

Dance

Dance is a skill and students should expect to take the same class multiple times to master the skills needed to improve. Students may be moved to different class based on dance skills. For all dance studio classes, please wear shoes with non-marking soles.

Family Discount (FD): First pays the fee listed and the second and all following pay \$10 less than the listed price. This discount works between classes taught by the same instructor. This discount is noted at the end of the description – FDinstructor's last name.

Ballet Uniform: Students enrolled in pre-ballet and ballet are expected to wear the following uniform to every class. Female uniform is black leotard, black or pink tights and ballet shoes. Male uniform is tight black pants, black t-shirt and ballet shoes. Pre-Tap students need Tap shoes.

Pre-Ballet & Pre-Tap #30604101 Age 3-4

Pre-Ballet and Pre-Tap helps students' progress through the various stages in preparation for dance. Students are introduced to the basic positions and steps.

FDBalasa

JBC	WE	6/7 & 6/21	4:45-5:30pm	Reg by 5/31	\$23/\$28	-1A
JBC	WE	8/23 & 8/30	4:45-5:30pm	Reg by 8/16	\$23/\$28	-2A

Dance Combo Workshops #30604201 Age 5-14

Ballet, Jazz, Musical Theatre

This is a great class for the up and coming dancer focusing on Ballet, Jazz, and Musical Theatre. Jazz is a break-away from ballet, filled with syncopated movements, energetic choreography, and upbeat music. Jazz is a stepping stone to other dance endeavors such as theater dance, poms, and cheer. Learn steps like fan kicks, pirouettes, and leaps. FDBalasa

Ages 5-8

JBC	WE	6/7 & 6/21	5:35-7:05pm	Reg by 5/31	\$33/\$43	-1A
JBC	WE	8/23 & 8/30	5:35-7:05pm	Reg by 8/16	\$33/\$43	-2A

Ages 8-14

JBC	WE	6/7 & 6/21	7:10-8:40pm	Reg by 5/31	\$33/\$43	-2A
JBC	WE	8/32 & 8/30	7:10-8:40pm	Reg by 8/16	\$33/\$43	-2B



Tai Chi Chuan #20309301 Adult

An introduction to Tai Chi Chuan, a Chinese martial art, and ancient system of movement and meditation. Slow stretching and gentle exercises will bring increased strength, flexibility, deep sense of serenity and helps relieve stress and promotes a sense of physical and mental well-being. Instructor Bob Schwartz

JBC	MO	6/12-8/14	7-8:30pm	Reg by 6/5	\$80/\$90	-1A
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Yoga Adult

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. It 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 to each class.

JBC	TH	5/11-6/29	7-8:15pm	Reg by 5/4	\$80/\$90	20604310-2A
JBC	TH	7/13-9/7*	7-8:15pm	Reg by 7/6	\$80/\$90	30604310-1A

*No class 8/17

Private Dance Classes

Private Dance lessons are available. Call 847-360-4740 for more details and to set up private or semi-private classes. Typically 8 one hour long classes for \$200.

For more information on Dance Studio classes, please call the Jack Benny Center for the Arts at 847-360-4740.



Preschool Dance and Tumbling #30604104 Age 3-5

Frolic with us again or join us for the first time. During this class, your preschooler will develop gross motor skills by enhancing tumbling skills and dance steps learned, or for the little one who has a more advanced tumbling or dance skill and is ready to take a class. This class is taught by Jan Keller.

JAC SA 6/24-7/22 9:30-10:20am Reg by 6/21 \$30/\$33 -1A

Dance and Tumbling II #30604102 Age 6-8

Frolic with us again or join us for the first time. During this class, your child will continue to develop gross motor skills by enhancing basic tumbling skills and dance steps learned in Dance and Tumbling I, or the little one who has more advanced tumbling or dance skill and is ready to take a more advanced class.

