

## Quarterly Class Descriptions

Kids must be of age by first day of class.

**Parent-Toddler Creative Dance (18 mo-3 yrs)** In this fun class, toddlers investigate the elements of dance in a playful environment with active participation by a caregiver. Music and singing, rhythm instruments, scarves, and other props enhance this lively experience. Children register and bring an adult to dance with.

**Creative Dance (3-5 yrs)** Boys & girls dance and play with scarves, instruments, and other props. Students develop strength, coordination and flexibility, while experiencing the joy of dancing. Children will be encouraged to work as a team and individually. Join us for an informal showing on the last day of class.

**Creative Pre-Ballet (4-6 yrs)** Boys & girls learn basic ballet positions and preparatory steps in a fun way. Ballet terminology is used in creative explorations. Musicality and classroom etiquette are emphasized in a friendly and encouraging environment. Join us for an informal showing on the last day of class.

### Zumba Kids & Zumba Kids Jr. (4-6 yrs & 7-11yrs)

The ultimate dance-fitness party for young Zumba fans. This program gets kids started on a healthy future while dancing to the beat and playing movement games.

**Ballet I/II (Adult/Teen)** Focuses on basic ballet vocabulary & correct alignment. Barre work, adagio, and petit and grand allegro build strength and grace in a non-competitive environment.\*

**Tap I/II (Adult/Teen)** This fun and inspiring dance form is great for balance, agility, musicality and provides a great opportunity for self-expression as you work your way through articulations of the feet and progressions across the floor.\*

**Egyptian Style Belly Dance (Adult/Teen)** Learn the fundamentals: shimmies, isolations, and zagat -finger cymbals. Experience music, rhythms, and dance movement from the Middle East while keeping your female figure fit!\*

**Hawaiian Hula (Adult/Teen)** Experience the enchantment of Hawaii through traditional island dancing. Participants will learn traditional girls' and women's footwork and hand motions. Together, these fluid movements follow the rhythm of the music and express the lyrics of the song.\*

**East Coast Swing (Adult/Teen)** Swing dance will put a smile on your face and melt away your stress. Upbeat, synchronized steps are fun to learn and easy to adapt. Our charismatic instructor, Maria Kesovija, will teach you the basic single and triple rhythm styles. No partner necessary. Everyone is welcome!\*

**Zumba (Adult/Teen)** Have you noticed the new dance party in town? Zumba is a high energy fitness class that fuses Latin rhythms like Meringue, Cumbia and Salsa into a workout. It's not complicated, just a fun way to a fitter you.\*

\*Adult/Teen Drop-in is available after minimum registration has been met.

## Quarterly Dance Classes

Try our Adult/Teen dance classes, pay a drop-in fee and then use that money towards registration when you discover how fun it is and you love it!

### Parent-Toddler Creative Dance (18 mo-3 years)

28689 W 9:00-9:30am 9/10-10/15 R\$29 NR\$32  
28690 Sa 9:30-10:00am 9/13-10/18 R\$29 NR\$32

### Creative Dance (3-5yrs) age as of class start date

28693W 12:45-1:30pm 10/22-12/17 R\$74 NR\$83

### Zumba Kids Jr. (4-6yrs)

28678 Sat 10:00-10:45am 10/25-12/20 R\$64 NR\$72

### Zumba Kids (7-11yrs)

28679 Sat 11:00-12:00pm 10/25-12/20 R\$76 NR\$84

### Ballet I/II (Adult/Teen)

28700 W 7:30-8:45pm 9/10-10/15 R\$71 NR\$79

### Tap I/II (Adult/Teen)

29012 T 2:00-3:00pm 9/9-10/14 R\$57 NR\$63

28702 Th 6:15-7:15pm 9/11-10/16 R\$57 NR\$63

### Egyptian Style Belly Dance (Adult/Teen)

28707 T 7:15-8:30pm 9/9-10/14 R\$71 NR\$79

### Hawaiian Hula (Adult/Teen)

#### Beginning

28682 W 7:30-8:30pm 9/10-10/15 R\$57 NR\$63

**Intermediate** - for returning students, with one or more years of experience

28684 M 6:45-7:45pm 9/8-10/13 R\$57 NR\$63

**Advanced** - This class is by teacher placement. Please take the Beginning or Intermediate class first for evaluation.

28686 M 7:45-8:45pm 9/8-10/13 R\$57 NR\$63

### Zumba (Adult/Teen)

28676 T 6:00-7:00pm 9/9-10/14 R\$57 NR\$63

28705 Th 7:00-8:00pm 9/11-10/16 R\$57 NR\$63

We also have Yoga, Tai Chi and Conditioning classes. Check out more programs in the Craze magazine or go online to [www.mltrec.com](http://www.mltrec.com).

The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.

## MLT Dance Academy Fall 2014



Our excellent instructors provide a structured approach to dance, with an emphasis on technique, healthy alignment, creativity, and building self esteem.

