

Classes Booking Form 2019

SEPTEMBER 23RD – NOVEMBER 30TH, 2019

Name: _____

Name of Child (Kids classes only): _____ Age: _____

Address: _____

Telephone: (H) _____ Mobile: _____

Email: _____

Class (1): _____

Time: _____ Day: _____

Class (2): _____

Time: _____ Day: _____

Class (3): _____

Time: _____ Day: _____

PRE-REGISTRATION AND PAYMENT IN FULL IS ESSENTIAL TO BOOK YOUR CLASS FEES STRICTLY NON-REFUNDABLE

6 WEEK TERM - MODERN DANCE FOR 3-11 YEARS €80

7 WEEK TERM - BALLROOM, JIVE & WEDDING DANCES €92

8 WEEK TERM - WELL DANCE FOR SENIORS €85

WELL DANCE VOLUNTARY SLIDING SCALE (MIN €65, MAX €85)
RING 01 280 3455 TO ENROL & RETURN THIS FORM

10 WEEK TERM - DANCING WELL WITH PARKINSONS €105

VOLUNTARY SLIDING SCALE (€80 MINIMUM - €105)

10 WEEK TERM - ONE CLASS PER WEEK €105

- TWO CLASSES PER WEEK €200

- THREE CLASSES PER WEEK / FAMILY RATE €300

I WISH TO BE ON YOUR EMAIL LIST FOR CLASSES & PERFORMANCES

YES NO

I AM ALREADY ON YOUR EMAIL LIST YES NO

HOW DID YOU HEAR ABOUT US.....

GIFT VOUCHERS AVAILABLE

Ring for EFT details or Send form and Cheque made payable to:



Dance Theatre of Ireland

Bloomfields Centre, Lr. Georges Street,
Dún Laoghaire, Co. Dublin, Ireland
Phone: +353 1 280 3455 Fax: +353 1 280 3466
Email: info@dancetheatreireland.com
www.dancetheatreireland.com



An Roinn
Cultúir, Oidhreachta agus Gaeltachta
Department of
Culture, Heritage and the Gaeltacht



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Current Class Schedule

SEPTEMBER 23RD – NOVEMBER 30TH, 2019

DAY	CLASS	TIME
Monday:		
	Ballet - Some experience	6:45 - 8:00PM
	Hip Hop - Beginners	8:00 - 9:00PM
Tuesday:		
	Dance 'N Fitness - Mornings	10:00 - 11:00AM
	Well-Dance for Seniors	11:00 - 12:30PM
	Modern Dance - 3-5 year olds	3:00 - 3:45PM
	Modern Dance - 6-11 year olds	5:00 - 6:00PM
	Contemporary Dance - Some experience	6:45 - 8:00PM
	Salsa Night!	8:00 - 9:15PM
Wednesday:		
	Well-Dance for Seniors - Mornings	11:00 - 12:30PM
	Modern Dance - 3-5 year olds	3:00 - 3:45PM
Thursday:		
	Dance 'N Barre Fitness - Mornings	10:00 - 11:00AM
NEW	Contemporary Dance - Beginners	6:45 - 8:00PM
	Jazz/Musical Theatre	8:15 - 9:15PM
Friday:		
	Dancing Well with Parkinson's	11:00 - 12:30PM
	YOGA - FOR MIND & BODY	7:00 - 8:30PM
Saturday:		
	Body Conditioning / Contemporary Dance	10:00 - 11:15AM
	Ballet - Beginners	11:15 - 12:15PM
	Hip Hop - 8-12yrs	12:15 - 1:15PM
	Hip Hop - Adult / Teen	1:15 - 2:15PM
	Ballroom, Jive & Wedding Dances	2:15 - 3:15PM
	RAD Intermediate Ballet	3:15 - 4:30PM

DANCE WORKSHOPS FOR ALL

Bring the joy of dance to your school, club, company or party through our award-winning **Dance Performance Outreach Programme (Dance POP)**. Workshops with our professional teachers are 1-2 hours, tailored to give complete beginners to experienced dancers an exhilarating and creative experience. Single or on-going workshops are available. As well as Wedding Dances!

CULTURE NIGHT FRIDAY SEPTEMBER 20TH

FREE dance classes on Culture Night **September 20th**. Join us for Taster Classes from 6:30 – 8:30pm. Dance the Night Away at DTI!

Enrolment now on!