JAC SA 6/24-7/22 10:30-11:20am Reg by 6/21 \$30/\$33 -1A

Get Up and Dance! #30604318 Age 9-12

This exciting dance program is designed to work on body conditioning, dance, skills, steps, tap, and ballet movements, as well as give your child the opportunity to learn some basic line dances. Miss Jan Keller will also be happy to take requests on different dance workouts to also do during class. This class is an excellent way to exercise social, dance and physical skills, you are sure to have a great time! Class is held at the Belvidere Recreation center.

BRC FR 6/23-7/21 5:10-6pm Reg by 6/20 \$30/\$33 -1A
*6/23 class at JAC

Ballroom Brush-Up #30604315 Age 16+

You may have a wedding or special event approaching or just need that special night out with someone. Come learn or polish up on your dance moves with instructor, Jan Keller. Dances covered include traditional dances like the Fox Trot, Waltz, and more. Participants need not have a special event to participate. Singles are welcome.

JAC FR 5/5-5/19 6:30-7:30pm Reg by 5/2 \$20/\$24 -1A

Ballroom Combo #30604317 Age 16+

This Ballroom dance class dips into all forms of dance such as the Fox Trot, Waltz, Tango, Salsa and Swing. It's a fun night out with that someone special or great for friends just looking for something fun to do. Singles are welcome, you don't need a partner.

BRC FR 6/23-7/21 6:30-7:45pm Reg by 6/20 \$35/\$42 -1A
*6/23 class at JAC

Masala Bhangra Workout #30604319 Age 16+

Masala Bhangra Workout is a high-energy (burn 300-500 calories per class hour!) & fun dance fitness program, based on traditional & modern Indian dance moves, that allows you to channel your masculine side with Bhangra dance moves, and your feminine grace with Bollywood steps. Move to the beat of the Dhol drum & unleash your inner being to a higher level.

BRC WE 6/21-8/9* 6-7pm Reg by 6/14 \$56/\$67 -1A
BRC WE 8/23-9/27 6-7pm Reg by 6/14 \$56/\$67 -2A

*No class 7/5 and 7/26

Belly Dancing for All #30604303 Age 16+

If you've never tried Belly Dancing, you're welcome to join this class where you will be introduced to middle-eastern dance techniques and the benefits of belly dancing. Come learn this ancient fitness alternative instructed by Zafirah! All participants will increase flexibility and strengthen, tone, and improve their posture in a fun, exciting atmosphere. If you enjoy belly dancing and already know the techniques, you too are welcome to join for fun.

BRC WE 6/21-8/9* 7-8pm Reg by 6/14 \$56/\$67 -1A
BRC WE 8/23-9/27 7-8pm Reg by 6/14 \$56/\$67 -2A

*No class 7/5 and 7/26



ACADEMIA CULTURAL XILOTL

Non-profit and family oriented organization. To preserve the Mexican and Latin-American culture through history, art, music, and dance appreciation. Academia Cultural Xilotl recognizes culture and tradition is central to life and society. Therefore, understanding the Mexican & Latin-American culture will not only assist in awareness but in discipline and future values as well. Thus, offer an alternative for participants to be creative in self-expression, have the opportunity for team building, boost self-esteem resulting in higher grades and become better citizens in an environment that reflects cultural and social diversity.

Una organización sin fines de lucro y orientada a la familia. Preservar la cultura Mexicana y Latinoamericana a través de la historia, el arte, la música, y apreciación de danza. Academia Xilotl Cultural reconoce la cultura y la tradición es fundamental para la vida y la sociedad. Comprensión de la cultura Mexicana y Latinoamericana no sólo ayudará en conocimiento, sino en la disciplina y los valores futuros. Consecuente, ofrecer una alternativa a los participantes a ser creativos en la auto-expresión, la oportunidad de formación de equipos, aumentar la autoestima que resulta en calificaciones altas y convertirse en mejores ciudadanos en un entorno que refleje la diversidad cultural y social.