

TEEN & ADULT DANCE

Information: 303.987.7845

Classes may be added or changed. Please check online for the most up-to-date information: Lakewood.org/Dance

SEASON DISCOUNT

Register for all classes in one subject that have four sessions and receive a \$16 discount; three sessions and receive an \$8 discount.

DROP-IN

All classes are registration classes with drop-in option, unless otherwise indicated. For those who can only participate when schedule permits, we offer a drop-in option: \$10/class. Please call ahead for space availability. For classes in which a partner is required, the price is per person.

PRIVATE DANCE INSTRUCTION

Private dance instruction is available by appointment. Book a single lesson or three-lesson package in the dance of your choice. Wedding dance instruction is also offered using the couple's chosen music. Call 303.987.7877 for pricing and information.

LATIN DANCE BLAST

This class is great for physical and mental exercise! Learn basic footwork patterns of salsa, cha cha, rumba and samba including salsa "shines," which are foot patterns done on the dance floor when partners separate. This class is geared for all levels of dance experience. Pair this class with Swing & Beyond and receive \$16 off for all four classes!

Ages: 15 and up

Instructor: Dianne Losasso

\$32 Early registration price, \$37 Regular price (four-week class)

***\$40 Early registration price, \$45 Regular price (five-week class)**

Activity #	Date	Day	Time	Loc
172801-01	Jan 5-Feb 2	Mon	6-7 pm	LCC
*172801-02	Mar 16-Apr 13	Mon	6-7 pm	LCC

(No class Jan 19)

SWING & BEYOND

Enjoy the great sounds of swing music and the fun footwork, turns and body movement of swing dance! You'll get the benefits of exercise doing swing as more of a line dance. This class is geared for all levels of dance experience. No partner required. Pair this class with Latin Dance Blast and receive \$16 off for all four classes!

Ages: 15 and up

Instructor: Dianne Losasso

\$32 Early registration price, \$37 Regular price (four-week class)

***\$40 Early registration price, \$45 Regular price (five-week class)**

Activity #	Date	Day	Time	Loc
*172802-01	Feb 9-Mar 9	Mon	6-7 pm	LCC
172802-02	Apr 20-May 18	Mon	6-7 pm	LCC

(No class Feb 16)



Dance

BEGINNING TAP

Step shuffle ball change your way to the Lakewood Cultural Center! This class is an introduction to the principles of tap dance technique in a fun and relaxed environment. Students learned the fundamental steps of tap dance, including basic movements performed at the barre, on the floor and simple rhythmic combinations in center.

Ages: 15 and up

Instructor: Janet DeRuvo

\$32 Early registration price, \$37 Regular price (four-week class)

***\$40 Early registration price, \$45 Regular price (five-week class)**

Activity #	Date	Day	Time	Loc
172002-01	Jan 5-Feb 2	Mon	7-8 pm	LCC
172002-02	Feb 9-Mar 9	Mon	7-8 pm	LCC
*172002-03	Mar 16-Apr 13	Mon	7-8 pm	LCC
*172002-04	Apr 20-May 18	Mon	7-8 pm	LCC

(No class Jan 19, Feb 16)

JAZZ/MUSICAL THEATER DANCE

Any One Singular Sensations out there, come learn different techniques from several classical musical theater productions like "Anything Goes" and "Chicago." Have fun as we work on a number of combinations that reinforce the technical and artistic components of Broadway jazz. Now that's entertainment!

Ages: 15 and up

Instructor: Janet DeRuvo

\$32 Early registration price, \$37 Regular price (four-week class)

***\$40 Early registration price, \$45 Regular price (five-week class)**

Activity #	Date	Day	Time	Loc
172103-01	Jan 5-Feb 2	Mon	8-9 pm	LCC
172103-02	Feb 9-Mar 9	Mon	8-9 pm	LCC
*172103-03	Mar 16-Apr 13	Mon	8-9 pm	LCC
*172103-04	Apr 20-May 18	Mon	8-9 pm	LCC

(No class Jan 19, Feb 16)

OPEN BALLET

Build or maintain physical fitness with ballet! Whether you have years of experience or are learning ballet for the first time, this class offers a wonderful workout and will develop strength, agility, flexibility and fluidity of movement. Steps are practiced in fun classical and contemporary combinations.

