

# 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.

## Contemporary Dance #10604209 Age 9-16

Contemporary is a fluid form of dance done to popular ballads and slower contemporary music. Students will be taught to interpret his or her movement with emotion, feeling, and style. They will learn to tell a story or create the picture of the song. This style combines ballet, modern, and jazz. Artistic expression is a popular dynamic in this course. FDHughes

JBC WE 1/10-2/21 7-8pm Reg by 1/3 \$68/\$75 -1A



## Tai Chi Chuan #10309301 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 1/8-5/7\* 7-8:30pm Reg by 1/1 \$144/\$155 -1A

\*No class 1/15, 2/19

## 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 11/9-12/21\* 7-8:15pm Reg by 11/2 \$60/\$70 40604310-2A

JBC TH 1/11-3/8 7-8:15pm Reg by 1/4 \$80/\$90 10604310-1A

\*No class 11/23

## 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 cost \$200.

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

## Dance Instructors Needed



The Jack Benny Center is looking for experienced dance instructors to join our faculty. If you are interested in teaching a style of dance, please contact Debra at 847-360-4740 or [dcarl@waukeganparks.org](mailto:dcarl@waukeganparks.org) for more information and send a copy of your resume.

## The Benefits of Dance

- Movement within a class offers a structured outlet for physical release while gaining awareness and appreciation for oneself and others
- Dance benefits physiological development through movement patterns that teach coordination and kinesthetic memory
- Dance education promotes conscious awareness of aesthetic choices and widens the range of movement possibilities
- Participate in the ARTS and GROW!

### Preschool Dance and Tumbling #10604104 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 1/27-3/10\* 9:30-10:20am Reg by 12/30 \$30/\$33 -1A  
\*No class 2/17

### Dance and Tumbling II #10604102 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 1/27-3/10\* 10:30-11:20am Reg by 12/30 \$30/\$33 -2A  
\*No class 2/17

### Get Up and Dance! #10604318 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. 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 socialize, dance and be physically active, you are sure to have a great time!

JAC FR 1/26-3/9\* 5:10-6pm Reg by 12/30 \$30/\$33 -1A  
\*No class 2/16

### Ballroom Dancing #10604314 Age 16+

Looking for affordable dance lessons? Look to us as we create an experience for you to join the fun and dance the evening away. We can teach you basic Ballroom steps like the Fox Trot, Waltz and more. Instructor, Jan Keller, will help you brush up on your dance skills and strive to make you feel comfortable on the dance floor. This class is great for those who have a special party or wedding reception to attend this season. Singles welcome, you don't need a partner.

JAC FR 1/19-2/16 6:30-7:30pm Reg by 1/16 \$33/\$39 -1A

### Masala Bhangra Teen Workout #10604208 Age 13-17

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

BRC TU 1/16-2/20 6-7pm Reg by 1/11 \$56/\$67 -1A

### Belly Dancing for All #10604303 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 are welcome to join for fun.

BRC WE 1/17-2/21 7-8pm Reg By 1/11 \$56/\$67 -1A



### NEW! Holiday Dance #10604320 Adult 18+

Make this Christmas themed dance a time to remember. Jan Keller will provide basic instruction on the Waltz, Fox Trot, Swing and more. Enjoy the company of your dance partner and dance the evening away within the perfect atmosphere of holiday spirit. Also, enjoy small appetizers, punch and a token of Christmas fun.

BRC FR 12/15 6-7:30pm Reg By 1/8 \$19/\$23 1B

### Holiday Dance Bazaar! #10604206 All Ages+ Parent

Join us for this free, holiday dance class that will allow your child to meet the teacher, new friends and get their Saturday morning jitters out, while movin' and groovin'!

JAC SA 12/2 10-11:15am Reg by 11/30 FREE -1A

## 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.