For Bookings & Further Information

Call (01) 280 3455 or Email: info@dancetheatreireland.com
www.dancetheatreireland.com

GIFT VOUCHERS AVAILABLE FROM DTI OFFICE



Adults, Teens & Children
September 23rd – November 30th, 2019

Centre for Dance

- SALSA NIGHT! * HIP HOP
- MODERN DANCE FOR KIDS 3-11
- CONTEMPORARY DANCE * JAZZ/MUSICAL THEATRE
- YOGA FOR MIND & BODY
- RAD INTERMEDIATE BALLET
- ADULT BALLET BEGINNERS & EXPERIENCED
- BALLROOM, JIVE & WEDDING DANCES
- MORNINGS DANCE'N'FITNESS * DANCE'N'BARRE FITNESS
- WELL-DANCE FOR SENIORS OVER 55'S
- BODY CONDITIONING & DANCE
- DANCING-WELL WITH PARKINSON'S

DANCING IS GOOD FOR YOU!

Gift Vouchers Available



Dance Theatre of Ireland

Bloomfields Centre, Lwr. Georges Street
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CONTEMPORARY

Beginners Thursdays* One of our most popular classes. The basics and much more. A warm-up which stretches and strengthens, and routines that MOVE! to popular and world music in a variety of styles developing stamina, range and musicality. A great class for overall fitness and integration of body and mind. Learn large flowing movements and dynamic fast ones in a fun environment.

Date: Thursdays Sep 26th – Nov 28th*
Time: 6:45PM – 8:00PM Level: *Beginners*

Intermediate Tuesdays - For those experienced in Contemporary Dance and other disciplines, this class will be a technique class with a warm-up influenced by Limon, Cunningham, Release and Ballet techniques, learning short phrases and movement across the floor With **Eimear Byrne**.

Date: Tuesdays Sep 24th – Nov 26th
Time: 6:45PM – 8:00PM Level: *Some experience*

*These Contemporary Dance Classes are taught by **Dance Theatre of Ireland** Artistic Directors **Robert Connor / Loretta Yurick**

BODY CONDITIONING / CONTEMPORARY DANCE

A Contemporary-based dance class which focuses on body conditioning through dance, improving posture and general muscle tone. The exercises and combinations of movement are designed to create fluid dance, strengthening and releasing tension. With **Monica Munoz**.

Date: Saturdays, Sep 28th – Nov 30th
Time: 10:00AM – 11:15AM

No experience necessary – wear loose clothing, bare feet or cotton socks.

WELL-DANCE FOR SENIORS

Put music & movement together and you have a recipe for feeling wonderful. Enjoy this class which will guide you through a series of simple, modern & creative dance movements & exercises to improve balance, fluidity, flexibility and strength (and yes there will be some chairs and you can sit down too). These dance sessions will empower you in a creative, refreshing, enjoyable, and stimulating way.

8 WEEKS **Date: Tuesdays Sep 24th – Nov 12th**
Date: Wednesdays Sep 25th – Nov 13th*
Time: 11:00AM – 12:30PM

*This class is taught by **Dance Theatre of Ireland** Artistic Directors **Robert Connor & Loretta Yurick** Supported in part by **The Ireland Funds** and the **HSE National Lottery Grant**

DANCING WELL WITH PARKINSON'S

DTI is part of the **Dance for PD®** membership programme and offers a dance class for people with Parkinsons and their carers. **Dancing Well with Parkinsons** is supported in part by HSE National Lottery Grant and **Move4Parkinsons.com**.

Date: Fridays Sep 13th – Dec 13th*
Time: 11:00AM – 12:30PM

*This class is taught by **Dance Theatre of Ireland** Artistic Directors **Robert Connor & Loretta Yurick**

DANCE THEATRE OF IRELAND IS COMMITTED TO THE CHILDREN FIRST NATIONAL GUIDELINES FOR THE PROTECTION & WELFARE OF CHILDREN

JAZZ/MUSICAL THEATRE

Modern dance straight from the stage. Excerpts of Choreography from West End & Broadway musicals such as **Chicago, Wicked, Sweet Charity, Cats, A Chorus Line**. From Bob Fosse to Jerome Robbins - there's plenty of musicals with stunning dance numbers. A great class which is a fusion of jazz, contemporary and ballet techniques, a wonderful lyrical dance class with something for everyone. Taught by **Yasmin Mello**.

Date: Thursdays Sep 26th – Nov 28th
Time: 8:15PM – 9:15PM

HIP HOP / STREET DANCE

High-energy Hip Hop classes that teach the latest moves influenced by today's hottest music videos. Great choreography that incorporates Street, House, and Commercial dance, as well as elements of popping, locking, and freestyle movement to great music. Never too late to learn! With our fantastic teacher **Saoirse Doyle**

Date: Mondays, Sep 23rd – Nov 25th*
Time: 8:00PM – 9:00PM

Date: Saturdays, Sep 28th – Nov 30th
Time: 12:15PM – 1:15PM Kids 8-12 year olds
Time: 1:15PM – 2:15PM Teens/Adults

*Class as usual during Bank Holiday Oct 28th
No street shoes or black soled runners allowed in the studio.