Ages: 15 and up

Instructor: Paul Fiorino

\$60 Early registration price, \$65 Regular price

Activity #	Date	Day	Time	Loc
172001-01	Jan 6-Feb 3	Tue	5:30-6:55 pm	LCC
172001-02	Feb 10-Mar 10	Tue	5:30-6:55 pm	LCC
172001-03	Mar 17-Apr 14	Tue	5:30-6:55 pm	LCC
172001-04	Apr 21-May 19	Tue	5:30-6:55 pm	LCC

BEGINNING BELLY DANCE

Learn the basics of this fun, international dance form (posture, isolations, basic steps, easy combos) while increasing core strength, coordination and fluidity. Classic movements of the hips, ribcage, arm and hands are covered.

Ages: 13 and up

Instructor: Dianne Losasso

\$40 Early registration price, \$45 Regular price

Activity #	Date	Day	Time	Loc
172201-01	Jan 6-Feb 3	Tue	7-8 pm	LCC
172201-02	Feb 10-Mar 10	Tue	7-8 pm	LCC
172201-03	Mar 17-Apr 14	Tue	7-8 pm	LCC
172201-04	Apr 21-May 19	Tue	7-8 pm	LCC



BALLROOM & SWING

Here's your chance to learn the basics of three ballroom dances and swing in a relaxed and comfortable atmosphere. You'll be dancing the fox trot, waltz, tango and swing, each in its own five-week session, to a variety of old favorites and contemporary music. Dance shoes or leather soles are suggested.

Ages: 13 and up

Instructor: Dianne Losasso

\$40 Early registration price, \$45 Regular price

Dance	Activity #	Date	Day	Time	Loc
Fox Trot	172301-01	Jan 6-Feb 3	Tue	8-9 pm	LCC
Waltz	172301-02	Feb 10-Mar 10	Tue	8-9 pm	LCC
American Tango	172301-03	Mar 17-Apr 14	Tue	8-9 pm	LCC
Triple Time Swing	172301-04	Apr 21-May 19	Tue	8-9 pm	LCC

INTERMEDIATE MODERN/CONTEMPORARY

This class incorporates movement that is rooted in fluidity, expression and momentum. Intermediate dancers will develop awareness of initiation within the body, creative expression, personal style and relationship with the floor and gravity. We will explore what it means to truly be supported in every way, but all the while, we will be free, open, bold, expressive and wild in our dance. This class will touch upon sensory signals, emotional intention, range of movement and improvisation. Both intermediate and seasoned dancers can have fun and learn new ways of connecting with the body in motion.

Ages: 16 and up

Instructor: Whitney Waugh

\$60 Early registration price, \$65 Regular price

Activity #	Date	Day	Time	Loc
172711-01	Jan 7-Feb 4	Wed	7:05-8:35 pm	LCC
172711-02	Feb 11-Mar 11	Wed	7:05-8:35 pm	LCC
172711-03	Mar 18-Apr 15	Wed	7:05-8:35 pm	LCC
172711-04	Apr 22-May 20	Wed	7:05-8:35 pm	LCC

CONTINUING BELLY DANCE

This continuing class builds on the basics and introduces more complex moves such as layering, zills (finger cymbals), veil techniques and combinations. Continue exploring this beautiful, exotic and ancient art form. Technique is emphasized that can increase core strength, flexibility, grace and self-esteem. Get in touch with your sensuality and experience freedom to express yourself through natural feminine movements. Hip scarf and jazz or ballet shoes recommended.

Ages: 13 and up

Instructor: Dianne Losasso

\$40 Early registration price, \$45 Regular price

Activity #	Date	Day	Time	Loc
172202-01	Jan 8-Feb 5	Thu	7-8 pm	LCC
172202-02	Feb 12-Mar 12	Thu	7-8 pm	LCC
172202-03	Mar 19-Apr 16	Thu	7-8 pm	LCC
172202-04	Apr 23-May 21	Thu	7-8 pm	LCC

SALSA & LATIN

Learn these three dances, nightclub style, while enjoying the exciting Latin rhythms of Cuban, Puerto Rican and tropical music from the Caribbean. The ever-popular salsa is hot and sizzling! Merengue and bachata are also lively, originating from the Dominican Republic and gaining tremendous popularity in the U.S. Latin body stylings as well as partner techniques are taught.

