

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.

Pre-Ballet #30604101 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 6/8-7/27 4:45-5:30pm Reg by 6/1 \$77/\$85 -1A

Ballet #30604201 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 6/8-7/27 5:30-6:30pm Reg by 6/1 \$77/\$85 -1A

Hip Hop #30604403 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 6/8-7/27 6:30-7:30pm Reg by 6/1 \$77/\$85 -1A

Ballet for Fitness #30604316 Adult
Ballet for Fitness uses classic ballet poses and postures to help you stay fit while improving your balance and co-ordination. Students should wear yoga pants or similar, a plain t-shirt and ballet shoes. FDMiller
JBC WE 6/8-7/27 7:30-8:30pm Reg by 6/1 \$77/\$85 -1A

Dance Madness #30604311 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 6/7-7/26 5-5:50pm Reg by 5/31 \$77/\$85 -1A

Dance Improvisation #30604312 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 6/7-7/26 6-6:50pm Reg by 5/31 \$69/\$75 -1A

Lyrical Hip Hop #30604313 Adult
Dance the feelings of the songs and work on finding your inner improvisation performance abilities while learning dance and getting a workout. FDMcAllister
JBC TU 6/7-7/26 7-7:50pm Reg by 5/31 \$69/\$75 -1A



Tai Chi Chuan #30309301 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 6/13-8/8* 7-8:30pm Reg by 6/6 \$64/\$75 -1A
*No class 7/4

Yoga #30604310 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 7/14-9/1* 7-8:15pm Reg by 7/7 \$80/\$90 -1A
*No class 8/11

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.





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.



Preschool Dance and Tumbling #30604104 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	6/11-7/16*	10-10:50am	Reg by 6/7	\$25/\$28	-1A
JAC SA	9/10-10/22	10-10:50am	Reg by 9/6	\$30/\$33	-2A

*No class 6/25

Dance and Tumbling II # 30604102 Ages 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	6/11-7/16*	11-11:50am	Reg by 6/7	\$25/\$28	-1A
JAC SA	9/10-10/22	11-11:50am	Reg by 9/6	\$30/\$33	-2A

*No class 6/25

NEW! Get Up and Dance! #30604318 Ages 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!

JAC SA	6/11-7/16*	9-9:50am	Reg by 6/7	\$25/\$28	-1A
JAC SA	9/10-10/22	9-9:50am	Reg by 9/6	\$30/\$33	-2A

*No class 6/25

Wedding Dance Brush-Up #30604315 Age 16+

You may have a wedding or special event approaching very soon, but are you ready for the dance floor? Don't be caught with your back against the wall during dances. Learn 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 for your special day! Participant need not have a special event to participate. Singles are welcome.

BRC FR	5/6-5/20	6:30-7:45pm	Reg by 5/2	\$21/\$24	-1A
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NEW! Salsa, Swing and Tango #30604317 Age 16+

Come put some steam in your Friday nights! The hottest Swing and Latin steps, along with Salsa and Tango will be taught at the Belvidere Recreation Center. This class is taught by Instructor, Jan Keller Singles are welcome, you don't need a partner.

BRC FR	7/8-7/22	6:30-7:45pm	Reg by 7/5	\$21/\$24	-1A
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Belly Dancing for All #30604303 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	5/18-6/29	7-8pm	Reg By 5/13	\$56/\$67	-1A
BRC WE	7/13-8/24	7-8pm	Reg By 7/8	\$56/\$67	-1B

For more information on these dance classes, please call the Belvidere Recreation Center at 847-360-4700.