

## Dance Classes

Presented by

**Miss Kathleen Van De Veere**

View her website at [www.misskathleen.net](http://www.misskathleen.net)



### DRESS CODE for classes:

**Creative Ballet and Mommy and Me class:** Any color leotard and/or dance skirt. Ballet pink tights. Ballet pink leather ballet shoes. Hair pulled back and up.

**Ballet/Tap Combo classes:** Any color leotard and/or dance skirt. Ballet pink tights. Ballet pink leather ballet shoes. Black tap shoes. Hair pulled back and up.

**Ballet classes:** Black leotard, ballet pink tights, pink leather ballet shoes. Hair in a bun.

**Tap classes:** Booty shorts or leggings. Leotards, Tank tops, half tops. Black tap shoes. Hair pulled back and up.

**Jazz/Lyrical/Musical Theater classes:** Booty shorts, capris or leggings. Leotards, Tank tops, half tops. Dance paws or pirouette shoes in skin tone color. Hair pulled back and up.

**Hip Hop classes:** Sweat pants, basketball shorts or loose fitting pants. Tank top, tee shirt/hoodie or half top. Black converse style sneakers. Hair pulled back.

**Tumbling classes:** Leggings, capris or shorts. T shirt or tank top. Bare feet.

### Participate in our 16th annual dance recital.

Costume fee is \$70 per dancer per class. Payable to the instructor.

Proposed Recital weekend May 21-22, back up weekend May 14-15.

Canby High School Performing Arts Center.

No Classes Thanksgiving Week — Nov. 23-27

### Mondays with Miss Kathleen at the Sunset Firehall, Upstairs

#### Ballet/Tap Intermediate

Ages 6-9

Perfect for your dancer who wishes to build skills they have learned from last year! Start with ballet stretches, barre and center and then change the pace and build on more complex tap skills and combinations!

FEE: IC \$65/OC \$70

9/14-10/19	M	2:45-3:30 pm	6200.101
11/2-12/14	M	2:45-3:30 pm	6201.101
1/11-2/15	M	2:45-3:30 pm	6202.101

#### Jazz 3

Ages 9 and up

This class is great for dancers who have at least 2 years or more of jazz and have mastered their double turns, leaps and intermediate jazz skills! Super popular and build your dancers technique with more training!

FEE: IC \$65/OC \$70

9/14-10/19	M	3:30-4:15 pm	6203.101
11/2-12/14	M	3:30-4:15 pm	6204.101
1/11-2/15	M	3:30-4:15 pm	6205.101

#### Jazz 4

Ages 11 and up

This class is for the advanced intermediate dancer with triple turns, turns in second and advanced leaps! Looking forward to building more technique, strength and advanced center, across the floor and floor work!

FEE: IC \$65/OC \$70

9/14-10/19	M	4:15-5 pm	6206.101
11/2-12/14	M	4:15-5 pm	6207.101
1/11-2/15	M	4:15-5 pm	6208.101

### Mondays with Miss Jeanna at the Sunset Firehall, Downstairs

#### Tumbling

Ages 7-10

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers, and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$65/OC \$70

9/14-10/19	M	2:45-3:30 pm	6209.101
11/2-12/14	M	2:45-3:30 pm	6210.101
1/11-2/15	M	2:45-3:30 pm	6211.101

#### Tumbling

Ages 4-7

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$65/OC \$70

9/14-10/19	M	3:30-4:15 pm	6212.101
11/2-12/14	M	3:30-4:15 pm	6213.101
1/11-2/15	M	3:30-4:15 pm	6214.101

#### Tumbling

Ages 8-11

Tumbling will focus on beginner to intermediate tumbling skills such as handstands, cartwheels, limbers, and rolls. Students will also build strength and flexibility to prepare them for more difficult skills.

FEE: IC \$65/OC \$70

9/14-10/19	M	4:15-5 pm	6215.101
11/2-12/14	M	4:15-5 pm	6216.101
1/11-2/15	M	4:15-5 pm	6217.101

#### Tumbling II

Ages 11 and up

The Tumbling II class will focus on advanced skills such as aerials, handsprings and back tucks through strength and flexibility drills. Students will also spend time perfecting and adding variations to their flexibility poses and other tumbling skills.

FEE: IC \$75/OC \$80

9/14-10/19	M	5-6 pm	6218.101
11/2-12/14	M	5-6 pm	6219.101
1/11-2/15	M	5-6 pm	6220.101

#### Tumbling I/II

Ages 11 and up

The Tumbling I & II class will focus on intermediate to advanced tumbling skills such as handstand variations, walkovers. There will

also be a focus on strength and flexibility drills for aerials, handsprings ect.

