



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.

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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.

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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:

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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.

