

Dance Classes

DANCE CLASSES

Pre-Dance

(Pre-Ballet and Pre-Tap/Creative Movement)

For ages 3-4, pre-dance programs help students progress through the various stages in preparation for ballet and tap. Youth will develop an appreciation for the art of ballet and/or tap through its musical education, rhythm, and movement. Students are introduced to the basic positions and steps. Instruction by Paula Knott.

Ballet

Classical ballet training is the basis of dance. Ballet serves to foster and maintain both strength and flexibility, and develop an extension in range of motion in the body. Along with learning the technique of ballet, students learn discipline and grace. Instruction by Paula Knott.

Tap

Tap dance, a uniquely American dance form evolved from African-American and Irish-American folk dances, is an important component of contemporary American musical theatre. Students will learn the basic steps of tap technique as well as coordination, rhythmic variations, and performance skills through a series of tap combinations. Instruction by Paula Knott.

Hip Hop

Students will learn moves that include break dancing, pop-locking, and combination steps. Body rolls, slides, turns, and footwork are incorporated into this style of dance. Ryan Hughes instructs this fun-filled class.

West African Dance

Join instructor Ryan Hughes in a fun-filled cultural dance experience. This class introduces dances, music and the culture of West Africa. The class is devoted to learning authentic dances from West Africa, as well as their historical contexts. Students work closely with the instructor to gain an understanding of the marriage of drumming, rhythm and music to African Dance.

Yoga (Adult)

\$80/\$90

Jacquelyn Cotey is a certified yoga instructor who will guide students in a program that is a combination of Eastern tradition-Hatha Yoga and contemporary western exercise physiology. This one and a half hour class is designed to offer a relaxing environment and instruction will help you meet the demands of your busy lifestyle and your changing needs. Please wear loose, comfortable clothing and bring along a yoga mat and a pillow to each class.

JBC TH 9/16-11/4 7-8:30pm Reg by 9/9 #3435

Pre-Ballet/Pre-Tap Combination

(3-4 years) \$95/\$105
JBC SA 9/11-12/18* 9-9:45am Reg by 9/4 #3420

Pre-Tap and Creative Movement

(3-4 years) \$95/\$105
JBC SA 9/11-12/18* 9:45-10:30am Reg by 9/4 #3421

Ballet (5-6 years)

\$142/\$152
JBC SA 9/11-12/18* 10:30-11:15am Reg by 9/4 #3422

Tap (5-6 years)

\$142/\$152
JBC SA 9/11-12/18* 11:15am-12pm Reg by 9/4 #3423

Ballet (7-9 years)

\$142/\$152
JBC SA 9/11-12/18* 12:15-1pm Reg by 9/4 #3424

Tap (7-9 years)

\$142/\$152
JBC SA 9/11-12/18* 1-1:45pm Reg by 9/4 #3425

Ballet (10-12 years)

\$189/\$199
JBC SA 9/11-12/18* 1:45-2:45pm Reg by 9/4 #3426

Tap (10-12 years)

\$189/\$199
JBC SA 9/11-12/18* 2:45-3:45pm Reg by 9/4 #3427

Tap Dance: Beginner/Intermediate (13-18 years)

\$85/\$95
JBC FR 9/24-11/12 4:45-5:45pm Reg by 9/17 #3430

Hip Hop Dance (5-10 years)

\$50/\$60
JBC WE 9/22-11/10 7:30-8:15pm Reg by 9/15 #3431

Hip Hop Dance (11-17 years)

\$50/\$60
JBC WE 9/22-11/10 8:15-9pm Reg by 9/15 #3432

West African Dance (15 years & older)

\$50/\$60
JBC WE 9/22-11/10 6:30-7:30pm Reg by 9/15 #3433

*As a uniformed dance program, students in pre-dance, ballet and tap will be required to wear the class attire. Call for fees for private dance. No class 11/27.

Tai Chi Chuan (Adult)

\$110/\$120

14 WEEKS! This class is an introduction to Tai Chi Chuan (meaning "supreme ultimate fist") and Qigong (meaning "breathing exercise"). This is a form of Chinese martial arts, ancient system of movement and meditation. Through a series of slow movements, students develop balance, form and mental calmness. Slow stretching and gentle exercises will bring increased strength, flexibility and a deep sense of serenity. Practicing Tai Chi and Qigong helps relieve stress and promotes a sense of physical and mental well-being. The instructor Bob Schwartz has studied Wu Shu for more than 30 years, Tai Chi Chuan for more than 25 years and Judo/Jujutsu/Taijutsu for more than 20 years.

JBC MO 9/13-12/13 7-8:30pm Reg by 9/7 #3436