

Quarterly Dance Classes

Quarterly Kids Classes

*Participants must be of age by class start date.

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.

26673 **W 12:45-1:30pm** 1/8-3/19 R\$91 N\$102
 26674 **W 12:45-1:30pm** 3/26-6/4 R\$95 N\$93
 27025 **Sa 11:15-12pm** 1/11-3/22 R\$91 N\$102
 27026 **Sa 11:15-12pm** 3/29-6/7 R\$74 N\$83

Creative Pre-Ballet (4-6 yrs) Boys & girls learn basic ballet positions and preparatory steps in an enjoyable manner. Ballet terminology is used in creative explorations. Musicality and classroom etiquette are emphasized in a friendly encouraging environment.

26675 **W 1:30-2:15pm** 1/8-3/19 R\$91 N\$102
 26676 **W 1:30-2:15pm** 3/26-6/4 R\$95 N\$93

Zumba Kids Jr. (ages 4-6) This program is where little feet with lots of soul can move to age-appropriate music and play game with other kids. Please change into clean, indoor shoes before entering the classroom.

26664 **Sa 9:15-10am** 3/29-6/7 R\$74 N\$83

Zumba Kids (ages 7-11) The Ultimate dance fitness party for young Zumba fans, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. Please change into clean, indoor shoes before entering the classroom.

26665 **Th 5:30-6:30** 3/27-6/12 R\$105 N\$116

Quarterly Teen/Adults Classes

*Drop-in available after minimum registration is met.

Zumba! 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. Drop in available after minimum registration is met.

26660 **T 6-7pm** 1/7-3/18 R\$105 N\$116
 26661 **T 6-7pm** 3/25-6/10 R\$105 N\$116
 26662 **Th 6:45-7:45pm** 1/9-3/20 R\$105 N\$116
 26663 **Th 6:45-7:45pm** 3/27-6/19 R\$114 N\$126

Quarterly Teen/Adults Classes

*Drop-in available after minimum registration is met.

East Coast Swing Swing Dance will put a smile on your face and melt away the stress of the week. Our charismatic and excellent instructor, Maria Kesovija, will teach you the basic single and triple rhythm styles. No partner is necessary. Everyone is welcome!

27022 **F 6:15-7:15pm** 1/10-3/21 R\$105 N\$116
 27023 **F 6:15-7:15pm** 3/28-6/6 R\$95 N\$105

Ballet I/II Focuses on basic ballet vocabulary & correct alignment. Barre work, adagio, and petit and grand allegro build strength and grace in a non-competitive environment. For beginners and beginners with experience.

26671 **T 6:15-7:15pm** 1/7-3/18 R\$105 N\$116
 26672 **T 6:15-7:15pm** 3/25-6/10 R\$105 N\$116

Tap I/II 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.

26677 **M 6:15-7:15pm** 1/6-3/17 R\$105 N\$116
 26678 **M 6:15-7:15pm** 3/24-6/9 R\$105 N\$116

Egyptian Belly Dance Learn the fundamentals of shim-mies, isolations, and Zagat (finger cymbals). Experience music, rhythms and dance movement from around the Middle East while keeping your figure fit.

26680 **T 7:15-8:30pm** 1/7-3/18 R\$131 N\$144
 26681 **T 7:15-8:30pm** 3/25-6/10 R\$131 N\$144

Hawaiian Hula Experience the enchantment of Hawaii through traditional island dancing. Participants will learn traditional girl's and women's footwork and hand motions. Together, these fluid movements follow the rhythm of the music and express the lyrics of the song.

Beginning

26683 **W 7:30-8:30pm** 3/26-6/11 R\$105 N\$116

Intermediate - for returning students with at least a year of experience

26684 **M 6:45-7:45pm** 1/6-3/17 R\$105 N\$116
 26685 **M 6:45-7:45pm** 3/24-6/9 R\$95 N\$105

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

26686 **M 7:45-8:45pm** 1/6-3/17 R\$105 N\$116
 26687 **M 7:45-8:45pm** 3/24-6/9 R\$95 N\$105

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 & Ballet I-V

Boys: Plain t-shirt, black leggings, black leather ballet shoes.

Girls: Black leotard, pink tights, and pink ballet shoes. Hair in a ponytail or bun. Level 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.

Tap

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

Jazz & Funky Kids

Boys: Plain t-shirt, black jazz pants, and black jazz shoes.

Girls: Leotard, black jazz pants, and black jazz shoes. Hair in a ponytail or bun.

Hip Hop

Boys & Girls: Dance sportswear and clean soled dance 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.

MLT Dance Programs Winter/Spring 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 call
 Dance Program Director
 Chloe E Davenport
 Tel: 425-640-3107



Mountlake Terrace Recreation Pavilion

5303 228th Street SW
 Mountlake Terrace 98043
 www.mltrec.com 425-776-9173

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

School Year Dance Second Semester

*Participants must be of age by
September 15th, 2013.

