

# Classes Booking Form 2017

## APRIL 18TH – JUNE 26TH, 2017

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 3-12 YEARS	€77
7 WEEK TERM	- BALLROOM, LATIN & WEDDING	€89
8 WEEK TERM	- WEST COAST SWING	€95
	- BALLET RAD INTERMEDIATE	€95
	- BALLET RAD GRADE 8	€95
	- WELL-DANCE FOR SENIORS	€55 - €80
	WELL-DANCE VOLUNTARY SLIDING SCALE MIN €55, MAX €80	
	RING 01 280 3455 TO ENROLL & RETURN THIS FORM	
10 WEEK TERM	- ONE CLASS PER WEEK	€100
	- TWO CLASSES PER WEEK	€195
	- THREE CLASSES PER WEEK OR FAMILY RATE	€285

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: [danceire@iol.ie](mailto:danceire@iol.ie)  
[www.dancetheatreireland.com](http://www.dancetheatreireland.com)



# Current Class Schedule

APRIL 18TH – JUNE 26TH, 2017

DAY	CLASS	TIME
<b>Monday:</b>	<b>Ballet</b> - Some experience	6:45 - 8:00PM
	<b>Hip Hop</b> - Beginners	8:00 - 9:00PM
<b>Tuesday:</b>	<b>Dance 'N Fitness</b> - Mornings	10:00 - 11:00AM
	<b>Well-Dance</b> for Seniors - Mornings	11:00 - 12:30PM
	<b>Modern Dance</b> - 3-5 year olds	3:00 - 3:45PM
	<b>Modern Dance</b> - 6-12 year olds	5:00 - 6:00PM
	<b>Contemporary Dance</b> - Some experience	6:45 - 8:00PM
	<b>NEW Bollywood</b>	8:00 - 9:00PM
<b>Wednesday:</b>	<b>Well-Dance</b> for Seniors - Mornings	11:00-12:30PM
<b>Thursday:</b>	<b>Contemporary Dance</b> - Beginners	6:45 - 8:00PM
	<b>NEW West Coast Swing / Jive</b>	8:15 - 9:15PM
<b>Friday:</b>	<b>Dancing Well with Parkinson's</b>	11:00 - 12:30PM
	<b>Ballet RAD Intermediate</b>	6:00 - 7:00PM
	<b>YOGA</b> - Hatha	7:00 - 8:30PM
<b>Saturday:</b>	<b>Body Conditioning / Contemporary Dance</b>	10:00 - 11:15AM
	<b>Ballet</b> - Beginners	11:15 - 12:15PM
	<b>Hip Hop</b> - 8 - 12yrs	12:15 - 1:15PM
	<b>Hip Hop</b> - Adult / Teen	1:15 - 2:15PM
	<b>NEW Ballroom, Latin &amp; Wedding</b>	2:15 - 3:15PM
	- BEGINNERS II & IMPROVERS	3:15 - 4:15PM
	<b>Ballet RAD GRADE 8</b>	

### SUMMER DANCE ALL DAY CAMPS

Teens 13-17yrs	JUNE 26th - 30th	10am - 4pm	€150
Kids 7-12yrs	JULY 3rd - 7th	10am - 4pm	€150
Adults	JULY 10th - 14th	2pm - 6pm	€115

### EASTER DANCE WEEK 10 - 14 APRIL

Kids ages 7-12, 11am-2pm  
 Teen ages 13-17, 2:30pm-5:30pm

A fantastic course in **Modern** dance and **Hip Hop** to popular & world music, learning routines both individually and with others. Culminating in an informal showing for parents, family, and friends

### 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.

Enrolment now on!!

**For Bookings & Further Information**  
 Call (01) 280 3455 or Email: [danceire@iol.ie](mailto:danceire@iol.ie)  
[www.dancetheatreireland.com](http://www.dancetheatreireland.com)  
 GIFT VOUCHERS AVAILABLE FROM DTI OFFICE

# Dance Theatre of Ireland

## Adults, Teens & Children

### APRIL 18TH – JUNE 26TH, 2017

# Centre for Dance

**NEW**

**BALLROOM, LATIN & WEDDING**  
 - Beginners II & Improvers  
**WEST COAST SWING**  
**BOLLYWOOD**

**Easter & Summer Dance Camps**

**Parties & Private Classes**

- CONTEMPORARY DANCE
- MODERN DANCE FOR 3 – 12 YEAR OLDS
- BALLROOM, LATIN & WEDDING
- WEST COAST SWING/ JIVE
- HIP HOP
- WELL-DANCE FOR SENIORS
- BALLET
- RAD GRADE 8/ INTERMEDIATE
- BODY CONDITIONING & DANCE
- DANCING WELL WITH PARKINSON'S
- DANCE N'FITNESS
- YOGA

Dance Theatre of Ireland  
 Amharclann Rince na hÉireann

Bloomfields Centre,  
 Lr. Georges Street,  
 Dún Laoghaire, Co. Dublin, Ireland  
[www.dancetheatreireland.com](http://www.dancetheatreireland.com)



## 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, 20th April - 22nd June\***

**Time: 6:45PM - 8:00PM** Level: *Beginners*

### Intermediate Tuesdays

For those experienced in Contemporary Dance and other dance disciplines, this class approaches Contemporary Dance from the perspectives of texture, rhythm and dynamic space. Building on fundamental Contemporary techniques (Limon, Cunningham, Nikolais, Release and Ballet) this class progresses through a series of exercises and sequences which incorporate changing qualities, rhythmical subtlety and multi-directional movement performed with motional passion. With **Eimear Byrne**.