FEE: IC \$75/OC \$80

9/14-10/19	M	6-7 pm	6221.101
11/2-12/14	M	6-7 pm	6222.101
1/11-2/15	M	6-7 pm	6223.101

### Tuesdays With Miss Kathleen Adult Community Center Room MPR1

#### Creative Movement/ Pre Ballet I

Ages 3-4

This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through movement games. Your dancer will love dancing with Miss Kathleen.

FEE: IC \$45/OC \$50

9/15-10/20	T	2:45-3:15 pm	6224.101
11/3-12/15	T	2:45-3:15 pm	6225.101
1/12-2/16	T	2:45-3:15 pm	6226.101

#### Creative Movement/ Pre Ballet II

Ages 4-5

If your little one danced last year, this is a perfect class for you! Miss Kathleen will continue with skills from last year and introduce new terminology! Stretches, ballet basics and more! See you back in class!

FEE: IC \$45/OC \$50

9/15-10/20	T	3:15-3:45 pm	6227.101
11/3-12/15	T	3:15-3:45 pm	6228.101
1/12-2/16	T	3:15-3:45 pm	6229.101

#### Musical Theater Ages

7 and up

Miss Kathleen's MOST POPULAR class! Sing and dance with Miss Kathleen. Learn proper vocal techniques, theater games, musical theater dance styles and work on several songs from your favorite Broadway shows! The ultimate triple threat class!

FEE: IC \$65/OC \$70

9/15-10/20	T	3:45-4:30 pm	6230.101
11/3-12/15	T	3:45-4:30 pm	6231.101
1/12-2/16	T	3:45-4:30 pm	6232.101

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# Youth Programs

## The Clack Tap Team/Class

Ages 11 and up

This is our intermediate/advanced tap class! Work your wings, pullbacks and complex center footwork! Perfect for the dancer with at least 3 years or more of tap dance experience and the intermediate and advanced level!

FEE: IC \$65/OC \$70

9/15-10/20	T	8-8:45 pm	6233.101
11/3-12/15	T	8-8:45 pm	6234.101
1/12-2/16	T	8-8:45 pm	6235.101

## Tuesdays With Miss Rosemary at the Sunset Firehall, Upstairs

### Ballet 2

Ages 9 and up

This class is designed for the serious student with prior intermediate ballet training. Work on barre, center and across the floor while improving your technique.

FEE: IC \$65/OC \$70

9/15-10/20	T	3:30-4:15 pm	6236.101
11/3-12/15	T	3:30-4:15 pm	6237.101
1/12-2/16	T	3:30-4:15 pm	6238.101

### Ballet 4/5

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes.

FEE: IC \$85/OC \$90

9/15-10/20	T	4:15-5:45 pm	6239.101
11/3-12/15	T	4:15-5:45 pm	6240.101
1/12-2/16	T	4:15-5:45 pm	6241.101

### Ballet 3

Ages 10 and up

This class is designed for the advanced intermediate dancer with previous ballet experience. Miss Rosemary will work on more advanced barre and center work. Designed for the serious ballet student.

FEE: IC \$65/OC \$70

9/15-10/20	T	5:45-6:30 pm	6242.101
11/3-12/15	T	5:45-6:30 pm	6243.101
1/12-2/16	T	5:45-6:30 pm	6244.101

## Tuesdays With Christine Adult Community Center MPR2

### Musical Theater

Ages 5-7

Does your young one love to sing and dance!? Musical theater is our most popular class! Join Miss Christine for vocal warm ups, theater games and Broadway dancing! Fun and high energy!

FEE: IC \$65/OC \$70

9/15-10/20	T	3:15-4 pm	6245.101
11/3-12/15	T	3:15-4 pm	6246.101
1/12-2/16	T	3:15-4 pm	6247.101

### Tiny Tappers

Ages 3-5

A perfect class for your little one who loves to tap! This is a NEW class! Learn proper tap technique, and shuffle off to buffalo! Tap warm ups, center and across the floor!

FEE: IC \$45/OC \$50

9/15-10/20	T	4-4:30 pm	6248.101
11/3-12/15	T	4-4:30 pm	6249.101
1/12-2/16	T	4-4:30 pm	6250.101

### Tap Beginning

Ages 7-11

Perfect for your beginning tapper! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70

9/15-10/20	T	4:30-5:15 pm	6251.101
11/3-12/15	T	4:30-5:15 pm	6252.101
1/12-2/16	T	4:30-5:15 pm	6253.101

### Tap Beginning/Intermediate

Ages 7-11

This class is great for dancers with some prior tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70

9/15-10/20	T	5:15-6 pm	6254.101
11/3-12/15	T	5:15-6 pm	6255.101
1/12-2/16	T	5:15-6 pm	6256.101

### Tap Beginning/Intermediate

Ages 11 and up

This class is great for dancers with some prior tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70

9/15-10/20	T	6-6:45 pm	6257.101
11/3-12/15	T	6-6:45 pm	6258.101
1/12-2/16	T	6-6:45 pm	6259.101

## Tap Intermediate

Ages 11 and up

This class is great for dancers with some prior intermediate tap experience as a younger dancer! Learn tap warm ups, center footwork and across the floor!