For student placement contact  
Dance Program Director  
Chloe E Davenport  
Tel: 425-640-3107



### Mountlake Terrace Recreation Pavilion

5303 228th Street SW  
Mountlake Terrace 98043  
[www.mltrec.com](http://www.mltrec.com) 425-776-9173

## Yearly Class Descriptions

Kids must be of age by Sept. 15th, 2014.

**Creative Dance (Ages 3-5)** Boys & girls dance and play with scarves, instruments, and other props. Kids develop strength, coordination and flexibility while experiencing the joy of dancing!

**Creative Pre-Ballet (Ages 5-7)** Boys & girls learn basic ballet positions and preparatory steps in an enjoyable manner. Ballet terminology is incorporated into creative explorations. Musicality and classroom etiquette are emphasized in a friendly, encouraging environment.

**Ballet I (Ages 7-9)** For new and returning students. Boys & girls work at the barre, learn progressions across the floor, and further continue their explorations in creative dance curriculum.

**Ballet II-V** Dancers build strength, flexibility and grace in a non-competitive, encouraging environment. These traditional classes focus on vocabulary, correct alignment, and finding personal expression within the form. Barre work, center practice, and movement across the floor are incorporated in ways appropriate to each level.

**Pre-Pointe/Pointe (Ages 11+)** Dancers who are in ballet III or higher, are invited to train in pointe dance curriculum and to work towards their first pair of shoes.

**Tap and Ballet (Ages 4-6)** Boys & girls are introduced to preliminary ballet steps and rhythm fundamentals through tap techniques. Creative games and fun songs introduce the joy of dancing to the inquisitive beginner.

**Pre-Tap (ages 5-7)** Focusing on rhythm fundamentals, learn basic tap vocabulary & combinations. An atmosphere of creativity and play will be nurtured through creative dance themes that develop grace, timing, and awareness in space. Great for boys!

**Tap I/II (Ages 8-11)** Boys & girls focus on fundamental tap vocabulary, build coordination & musicality, and have a great opportunity for self-expression as they progress with more complex patterns! For new and returning students.

**Jazz I-V** Classes cover old school techniques and innovative contemporary moves. Warm-up, body isolations, progressions across the room, and how to dance to and from the floor, develop dancers' strength and flexibility. Dancers will be challenged to work on dynamics and personal expression.

**Funky Kids-Hip Hop/Jazz (5-7 yrs)** This fun class is for Kindergarteners and 1st-graders who want to get funky! Hip hop and jazz steps will be introduced in imaginative exercises keeping creativity at the forefront. Wear jazz dress code.

**Hip-Hop I, II & Teen** This exhilarating and fun class gets you moving with the latest grooves! Enjoy funky rhythms while learning isolations, progressions across the floor, break dance, and choreography.

**Irish Step Dance** Boys & girls will be instructed in the correct technique, carriage, steps and timing of Irish Step dancing, while sharing in the joy of dance and fostering a love for this beautiful art form.

# Yearly and Semester Dance Classes

## Creative Dance (3.5-5 yrs)

28622 T 4:30-5:15pm 9/9-1/27 R\$212 NR\$231  
 28628 T 4:30-5:15pm 9/9-6/16 R\$369 NR\$407  
 28623 Sa 10:15-11am 9/13-1/31 R\$204 NR\$222  
 28629 Sa 10:15-11am 9/13-6/20 R\$344 NR\$379

## Creative Pre Ballet (5-7 yrs)

28624 W 5:30-6:30pm 9/10-1/28 R\$236 NR\$254  
 28630 W 5:30-6:30pm 9/10-6/17 R\$407 NR\$444  
 28625 Sa 11am-12pm 9/13-1/31 R\$226 NR\$244  
 28631 Sa 11am-12pm 9/13-6/20 R\$388 NR\$423

