen Walsh**.

**Date: Tuesdays, 25th Sept - 27th Nov**

**Time: 10:00AM - 11:00AM**

## 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, 28th Sept - 30th Nov**

**Time: 7:00PM - 8:30PM**

*No experience necessary - wear loose clothing and bring a rug or yoga mat.*

**DAYTIME**

## PILATES & DANCE

This class is primarily a body conditioning class focused on providing a warm-up that is Pilates based, giving special attention to developing core strength and strengthening the abdominal muscles. With an emphasis on floor work which teaches the precise way of working each muscle group. Each class will culminate in a small dance movement phrase. With **Kitty Maguire** and with **Heather Gordon** on **Thursday nights 9:15 - 10pm**.

**Date: Fridays, 28th Sept - 30th Nov**

**Time: 10:00AM - 11:15AM**

*Wear loose clothing and bring a rug or yoga mat. See also Thurs Night Pilates*

## SALSA

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 through Salsa nights. You'll always impress on the dance floor with a few salsa moves so join us to **Cha Cha, Mambo** and **Merengue**. No partner needed, make friends dancing with others! With **Paula Donnelly**.

**Date: Tuesdays, 25th Sept - 27th Nov**

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

*Wear shoes or trainers with light-coloured soles.  
(No stilettos, high heels or street shoes allowed.)*

## ZUMBA® & ZUMBA® TONING



Zumba® is the hottest new trend in dancing in Dublin. Zumba® combines a unique fusion of dance styles, including **Samba, Hip Hop, Merengue, Belly Dancing, Salsa** and **Reggaeton** in an exceptionally fun fitness class. **Zumba Toning®** takes body sculpting to the next level as you dance with rhythmic Maraca-like weighted sticks, provided in the class. Following the **Zumba Toning**, you can enrol for 45-minutes of **Pilates**. Teachers: **Heather Gordon** on Thursdays and Saturdays with **Jacqui Mair**.

**Date: Thursdays, 27th Sept - 29th Nov**

**Time: 8:15pm-9:15pm** Zumba® Toning

**Date: Thursdays, 27th Sept - 29th Nov**

**Time: 9:15pm-10:00pm** Pilates

**Date: Saturdays, 29th Sept - 1st Dec**

**Time: 2:15pm-3:15pm** Zumba®

**NEW**