BALLET

Ballet for Adults / Teens Maybe you did it long ago and want to try again? Or perhaps you've been doing other dance styles and want to add to your range? Ballet improves body alignment and dance technique (particularly legs & arms). **Beginners** is for those who have never done ballet before and **Intermediate** for those who may have done it along ago or have some experience.

RAD Ballet Intermediate is for ballet improvers and is **RAD-Syllabus based** and includes **Barre and Centre** and can be done en Pointe. **Monday Nights** are taught by **Justine Cooper**; **Saturday RAD classes** are taught by **Karen Wignall**, and Saturday **Beginners** classes are taught by **Federica Staderini**.

Date: Mondays, Sep 23rd – Nov 25th*
Time: 6:45PM – 8:00PM Level: *some experience*

Date: Saturdays, Sep 28th - Nov 30th
Time: 11:15AM – 12:15PM Level: *Beginners*

Date: Saturdays, Sep 28th - Nov 30th
Time: 3:15PM – 4:30PM Level: *RAD Intermediate*

*Class as normal on Bank Holiday Mon. Oct 28th

DANCE 'N' FITNESS

A flowing dance exercise class that will seamlessly set you up for the day. Designed to increase flexibility, fluidity of movement and aerobic capacity, these simple dance exercises target the abdominals, strengthen the back arms and legs and is a muscle-sculpting wake up! A great dance class, workout and social alternative to the gym with a high feel-good factor. Taught by **Cayisha Graham**.

Date: Tuesdays Sep 24th – Nov 26th
Time: 10:00AM – 11:00AM

SALSA NIGHT!

Salsa is one of the most popular forms of Latin American dance. This class covers all the essential steps to enable you to join friends and glide on the dance floor, Join us to learn moves influenced by **Cha-cha, Mambo and Merengue**. Warm up with easy to follow Cardio Salsa steps followed by putting the steps together with a partner. Hugely fun! No partner needed or come with a friend! With **Paula Donnelly**.

Date: Tuesdays Sep 24th – Nov 26th
Time: 8:00 – 9:15PM

* *Wear comfortable shoes or trainers with light-coloured sole – No high heels*

MODERN DANCE FOR 3-11 YEAR OLDS

In this class, your child will be introduced to modern dance exercises and movement, learning short routines and participating in playful movement games and exercises that increase their flexibility, musicality, and sense of timing and motion. The class is designed to nurture individual expression in the children's own movement, and encourages their imagination, developing physical confidence along the way.

6 WEEKS **Date: Tuesdays Sep 24th – Oct 29th**
Time: 3:00PM – 3:45PM Ages: 3-5
Time: 5:00PM – 6:00PM Ages: 6-11

Date: Wednesdays Sep 25th – Oct 30th
Time: 3:00PM – 3:45PM Ages: 3-5

* Classes as usual during Mid Term Break

BALLROOM, JIVE & WEDDING DANCES

This 7-week course covers the most popular forms of social dancing in a fantastic way—including the **Waltz, Fox-trot/Quick Step, Cha-cha, Rumba, Jive and more**. Brush up on your steps for weddings and events and improve your style. Meet new people and have great fun. No Partner necessary OR bring your partner and have a ball. With **Lorraine Heron**.

7 WEEKS **Date: Saturdays, Sep 28th - Nov 9th**
Time: 2:15 – 3:15p.m.

YOGA - FOR MIND & BODY, DE-STRESS!

De-stress your Mind & Body on Friday nights with this class that will set you up for a great weekend. Slow Down. Featuring gentle safe stretching, classical Yoga postures, breathing techniques and visualization, this class finishes with a beautiful deep relaxation. Taught by **Maureen Nightingale**, a founder of Yoga therapy Ireland, **Time for YOU!**

Date: Fridays Sep 27th – Nov 29th
Time: 7:00PM – 8:30PM

No experience necessary – wear loose clothing and bring a rug or yoga mat

DANCE 'N' BARRE FITNESS

Dance N Barre Fitness is a dancierly workout which moves to music and uses some isometric dance exercises performed at the Barre. Emphasis is on Yoga posture and core engagement plus aerobic flexibility all while moving to great music. Taught by **Cayisha Graham**.

NEW **Date: Thursdays Sep 26th – Nov 28th**
Time: 10 – 11a.m.

Wear comfortable shoes - No high heels.