## Ballet I (6-9 yrs)

28632 W 6:30-7:30pm 9/10-1/28 R\$236 NR\$254  
 28637 W 6:30-7:30pm 9/10-6/17 R\$407 NR\$444

## Ballet II (8-10 yrs) class meets 2x per week

28634 M,W 6:15-7:15pm 9/8-1/28 R\$372 NR\$405  
 28639 M,W 6:15-7:15pm 9/8-6/17 R\$671 NR\$735

## Ballet III (9-13 yrs) class meets 2x per week

28635 T 6-7:30pm, Th 4:30-6pm 9/9-1/29 R\$503 NR\$551  
 28640 T 6-7:30pm, Th 4:30-6pm 9/9-6/18 R\$964 NR\$1059

## Ballet IV/V (11+) class meets 3x per week

28636 M, T, Th 4:30-6pm 9/8-1/29 R\$683 NR\$784  
 28641 M, T, Th 4:30-6pm 9/8-6/18 R\$1305 NR\$1437

## Pre-Pointe/Pointe (11+) must take ballet 2x a week

28662 Th 6:05-6:40pm 9/11-1/29 R\$139 NR\$149  
 28944 Th 6:05-6:40pm 9/11-6/18 R\$228 NR\$247

## Tap and Ballet (4-6 yrs)

28642 W 5:15-6:05pm 9/10-1/28 R\$217 NR\$236  
 28645 W 5:15-6:05pm 9/10-6/17 R\$369 NR\$407



## Pre-Tap (5-7 yrs)

28643 Th 4:20-5:10pm 9/11-1/29 R\$208 NR\$226  
 28646 Th 4:20-5:10pm 9/11-6/18 R\$369 NR\$407

## Tap I/II (8-11 yrs)

28644 Th 5:15-6:15pm 9/11-1/29 R\$236 NR\$254  
 28647 Th 5:15-6:15pm 9/11-6/18 R\$407 NR\$444

## Jazz I (6-9 yrs)

28654 W 4:30-5:30pm 9/10-1/28 R\$236 NR\$254  
 28943 W 4:30-5:30pm 9/10-6/17 R\$407 NR\$444

## Jazz II/III (8-12 yrs)

28652 W 5:30-6:30pm 9/10-1/28 R\$236 NR\$254  
 28656 W 5:30-6:30pm 9/10-6/17 R\$407 NR\$444

## Jazz IV/V (13-16 yrs) class meets 2x per week

28653 M,W 6:30-7:30pm 9/8-1/28 R\$372 NR\$405  
 28657 M,W 6:30-7:30pm 9/8-6/17 R\$671 NR\$735

## Funky Kids-Hip Hop/Jazz (5-7 yrs)

28658 T 5:30-6:30pm 9/9-1/27 R\$236 NR\$254  
 28648 T 5:30-6:30pm 9/9-6/16 R\$416 NR\$454  
 28663 Sa 12-1:00pm 9/13-1/31 R\$226 NR\$244  
 28664 Sa 12-1:00pm 9/13-6/20 R\$388 NR\$423

## Hip Hop I (7-9 yrs)

28659 T 6:30-7:30pm 9/9-1/27 R\$236 NR\$254  
 28649 T 6:30-7:30pm 9/9-6/16 R\$416 NR\$454

## Hip Hop II (9-12 yrs)

28660 T 7:30-8:30pm 9/9-1/27 R\$236 NR\$254  
 28650 T 7:30-8:30pm 9/9-6/16 R\$416 NR\$454

## Teen Hip Hop (13+)

28661 Th 6:00-7:00pm 9/11-1/29 R\$226 NR\$244  
 28651 Th 6:00-7:00pm 9/11-6/18 R\$407 NR\$444

## Irish Step I/II (7-12 yrs)

28665 Sa 10:00-11:00am 9/13-1/31 R\$226 NR\$244  
 28667 Sa 10:00-11:00am 9/13-6/20 R\$388 NR\$423

## Teen Irish Step (13+)

28666 Sa 11:15-12:15pm 9/13-1/31 R\$226 NR\$244  
 28668 Sa 11:15-12:15pm 9/13-6/20 R\$388 NR\$423

## Our Dance Department Mission

is to provide an enjoyable dance education that promotes creativity and the diversity of every participating individual, with an emphasis on a healthy body image and healthy alignment.

We strive to bring dancers to their best movement and artistic potential while remaining open and inclusive.



# Dress Code

## Creative Dance

Boys: Close fitting sportswear and barefoot.  
 Girls: Any color leotard and footless tights or leggings, barefoot. Hair in a ponytail, secured off the face.

## Creative Pre-Ballet (5-7 yrs)

### Ballet Levels I-V

Boys: Plain t-shirt, black leggings, black ballet shoes.  
 Girls: Black leotard, pink tights, and pink ballet shoes.  
 Hair in a ponytail or bun. Levels I-IV bun only.

## Tap and Ballet

Boys: Plain t-shirt, black leggings, black leather ballet shoes and black tap shoes.  
 Girls: Black leotard, pink tights, and pink leather ballet shoes and black tap shoes. Hair in a ponytail or bun.  
 \*Tap shoe fasteners are for sale at the front desk. They greatly shorten the shoe changing time.

## Jazz, Funky Kids, Tap & Pre-Tap

Boys & Girls: Plain t-shirt, black jazz pants and black tap shoes. Hair in a ponytail, secured off the face.

## Hip Hop

Boys & Girls: Dance sportswear and clean-soled sneakers. NO JEANS or STREET SHOES. Hair in a ponytail, secured off the face.

## Irish Step Dance

Dance sportswear and black ghillies or ballet slippers. Hair in a ponytail, secured off the face.

**Egyptian Style Belly Dance & Hawaiian Hula** Dance clothing and bare feet. Hair in a ponytail, secured off the face.

Please take off your shoes & go barefoot or change into your appropriate dance shoes before going into class. We do not allow shoes that have been worn outside into our dance studios.

See the back for quarterly class times!