Creative Dance

Creative Dance - 3.5-5 yrs Boys & girls dance and play with scarves, instruments, and other props. Kids develop strength, coordination and flexibility, while experiencing the joy of dancing. Children will be encouraged to work as a team and individually.

26690 **M 4:15-5:00pm** 1/27-6/9 R\$195 N\$212
26691 **Sa 9:15-10:00am** 1/25-6/14 R\$212 N\$231

Creative Pre-Ballet - 5-7 yrs 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.

26693 **W 4:20-5:20pm** 1/22-6/11 R\$245 N\$265
26694 **Sa 10:15-11:15am** 1/25-6/14 R\$236 N\$255



Ballet

Danseurs and ballerinas build strength, flexibility and grace in a non-competitive, encouraging environment. Traditional classes focus on ballet vocabulary, correct alignment, and finding personal expression within the form. **All dancers will be evaluated in their first class for proper placement.**



Ballet I - 7-9 yrs Ballet terminology is alternated with movement improvisation. Musicality and classroom etiquette are emphasized. Boys & girls will begin working at the Barre and progressions across the floor, while continuing their explorations in creative dance curriculum.
26639 **W 5:20-6:20pm** 1/22-6/11 R\$245 N\$265

Ballet II - 8-11 yrs once a week This class is for new students and returning students that want to continue with ballet but aren't ready to commit to two times a week.
26641 **W 6:30-7:30pm** 1/22-6/11 R\$245 N\$265

Ballet II - 9-14 yrs twice a week One year of ballet experience recommended. Highly motivated beginners can also be integrated at this level.
26642 **M 5:15-6:45pm**
W 6:30-7:45pm 1/23-6/12 R\$527 N\$583

Ballet III/IV - 11-20 yrs twice a week This class is for returning students who've had two or more years of ballet.
26643 **T 4:20-5:50pm**
Th 5-6:30pm 1/22-6/12 R\$527 N\$583

Pointe/ Pre-Pointe Dancers are invited to take point class after an evaluation. All pointe students must be enrolled in ballet at least 2xs a week. It's highly recommended you visit your doctor to check on bone density and growth plates before being fitted for pointe shoes.
27556 **Th 6:40-7:20pm** 1/24-6/12 R\$220 N\$240

Jazz & Hip Hop

Funky Kids Hip Hop/ Jazz This fun class is for Kindergarten through 2nd graders who want to get funky! Hip Hop and Jazz techniques will be introduced through imaginative exercises that keep creativity at the forefront. Please wear jazz dress code.

Funky Kids - 5-7 yrs
26696 **M 5:15-6:15pm** 1/27-6/9 R\$217 N\$234
Funky Kids - 6-8 yrs
26697 **Th 6:30-7:30pm** 1/23-6/12 R\$245 N\$265

Jazz I-IV Class covers jazz technique including warm up, body isolations, progressions across the floor, and a fun rhythmic combination. Boys & girls build strength and coordination, while listening to fun and lively music.

Jazz I/II - 7-11 yrs for beginners and returning students.
26705 **W 4:20-5:20pm** 1/22-6/11 R\$245 N\$26
Jazz III/IV - 11-18 yrs twice a week for dancers with two or more years of experience.
26706 **M 7-8pm**
W 5:20-6:20pm 1/22-6/11 R\$352 N\$389

Hip-Hop An exhilarating fun class to get you moving with the latest grooves. Enjoy a funky beat with age appropriate music, while learning to isolate your body in rhythmic ways. Please change into clean 'studio shoes' each week before entering the classroom.

Pre-Teen Hip Hop - 9-12 yrs
26698 **Th 7:30-8:30pm** 1/23-6/12 R\$245 N\$265
Teen Hip Hop - 13-19 yrs
26699 **W 7:00-8:00pm** 1/22-6/11 R\$245 N\$265



Irish Step & Tap

Tap and Ballet - 4-6 yrs Boys & Girls are introduced to the preliminary steps of ballet and the fundamentals of rhythm through tap techniques. Creative games and fun songs are a great way to introduce the joy of dancing to the inquisitive beginner.

26702 **T 5:15-6:05pm** 1/21-6/10 R\$245 N\$265
26703 **Th 4:30-5:20pm** 1/23-6/12 R\$245 N\$265

Tap I/II - 7-12 yrs Boys & girls focuses on fundamental tap vocabulary, build coordination, musicality, and have a great opportunity for self-expression.
26704 **Th 5:30-6:30pm** 1/23-6/12 R\$245 N\$265

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

Irish Step Dance, - 7-12 yrs
26700 **Sa 10-11am** 1/25-6/14 R\$236 N\$255
Irish Step Dance - Adult/Teen
26701 **Sa 11:15-12:15pm** 1/25-6/14 R\$236 N\$255