Ages: 16 and up

Instructor: Dianne Losasso

\$40 Early registration price, \$45 Regular price

Dance	Activity #	Date	Day	Time	Loc
Salsa	172501-01	Jan 8-Feb 5	Thu	8-9 pm	LCC
More Salsa Moves	172501-02	Feb 12-Mar 12	Thu	8-9 pm	LCC
Salsa/Merengue	172501-03	Mar 19-Apr 16	Thu	8-9 pm	LCC
Salsa/Bachata	172501-04	Apr 23-May 21	Thu	8-9 pm	LCC

BEGINNING MODERN/CONTEMPORARY

This class is for the adult modern dance novice! In this safe space, you can enjoy the freedom to explore movement, possibly for the first time in this form. It will focus on learning how to listen to the signals your body gives you while in motion, how to balance and shift your body through space, move to the music (and the silence) and create connections with the floor, yourself and the people around you. Feel free to dance and move your body! Bring your friends!

Ages: 16 and up

Instructor: Whitney Waugh

\$50 Early registration price, \$55 Regular price

Activity #	Date	Day	Time	Loc
172701-01	Jan 10-Feb 7	Sat	11:45 am-1 pm	LCC
172701-02	Feb 14-Mar 14	Sat	11:45 am-1 pm	LCC
172701-03	Mar 21-Apr 18	Sat	11:45 am-1 pm	LCC
172701-04	Apr 25-May 30	Sat	11:45 am-1 pm	LCC

(No class May 23)

YOUTH DANCE

Information: 303.987.7845

Register early for the whole dance season (recommended for maximum achievement) and save up to \$15 or \$10 bi-seasonally.

Registering in the middle of a class? As long as there is space available, you can still enroll. Please contact the program coordinator at 303.987.7877 for more information.

REQUIRED ATTIRE & FOOTWEAR

Leotard and tights (girls), sweatpants/shorts and T-shirt (boys), athletic/jazz pants and tank top (jazz and hip hop).

Ballet slippers (Leather, not satin or house. Pink or white for girls. Black for boys.), tennis shoes, jazz shoes, tap shoes or bare feet depending on class. No flip flops, street shoes or socks.

PRICE GUIDE

SAMPLER

\$35 Early registration price, \$40 Regular price (four-week class)

*\$15 Early registration price, \$20 Regular price (two-week class)

SEASON

*\$74 Early registration price, \$79 Regular price (11-week class)

\$80 Early registration price, \$85 Regular price (12-week class)

BI-SEASON

\$45 Early registration price, \$50 Regular price (six-week class)

DANCE WITH ME

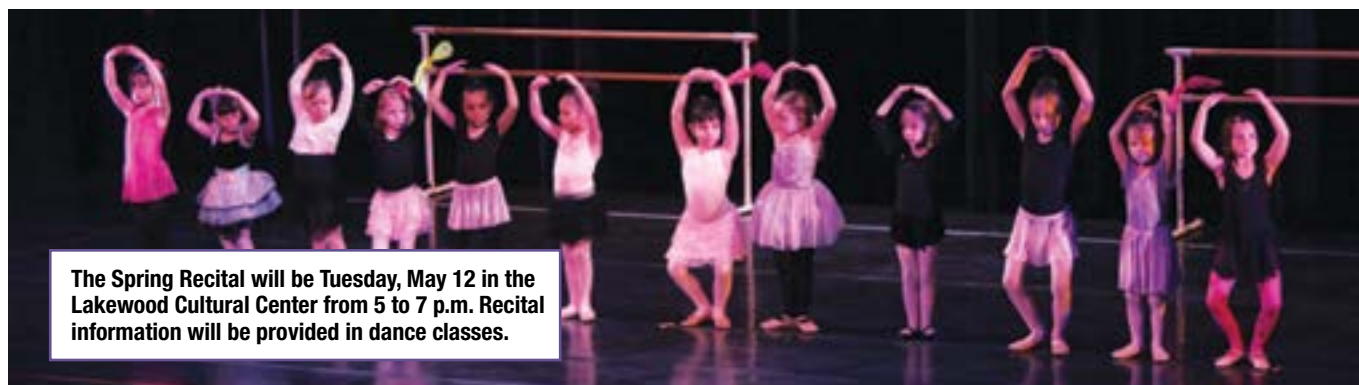
This class is an excellent introduction to the world of dance. A creative movement class designed for child and parent/caregiver to enhance gross motor coordination and listening skills through music, props and dance.