FEE: IC \$65/OC \$70

9/15-10/20	T	6:45-7:30 pm	6260.101
11/3-12/15	T	6:45-7:30 pm	6261.101
1/12-2/16	T	6:45-7:30 pm	6262.101

## Wednesdays With Miss Emily at the Sunset Firehall, Upstairs

### NEW CLASS — Mommy or Grandma and Me Dance Class

Ages 2-3

Help your child discover movement and expression while networking with other parents through a structure that blends dance, music, and imagination. Students are introduced to a class structure, age appropriate stretches, coordination exercises, and rhythm through a safe and special experience with mommy. Added benefits for mom are increased flexibility, balance, and dance appreciation. This class encourages young children to explore, experiment and create through creative dance and helps prepare them for future dance and movement classes.

FEE: IC \$65/OC \$70

9/16-10/21	W	10-10:45 am	6263.101
11/4-12/16	W	10-10:45 am	6264.101
1/13-2/17	W	10-10:45 am	6265.101

### NEW CLASS — Creative Movement/ Ballet Class

Ages 3-4

This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through move-

ment games. Your dancer will love dancing with Miss Emily.

FEE: IC \$65/OC \$70

9/16-10/21	W	10:45-11:30 am	6266.101
11/4-12/16	W	10:45-11:30 am	6267.101
1/13-2/17	W	10:45-11:30 am	6268.101

### NEW CLASS — Beginning Ballet and Tap Dance

Ages 4-6

Great for your dancer who loves ballet and tap! This is a great combination class of both skills. Learn proper ballet stretches and basic terms and skills. Then switch the pace with high energy of tap skills!

FEE: IC \$65/OC \$70

9/16-10/21	W	11:30-12:15 pm	6269.101
11/4-12/16	W	11:30-12:15 pm	6270.101
1/13-2/17	W	11:30-12:15 pm	6271.101

## Wednesdays With Miss Kathleen at the Sunset Firehall, Upstairs

### Ballet 5

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes.

FEE: IC \$65/OC \$70

9/16-10/21	W	5:15-6 pm	6272.101
11/4-12/16	W	5:15-6 pm	6273.101
1/13-2/17	W	5:15-6 pm	6274.101

### Jazz 5

Ages 12 and up

This class is designed for our advanced jazz dancers with triple and quad turns, switch leaps, turns in second and advanced skills.

FEE: IC \$65/OC \$70

9/16-10/21	W	6-6:45 pm	6275.101
11/4-12/16	W	6-6:45 pm	6276.101
1/13-2/17	W	6-6:45 pm	6277.101





## Thursdays With Miss Aphyna at the Sunset Firehall, Upstairs

### Beginning Ballet/Tap Combo

Ages 4-6

This class is an amazing introduction to the world of dance for your little one! Dancers will learn ballet basics and dance through movement games. Your dancer will love dancing with Miss Aphyna.

FEE: IC \$65/OC \$70			
9/17-10/22	Th	2-2:45 pm	6284.101
11/5-12/17	Th	2-2:45 pm	6285.101
1/14-2/18	Th	2-2:45 pm	6286.101

### Jazz 1

Ages 4-7

This class is designed for your beginning level dancer who loves jazz! Learn stretches, then dance in the center and across the floor with turns and leap! High energy and fun!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	2:45-3:30 pm	6287.101
11/5-12/17	Th	2:45-3:30 pm	6288.101
1/14-2/18	Th	2:45-3:30 pm	6289.101

### Jazz 2

Ages 6-10

This class is designed for your intermediate level dancer who loves jazz! Work stretches, then dance in the center and across the floor with turns and leap! High energy and fun! Perfect for dancers with single and double turns!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	3:30-4:15 pm	6290.101
11/5-12/17	Th	3:30-4:15 pm	6291.101
1/14-2/18	Th	3:30-4:15 pm	6292.101

### Lyrical 1/Contemporary Beginning

Ages 7 and up

Get out of your box and dance with Miss Aphyna. Explore movement through improv and expression. This is designed for the beginning dancer. Express yourself!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	4:15-5 pm	6293.101
11/5-12/17	Th	4:15-5 pm	6294.101
1/14-2/18	Th	4:15-5 pm	6295.101

