

## JULY OPEN DANCE CLASSES

### TUESDAYS: JAZZ STRETCH, STRENGTH AND TRICKS

### THURSDAYS: JAZZ TECHNIQUE AND COMBO

WHAT ARE THE JULY OPEN CLASSES? A FUN AND CHALLENGING SERIES CLASSES OF JAZZ CLASSES TO STRENGTHEN YOUR JAZZ TECHNIQUE AND VOCABULARY! PLEASE PREREGISTER FOR THE CLASSES THAT WORK FOR YOUR SUMMER SCHEDULE. THREE LEVELS FROM AGES 8 TO ADVANCED.

#### **Stretch, Strength and Tricks - TUESDAYS JULY 3, 10, 17, 24, 31 INSTRUCTOR: KARLY MCMASTER**


THIS CLASS IS A STRETCH AND STRENGTH PROGRAM DESIGNED TO INCREASE DANCERS' FLEXIBILITY, STRENGTH AND STAMINA. THE CLASS WILL FOCUS ON CONDITIONING EXERCISES, STRETCHING AND WILL INCORPORATE BASIC GYMNASTICS THAT HELP TO ELEVATE A DANCER'S REPERTOIRE OF SKILLS. WE WILL WORK TO DEVELOP SKILLS SUCH AS HANDSTANDS, HEADSTANDS, CARTWHEELS ARIELS AND WALKDOVERS IN A FUN AND SAFE LEARNING ENVIRONMENT


#### **JAZZ TECHNIQUE AND COMBO - THURSDAYS July 5, 12, 19, 26 and Aug 2 INSTRUCTOR: LINDSAY WHITE**

THE JAZZ CLASSES WILL INCLUDE WARM UP WITH STRETCH AND CONDITIONING EXERCISES AS WELL AS FUNDAMENTAL JAZZ VOCABULARY. THE CLASSES WILL FOCUS MAINLY ON PROGRESSIONS ACROSS THE FLOOR WITH AN EYE ON JUMPS, TURNS AND JAZZ LINKING STEPS. EACH CLASS WILL END WITH A FUN JAZZ COMBO.

IF YOU ARE UNSURE OF YOUR GROUPING PLEASE CONTACT THE OFFICE:

 **GROUP A** – AGES 8-12 3:45-5:00 PM

 **GROUP B** – AGES 11-15 5:00-6:30 PM

 **GROUP C** – AGES 13- GRADUATE – ADVANCED STUDENTS 6:30-8:00 PM

## STUDENT REGISTRATION FORM

STUDENT NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

EMERGENCY CONTACT/ PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**REGISTRATION – PLEASE INDICATE ON THE BACK WHICH CLASSES YOUR DANCER IS ATTENDING AND ATTACH PAYMENT TO D.I.D.**

1/1.25HRS HOUR CLASS: \_\_\_\_\_ # OF CLASSES X \$12.00 PER CLASS = \_\_\_\_\_

1.5 HOUR CLASS: \_\_\_\_\_ # OF CLASSES X \$14.00 PER CLASS = \_\_\_\_\_

**\*TAKING 8+ CLASSES? SIGN UP BEFORE JUNE 25TH FOR 8 OR MORE CLASSES AND RECEIVE A DISCOUNTED RATE:**

1/1.25HRS HOUR CLASS: \_\_\_\_\_ # OF CLASSES X \$10.00 PER CLASS= \_\_\_\_\_

1.5 HOUR CLASS: \_\_\_\_\_ # OF CLASSES X \$12.00 PER CLASS= \_\_\_\_\_

Programs are subject to registration | No refunds for missed classes | Please enclose the appropriate payment amount | Tax included | Cash or cheques payable to Deas Island Dance | Mail or drop off form and payment to Deas Island Dance

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### THURSDAYS: JAZZ TECHNIQUE AND COMBO

CHECK EACH OF THE CLASSES YOU WISH TO REGISTER FOR BELOW. PLEASE NOTE THERE IS NO REFUND OR EXCHANGES OF CLASSES UNLESS DUE TO MEDICAL CIRCUMSTANCES. PLEASE MAKE PAYMENT TO DEAS ISLAND DANCE.

#### STRETECH STRENGTH AND TRICKS

TUESDAY JULY 3    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### JAZZ TECHNIQUE AND COMBO

THURSDAY JULY 5    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### STRETECH STRENGTH AND TRICKS

TUESDAY JULY 10    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### JAZZ TECHNIQUE AND COMBO

THURSDAY JULY 12    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### STRETECH STRENGTH AND TRICKS

TUESDAY JULY 17    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### JAZZ TECHNIQUE AND COMBO

THURSDAY JULY 19    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### STRETECH STRENGTH AND TRICKS

TUESDAY JULY 24    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### JAZZ TECHNIQUE AND COMBO

THURSDAY JULY 26    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### STRETECH STRENGTH AND TRICKS

TUESDAY JULY 31    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

#### JAZZ TECHNIQUE AND COMBO

THURSDAY AUG 2    \_\_\_ 3:45-5:00 **GROUP A**  
                             \_\_\_ 5:00-6:30 **GROUP B**  
                             \_\_\_ 6:30-8:00 **GROUP C**

WE LOOK FORWARD TO SEEING YOU IN JULY!