Ages: 1.5-2

Instructor: HCA Staff

\$35 Early registration price, \$40 Regular price

Activity #	Date	Day	Time	Loc
TUESDAY AM				
173004-01	Jan 6-Feb 3	Tue	9:30-10:15 am	LCC
173004-02	Feb 10-Mar 10	Tue	9:30-10:15 am	LCC
173004-03	Mar 17-Apr 14	Tue	9:30-10:15 am	LCC
173004-04	Apr 21-May 19	Tue	9:30-10:15 am	LCC



The Spring Recital will be Tuesday, May 12 in the Lakewood Cultural Center from 5 to 7 p.m. Recital information will be provided in dance classes.

Dance

CREATIVE MOVEMENT

This class provides dancers with an introduction to movement and music while teaching teamwork and showmanship in a positive and nurturing environment. Lessons include exercises for learning basic rhythms, patterns and using imagination.

Ages: 3-4

Instructor: HCA Staff (Tue, Thu), HCA Staff (Sat)

SAMPLER

Activity #	Date	Day	Time	Loc
173001-01	Jan 13-Feb 3	Tue	10:15-11 am	LCC
173001-02	Jan 15-Feb 5	Thu	9:30-10:15 am	LCC
173001-03	Jan 15- Feb 5	Thu	2:30-3:15 pm	LCC
173001-04	Jan 17-Feb 7	Sat	10-10:45 am	LCC
*173001-05	May 12-19	Tue	10:15-11 am	LCC
*173001-06	May 14-21	Thu	9:30-10:15 am	LCC
*173001-07	May 14-21	Thu	2:30-3:15 pm	LCC

SEASON

Activity #	Date	Day	Time	Loc
173002-01	Feb 10-May 5	Tue	10:15-11 am	LCC
173002-02	Feb 12-May 7	Thu	9:30-10:15 am	LCC
173002-03	Feb 12-May 7	Thu	2:30-3:15 pm	LCC
173002-04	Feb 14-May 9	Sat	10-10:45 am	LCC

(No class Mar 24-28)

BI-SEASON

Activity #	Date	Day	Time	Loc
173003-01	Feb 10-Mar 17	Tue	10:15-11 am	LCC
173003-02	Feb 12-Mar 19	Thu	9:30-10:15 am	LCC
173003-03	Feb 12-Mar 19	Thu	2:30-3:15 pm	LCC
173003-04	Feb 14-Mar 21	Sat	10-10:45 am	LCC
173003-05	Mar 31-May 5	Tue	10:15-11 am	LCC
173003-06	Apr 2-May 7	Thu	9:30-10:15 am	LCC
173003-07	Apr 2-May 7	Thu	2:30-3:15 pm	LCC
173003-08	Apr 4-May 9	Sat	10-10:45 am	LCC

FLIP HOP

This funky, age-appropriate hip-hop class is geared toward teaching rhythm, while adding fun dance games and movement sequences to music.

Ages: 3-5

Instructor: HCA Staff

SAMPLER

Activity #	Date	Day	Time	Loc
173401-01	Jan 13-Feb 3	Tue	11-11:45 am	LCC
173401-02	Jan 15-Feb 5	Thu	3:15-4 pm	LCC
*173401-03	May 12-19	Tue	11-11:45 am	LCC
*173401-04	May 14-21	Thu	3:15-4 pm	LCC

SEASON

Activity #	Date	Day	Time	Loc
173402-01	Feb 10-May 5	Tue	11-11:45 am	LCC
173402-02	Feb 12-May 7	Thu	3:15-4 pm	LCC

(No class Mar 24-26)

BI-SEASON

Activity #	Date	Day	Time	Loc
173403-01	Feb 10-Mar 17	Tue	11-11:45 am	LCC
173403-02	Feb 12-Mar 19	Thu	3:15-4 pm	LCC
173403-03	Mar 31-May 5	Tue	11-11:45 am	LCC
173403-04	Apr 2-May 7	Thu	3:15-4 pm	LCC

PRE-BALLET

Dancers will learn basic ballet skills, terminology, awareness of patterns and coordination through music.