### Lyrical 2 /Contemporary Intermediate

Ages 10 and up

Get out of your box and dance with Miss Aphyna. Explore movement through improv and expression. This is designed for the intermediate dancer with double turns!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	5-5:45 pm	6296.101
11/5-12/17	Th	5-5:45 pm	6297.101
1/14-2/18	Th	5-5:45 pm	6298.101

### Lyrical 3 /Contemporary Advanced

Ages 12 and up

Get out of your box and dance with Miss Aphyna. Explore movement through improv and expression. This is designed for the advanced dancer with multiple turns!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	5:45-6:30 pm	6299.101
11/5-12/17	Th	5:45-6:30 pm	6300.101
1/14-2/18	Th	5:45-6:30 pm	6301.101

## Thursdays with Miss Emily at the Sunset Firehall, Downstairs

### Ballet 2/3

Ages 9 and up

This class is designed for the serious student with prior intermediate ballet training. Work on barre, center and across the floor while improving your technique.

FEE: IC \$65/OC \$70			
9/17-10/22	Th	6:30-7:15 pm	6302.101
11/5-12/17	Th	6:30-7:15 pm	6303.101
1/14-2/18	Th	6:30-7:15 pm	6304.101

### Hip Hop 1 Beginning

Ages 7 and up

Prepare to get FUNKY! Work with Miss Emily on the fresh moves from the streets of LA! Start with a warm up, then dance through funky combinations and floor work! High energy class!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	7:15-8 pm	6305.101
11/5-12/17	Th	7:15-8 pm	6306.101
1/14-2/18	Th	7:15-8 pm	6307.101

### Hip Hop 2 Intermediate

Ages 10 and up

Prepare to get FUNKY! Great for dancers with at least one year of hip hop training! Work with Miss Emily on the fresh moves from the streets

of LA! Start with a warm up, then dance through funky combinations and floor work! High energy class!

FEE: IC \$65/OC \$70			
9/17-10/22	Th	8-8:45 pm	6308.101
11/5-12/17	Th	8-8:45 pm	6309.101
1/14-2/18	Th	8-8:45 pm	6310.101

## Fridays With Miss Rosemary at the Sunset Firehall, Upstairs

### Ballet 1

Ages 7 and up

This class is designed for the first time or second year ballet student. Learn proper posture and techniques at the ballet barre. Then stretch in center and dance across the floor. Focus is on proper ballet placement and ballet basics.

FEE: IC \$65/OC \$70			
9/18-10/23	F	3:30-4:15 pm	6311.101
11/6-12/18	F	3:30-4:15 pm	6312.101
1/15-2/19	F	3:30-4:15 pm	6313.101

### Ballet 2/3

Ages 10 and up

This class is designed for the advanced intermediate dancer with previous ballet experience. Miss Rosemary will work on more advanced barre and center work. Designed for the serious ballet student.

FEE: IC \$65/OC \$70			
9/18-10/23	F	4:15-5 pm	6314.101
11/6-12/18	F	4:15-5 pm	6315.101
1/15-2/19	F	4:15-5 pm	6316.101

### Ballet 4/5 with Pointe

Ages 12 and up

This class is designed for the advanced serious ballet dancer who has excellent advanced knowledge of ballet technique, have taken ballet this summer and who have participated in our extra technique classes. This class includes pointe and pre-pointe.

FEE: IC \$85/OC \$90			
9/18-10/23	F	5-6:30 pm	6317.101
11/6-12/18	F	5-6:30 pm	6318.101
1/15-2/19	F	5-6:30 pm	6319.101

## Wednesday With Miss Emily Adult Community Center MPR1

### NEW CLASS — Modern Dance 1 Beginning

Ages 8 and up

Beginner/intermediate level class for students who have been studying another dance discipline for at least one year. The class concentrates on body awareness, exploring different levels, traveling movements and positions and increasing the body's strength and flexibility. The concept of fall and recovery, jumps, turns, improvisation and introduction and exploration of different musical rhythms and sounds and their dynamics. Ballet is recommended.

FEE: IC \$65/OC \$70			
9/16-10/21	W	7:30-8:15 pm	6278.101
11/4-12/16	W	7:30-8:15 pm	6279.101
1/13-2/17	W	7:30-8:15 pm	6280.101

### NEW CLASS — Modern Dance 2 Intermediate/Advanced

Ages 12 and up

This is an advanced level modern class for students who are ready for more challenging exercises. Modern 2 is an intermediate/advanced level class. Advanced modern technique is studied with an emphasis on dance improvisation and partner work. You will be introduced to many master teachers and explore their styles and philosophies. Choreographic principles are introduced. Ballet is required.

FEE: IC \$65/OC \$70			
9/16-10/21	W	8:15-9 pm	6281.101
11/4-12/16	W	8:15-9 pm	6282.101
1/13-2/17	W	8:15-9 pm	6283.101