**Date: Tuesdays, 18th April - 20th June**

**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 class which focuses on body conditioning through dance, improving posture and general muscle tone. The exercises and combinations of movement are designed to fully work the body outwards from the spine in a safe and structured way to create fluid expressive dance, strengthening and releasing tension. With **Monica Munoz**.

**Date: Saturdays, 22nd April - 24th June**

**Time: 10:00AM - 11:15AM**

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

## DAYTIME 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, 18th April - 6th June\***

**Date: Wednesdays, 19th April - 7th June\***

**Time: 11:00AM-12:30PM**

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

## DAYTIME 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, this series of simple dance exercises and movements will 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, 18th April - 20th June**

**Time: 10:00AM - 11:00AM**

## WEST COAST SWING / JIVE

West Coast Swing is a fantastic smooth style of swing dance, similar to Lindy Hop & Jive. It can be traced back to the swing era. It imparts great movement for dancing with a partner, which can be used on a night out using swing, hip hop and rock & roll music. With **Lana Mayra**. Check out the Video <https://www.youtube.com/watch?v=sOulxIDC8Z8>

**8 WEEKS**

**Date: Thursdays 4th May - 22nd June**

**Time: 8:15PM - 9:15PM**

## HIP HOP / STREET DANCE

High-energy Hip Hop classes that teach the latest moves influenced by some of 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 teachers: **Danielle Ng, Marianne Eustace and Sorcha Quinn**.

**Date: Mondays, 24th April - 26th June\***

**Time: 8:15PM - 9:15PM**

**Date: Saturdays, 22nd April - 4th June**

**Time: 12:15PM - 1:15PM Kids 8-12 year olds**

**Time: 1:15PM - 2:15PM** Level: *General*

*No street shoes or black soled runners allowed in the studio.*

\*Class as usual on Bank Holidays May 1st and June 5th

## BALLET

**Ballet for Adults / Teens** Maybe you did it long ago and want to try again? Or perhaps you've been doing other forms of dance and want to add to your range and style? This is a class designed to improve body alignment and dance technique (particularly legs and arms), plus impart the basics of ballet technique. **Beginners** is for those who have never done ballet before and **Intermediate** level is for those who may have done it before (but a long time ago) or who have some experience.

**RAD BALLET Intermediate and Grade 8**, are open to those doing 2 classes a week. RAD classes are geared to those wishing to sit the exams. The Sat class at 3:15pm will be a RAD Grade 8. With **Karen Wignall** all except Saturday morning with **Shauna Coffey**

**Date: Mondays, 24th April - 26th June\***

**Time: 6:45PM - 8:15PM** Level: *some experience*

**Date: Friday, 21st April - 9th June**

**Time: 6:00PM - 7:00PM** Level: *RAD Intermediate*

**Date: Saturdays, 22nd April - 24th June**

**Time: 11:15AM - 12:15PM** Level: *Beginners*

**Date: Saturdays, 22nd April - 10th June**

**Time: 3:15PM - 4:15PM** Level: *RAD Grade 8*

\*Class as usual on Bank Holidays May 1st and June 5th

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

## BOLLYWOOD

Want a Dance Party? Hip hop? Classical and a great workout? - **All in one** with some Bollywood Swag :) Get the real taste of Indian dancing/Hip Hop and have a fantastically fun time, impress your friends, absolutely GREAT Music!

**Date: Tuesdays, 18th April - 20th June**

**Time: 8:00PM - 9:00PM**

## DAYTIME MODERN DANCE FOR 3-12 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, 18th April - 23rd May**

**Time: 3:00PM - 3:45PM** Ages: *3-5*

**Time: 5:00PM - 6:00PM** Ages: *6-12*

## NEW BALLROOM, LATIN & WEDDING 2 LEVELS

This class covers the most popular forms of Social Dancing in a fantastic way! Take your dancing to a new level with our amazing teacher and coach **Lorraine Heron**, who covers the **Waltz, Foxtrot, Cha-Cha, Rumba, Quick Step, Jive** and more. You will refresh with the basics, and go on to expand your range of steps *and style*. Meet new people and have great fun. No partner necessary **OR** bring your partner and have a Ball!

Come 'Strictly Dancing' with us on Saturday. All welcome.

**7 WEEKS**

**Date: Saturdays, 22nd April - 3rd June**

**Time: 2:15PM - 3:15PM** LEVEL: *BEGINNERS II AND IMPROVERS*

*Wear comfortable shoes - No high heels.*

## YOGA

*The Practice of Yoga brings Health, Vitality and Positive well-being.* **Hatha Yoga** will introduce you to gentle safe stretching, classical Yoga postures, breathing techniques, visualization and relaxation. Finishes with a beautiful deep relaxation. With **Maureen Nightingale**, a founder of Yoga Therapy Ireland.

**Date: Fridays, 21st April - 23rd June\***

**Time: 7:00PM - 8:30PM**

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

## DAYTIME 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. To Register for this class contact **Move4Parkinsons 01 295 0060**

**NEW**

**Date: Fridays, 21st April - 23rd June\***

**Time: 11:00AM - 12:30PM**

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