



Dance Studio

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.

Dance Recital: There is a dance recital on Saturday, June 4 at Ray Bradbury's "Dandelion Wine" Fine Arts Festival. All students signed up for the class starting in April are expected to attend and participate. More details will be given during the class.

Pre-Ballet #20604101 Age 3-4

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

JBC	WE	3/2-4/13	4:45-5:30pm	Reg by 2/24	\$68/\$75	-1A
JBC	WE	4/20-6/1	4:45-5:30p	Reg by 4/13	\$68/\$75	-2A

Ballet #20604201 Age 5-8

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. FDMiller

JBC	WE	3/2-4/13	5:30-6:30pm	Reg by 2/24	\$68/\$75	-1A
JBC	WE	4/20-6/1	5:30-6:30pm	Reg by 4/13	\$68/\$75	-2A

Hip Hop #20604403 Age 5-12

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. Join instructor Lydia Miller in a fun-filled dance experience. FDMiller

JBC	WE	3/2-4/13	6:30-7:30pm	Reg by 2/24	\$68/\$75	-1A
JBC	WE	4/20-6/1	6:30-7:30pm	Reg by 4/13	\$68/\$75	-2A

Ballet for Fitness #20604316 Adult

Ballet for Fitness uses classic ballet poses and postures to help you stay fit while improving your balance and coordination. Students should wear yoga pants/tights/leggings, a plain t-shirt and ballet shoes. FDMiller

JBC	WE	3/2-4/13	7:30-8:30pm	Reg by 2/24	\$68/\$75	-1A
JBC	WE	4/20-6/1	7:30-8:30pm	Reg by 4/13	\$68/\$75	-2A

Dance Madness #20604311 Adult

High energy dancing and stretching going from low to high intensity, as your body allows. Different styles each week. Bring gym shoes, water, and a towel.

FDMcAllister

JBC	TU	3/1-4/12	5-5:50pm	Reg by 2/23	\$61/\$70	-1A
JBC	TU	4/19-5/31	5-5:50pm	Reg by 4/12	\$61/\$70	-2A

Dance Improvisation #20604312 Adult

Develop performance and compositional skill through the exploration and analysis of basic dance elements including time, shape, space, motion and dynamics.

FDMcAllister

JBC	TU	3/1-4/12	6-6:50pm	Reg by 2/23	\$61/\$70	-1A
JBC	TU	4/19-5/31	6-6:50pm	Reg by 4/12	\$61/\$70	-2A

Lyrical Hip Hop #20604313 Adult

Dance the feelings of the songs and work on finding your inner improvisation performance abilities while learning dance and getting a workout. Instructor:

FDMcAllister.

JBC	TU	3/1-4/12	7-7:50pm	Reg by 2/23	\$61/\$70	-1A
JBC	TU	4/19-5/31	7-7:50pm	Reg by 4/12	\$61/\$70	-2A

Tai Chi Chuan 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	1/11-5/16*	7-8:30pm	**	#10309301-2A
JBC	MO	6/13-8/8	7-8:30pm	Reg by 6/6	\$64/\$75 #20309301-1A

*No class 1/18, 2/15 and 3/28

**Class has begun call 847-360-4740 for prorated rates

Yoga #20604310 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 and a pillow to each class.

JBC	TH	3/3-4/28*	7-8:15pm	Reg by 2/25	\$80/\$90	-1A
JBC	TH	5/12-6/30	7-8:15pm	Reg by 5/5	\$80/\$90	-2A

*No class 3/24

Private Dance Classes

Private Dance lessons are available. Call 847-360-4740 for more details and to set up private or semi-private classes.



NEW! Mommy and Me Dance Time!

#20604406

Age 18-36 months + Parent

Does your toddler love to dance, move, shake, rattle and roll?! Then why not show off their skills in this mommy and me dance class. During this class, you and your child will be able to move and groove to some of today's latest hits, while learning some moves along the way! Don't be shy, in this class we all laugh together!

BRC WE 11-12pm 4/6-4/27 Reg by 3/31 \$12/\$15 -1A

Preschool Dance and Tumbling #20604104 Ages 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 4/2-5/14 10-10:50am Reg by 3/27 \$30/\$33 -1A

Dance and Tumbling II #20604102 Ages 4-7

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 4/2-5/14 11-11:50am Reg by 3/27 \$30/\$33 -1A

My Dancing Feet #20604103 Ages 6-12

This exciting dance program is designed to emphasize basic steps, tap, and ballet movements, as well as give your child the opportunity to learn some basic line dances. This class is taught by Jan Keller.

JAC SA 4/2-5/14 9-9:50am Reg by 3/27 \$30/\$33 -1A

Country Line Dancing #10604306 Age 16+

Dance like no one is watching! Come join us and learn the classic line dances and the newest moves. We will learn the Boot Scootin' Boogie, electric slide, black velvet, cowboy waltz, cupid shuffle, and more. All levels are welcome. From beginner to advanced dancers, this class has it all. No partner needed!

JAC WE 3/16-4/13 7-8pm Reg by 3/11 \$29/\$35 -2A

NEW! Ballroom Brush-Up #20604315 Age 16+

You may have a wedding or special event approaching very soon, but are you ready for the dance floor? Come brush-up your dance skills by reviewing a variety of dances perfect to impress all at a wedding or other gathering. This is a perfect opportunity for wedding parties that need a few lessons without the weeks of commitment. Bring your wedding party, family, and friends and have fun preparing or brushing up your skills for your special day! Participants need not have a special event to participate. Singles are welcome.

BRC FR 4/15-4/27 6:30-7:30pm Reg by 4/7 \$21/\$25 -1A

Belly Dancing for All #20604303 Age 16+

Come learn this ancient fitness alternative instructed by Zarnia! 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. If you enjoy belly dancing and already know the techniques, you too are welcome to join for fun. All participants will increase flexibility and strengthen, tone, and improve their posture in a fun, exciting atmosphere.

BRC WE 3/16-4/27 7-8pm Reg by 3/11 \$56/\$67 -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.