Ages: 4-6

Instructor: Paul Fiorino (Mon, Wed), HCA Staff (Thu), HCA Staff (Sat)

SAMPLER

Activity #	Date	Day	Time	Loc
173101-01	Jan 5-Feb 2	Mon	3:30-4:30 pm	LCC
173101-02	Jan 14-Feb 4	Wed	3:30-4:30 pm	LCC
173101-03	Jan 15-Feb 5	Thu	10:15-11:15 am	LCC
173101-04	Jan 17-Feb 7	Sat	10:45-11:45 am	LCC
*173101-05	May 11-18	Mon	3:30-4:30 pm	LCC
*173101-06	May 13-20	Wed	3:30-4:30 pm	LCC
*173101-07	May 14-21	Thu	10:15-11:15 am	LCC

(No class Jan 19)

SEASON

Activity #	Date	Day	Time	Loc
*173102-01	Feb 9-May 4	Mon	3:30-4:30 pm	LCC
173102-02	Feb 11-May 6	Wed	3:30-4:30 pm	LCC
173102-03	Feb 12-May 7	Thu	10:15-11:15 am	LCC
173102-04	Feb 14-May 9	Sat	10:45-11:45 am	LCC

(No class Feb 16, Mar 23-28)

BI-SEASON

Activity #	Date	Day	Time	Loc
173103-01	Feb 9-Mar 16	Mon	3:30-4:30 pm	LCC
173103-02	Feb 11-Mar 18	Wed	3:30-4:30 pm	LCC
173103-03	Feb 12-Mar 19	Thu	10:15-11:15 am	LCC
173103-04	Feb 14-Mar 21	Sat	10:45-11:45 am	LCC
173103-05	Mar 30-May 4	Mon	3:30-4:30 pm	LCC
173103-06	Apr 1-May 6	Wed	3:30-4:30 pm	LCC
173103-07	Apr 2-May 7	Thu	10:15-11:15 am	LCC
173103-08	Apr 4-May 9	Sat	10:45-11:45 am	LCC

BALLET/TAP

This class combines basic ballet and basic tap. Each class begins with the fundamentals of tap then transitions to practicing the foundations of ballet including terminology. All dancers must have tap shoes for safety while learning tap steps.

Ages: 4-6

Instructor: Paul Fiorino

SAMPLER

Activity #	Date	Day	Time	Loc
173201-01	Jan 5-Feb 2	Mon	4:30-5:30 pm	LCC
173201-02	Jan 13-Feb 3	Tue	3:30-4:30 pm	LCC
*173201-03	May 11-18	Mon	4:30-5:30 pm	LCC

(No class Jan 19)

SEASON

Activity #	Date	Day	Time	Loc
*173202-01	Feb 9-May 4	Mon	4:30-5:30 pm	LCC
173202-02	Feb 10-May 5	Tue	3:30-4:30 pm	LCC

(No class Feb 16, Mar 23-24)

BI-SEASON

Activity #	Date	Day	Time	Loc
173203-01	Feb 9-Mar 16	Mon	4:30-5:30 pm	LCC
173203-02	Feb 10-Mar 17	Tue	3:30-4:30 pm	LCC
173203-03	Mar 30-May 4	Mon	4:30-5:30 pm	LCC
173203-04	Mar 31-May 5	Tue	3:30-4:30 pm	LCC

HIP HOP FOR 6-9 YEAR OLDS

This class introduces young dancers to tumbling and hip hop through exercises and movement as they learn to control their balance and coordination.

