

Classes Booking Form 2018

JANUARY 22ND – MARCH 31ST, 2018

(NO CLASS MARCH 17TH, MAKE UP ON APRIL 7TH)

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 - WELL-DANCE FOR SENIORS €55 - €80

WELL DANCE VOLUNTARY SLIDING SCALE MIN €55, MAX €80
 RING 01 280 3455 TO ENROLL & RETURN SEPERATE 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
www.dancetheatreireland.com



Current Class Schedule

JANUARY 22ND – MARCH 31ST, 2018

(NO CLASS MARCH 17TH, MAKE UP ON APRIL 7TH)

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 - Mornings	11:00 - 12:30PM
	Modern Dance - 3-5 year olds	3:00 - 3:45PM
	Modern Dance - 6-12 year olds	5:00 - 6:00PM
	Contemporary Dance - Some experience	6:45 - 8:00PM
	Zumba®	8:00 - 9:00PM
Wednesday:	Well-Dance for Seniors - Mornings	11:00-12:30PM
Thursday:	Jazz-ercise - Mornings	10:00 - 11:00AM
	Contemporary Dance - Beginners	6:45 - 8:00PM
	West Coast Swing / Jive	8:15 - 9:15PM
Friday:	Dancing Well with Parkinson's	11:00 - 12:30PM
	YOGA - Hatha	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, Latin & Wedding	2:15 - 3:15PM
	Ballet RAD Grade 8	3:15 - 4:15PM

EASTER DANCE WEEK – KIDS AND TEENS

March 26th-30th - Book Early!

Kids ages 7-12 11am – 2pm
 Teens 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.

SUMMER DANCE ALL DAY

WEEK 1: Ages 13-17yrs	JUNE 25th – 29th	10am – 4pm €155
WEEK 2: Ages 7-12yrs	JULY 2nd – 6th	10am – 4pm €155
WEEK 3: Adults.	JULY 9th – 13th	2pm – 6pm €120

Enrolment now on!

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.

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

Dance Theatre of Ireland

Adults, Teens & Children

JANUARY 22ND – MARCH 31ST, 2018

Centre for Dance



Gift Vouchers Available

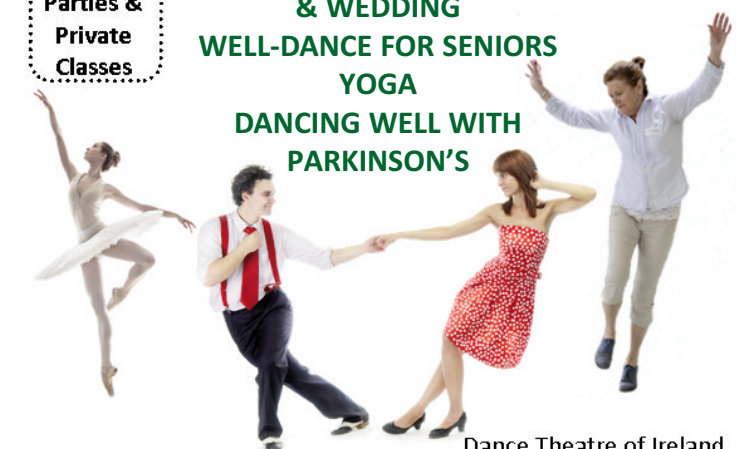
CONTEMPORARY
 HIP HOP
 BALLET

WEST COAST SWING
 MODERN DANCE FOR KIDS
 DANCE N'FITNESS
 BODY CONDITIONING/DANCE
 BALLROOM, LATIN
 & WEDDING
 WELL-DANCE FOR SENIORS
 YOGA

DANCING WELL WITH
 PARKINSON'S

Easter Camps
 March 26-30
 Parties & Private Classes

NEW Zumba®
 Jazz-ercise



Dance Theatre of Ireland
 Bloomfields Centre
 Lwr. Georges Street
 Dun Laoghaire, Co. Dublin, Ireland

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, 25th Jan - 29th March*

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, 23rd Jan - 27th March

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, 27th Jan - 7th April*

Time: 10:00AM - 11:15AM

No experience necessary – wear loose clothing, bare feet or cotton socks.
*No Class on Saturday 17th March, Make up class on Saturday 7th April

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, 23rd Jan - 13th March***

Date: Wednesdays, 24th Jan - 14th March*

Time: 11:00AM-12:30PM

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

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, 23rd Jan - 27th March

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=sOulxDC8Z8>

Date: Thursdays, 25th Jan - 29th March

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: **Matt Szczerek** (Mon), **Marianne Eustace** (Sat. Kids) and **Sorcha Quinn** (Sat. Teens/Adults).

Date: Mondays, 22nd Jan - 26th March*

Time: 8:00PM - 9:00PM

Date: Saturdays, 27th Jan - 7th April**

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

Time: 1:15PM - 2:15PM Teens/Adults

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

*Class as usual on Bank Holiday March 19

**No Class on Saturday 17th March, Make up class on Saturday 7th April

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 Grade 8 is open to those doing another ballet class during the week. **RAD Classes** are geared to those wishing to sit the exams. The ballet classes are taught by **Justine Cooper** (Monday), **Karen Wignall** (Grade 8 Saturday) and **Shauna Coffey** (Beginners Saturday).

Date: Mondays, 22nd Jan - 26th March*

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

Date: Saturdays, 27th Jan - 7th April**

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

Date: Saturdays, 27th Jan - 7th April**

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

*Class as usual on Bank Holiday March 19

**No Class on Saturday 17th March, Make up class on Saturday 7th April

JAZZ-ERCISE

Jazz-ercise combines a Jazzy & Modern dance warm up with an aerobic fitness class and some barre work, all done with popular music for a fun, full-body dancery workout. With **Cayisha Graham**.

Date: Thursdays, 25th Jan - 29th March

Time: 10:00AM - 11:00AM

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

NEW

ZUMBA®

Zumba® combines a unique fusion of dance styles, including Samba, Hip Hop, Merengue, Belly Dancing, Salsa and Reggaeton in an exceptionally fun fitness class. Constantly moving/dancing to uplifting music, you will leave with a smile after an amazing workout, happy and hungering for more. With **Diana Pamela Rodriguez Bejar**.

Date: Tuesdays, 23rd Jan - 27th March

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, 23rd Jan - 27th Feb*

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

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

* Classes as usual during Mid Term Break

BALLROOM, LATIN & WEDDING

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, 27th Jan - 10th March

Time: 2:15PM - 3:15PM

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, 26th Jan - 30th March

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 and **Move4Parkinsons.com**. To Register for this class contact **Move4Parkinsons 01 295 0060**

NEW

Date: Thursday, 25th Jan - 29th March*

Time: 11:00AM - 12:30PM

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