Ages: 6-9

Instructor: Renu Gupta

SAMPLER

Activity #	Date	Day	Time	Loc
173411-01	Jan 15-Feb 5	Thu	4-5 pm	LCC
*173411-02	May 14-21	Thu	4-5 pm	LCC

SEASON

Activity #	Date	Day	Time	Loc
173412-01	Feb 12-May 7	Thu	4-5 pm	LCC

(No class Mar 26)

BI-SEASON

Activity #	Date	Day	Time	Loc
173413-01	Feb 12-Mar 19	Thu	4-5 pm	LCC
173413-02	Apr 2-May 7	Thu	4-5 pm	LCC

TAP I

This class is for students with little or no tap experience. Using warm-ups, movement across the floor and short combinations, students will learn how to use their shoes to create a variety of different sounds, how to count music and the basic movements that are the building blocks of the dance form.

Ages: 6-9

Instructor: HCA Staff

SAMPLER

Activity #	Date	Day	Time	Loc
173211-01	Jan 16-Feb 6	Fri	3:30-4:30 pm	LCC
*173211-02	May 15-22	Fri	3:30-4:30 pm	LCC

SEASON

Activity #	Date	Day	Time	Loc
173212-01	Feb 13-May 8	Fri	3:30-4:30 pm	LCC

(No class Mar 27)

BI-SEASON

Activity #	Date	Day	Time	Loc
173213-01	Feb 13-Mar 20	Fri	3:30-4:30 pm	LCC
173213-02	Apr 3-May 8	Fri	3:30-4:30 pm	LCC

JAZZ I

Youth Jazz is a fun way to get moving! Jazz styles are inspired by Broadway dancing, African dance, funk styles and modern dance. Music ranges from current Top 40 to the '80s to oldies. Classes begin with a warm up, followed by the introduction and practice of new steps.

Ages: 6-9

Instructor: HCA Staff

SAMPLER

Activity #	Date	Day	Time	Loc
173311-01	Jan 16-Feb 6	Fri	4:30-5:30 pm	LCC
*173311-02	May 15-22	Fri	4:30-5:30 pm	LCC

SEASON

Activity #	Date	Day	Time	Loc
173312-01	Feb 13-May 8	Fri	4:30-5:30 pm	LCC

(No class Mar 27)

BI-SEASON

Activity #	Date	Day	Time	Loc
173313-01	Feb 13-Mar 20	Fri	4:30-5:30 pm	LCC
173313-02	Apr 3-May 8	Fri	4:30-5:30 pm	LCC

BALLET I

Ballet is the foundation of all dance forms. Body placement, flexibility, balance, alignment, strength and classic technique are achieved through barre and center floor work.

Ages: 7-12

Instructor: Paul Fiorino

SAMPLER

Activity #	Date	Day	Time	Loc
173111-01	Jan 13-Feb 3	Tue	4:30-5:30 pm	LCC

SEASON

Activity #	Date	Day	Time	Loc
173112-01	Feb 10-May 5	Tue	4:30-5:30 pm	LCC

(No class Mar 24)

BI-SEASON

Activity #	Date	Day	Time	Loc
173113-01	Feb 10-Mar 17	Tue	4:30-5:30 pm	LCC
173113-02	Mar 31-May 5	Tue	4:30-5:30 pm	LCC

BALLET/JAZZ

In this combination class, dancers will learn how to do a barre warm up and learn foundation ballet movements and ballet terminology. These are learned in conjunction with the fun music and stylized moves of a jazz class.

Ages: 7-12

Instructor: Paul Fiorino

SAMPLER

Activity #	Date	Day	Time	Loc
173301-01	Jan 14-Feb 4	Wed	4:30-5:30 pm	LCC
*173301-02	May 13-20	Wed	4:30-5:30 pm	LCC

SEASON

Activity #	Date	Day	Time	Loc
173302-01	Feb 11-May 6	Wed	4:30-5:30 pm	LCC

(No class Mar 25)

BI-SEASON

Activity #	Date	Day	Time	Loc
173303-01	Feb 11-Mar 18	Wed	4:30-5:30 pm	LCC
173303-02	Apr 1-May 6	Wed	4:30-5:30 pm	LCC

HIP HOP FOR 10-15 YEAR OLDS

Hip hop is a wonderful style for developing dancers' confidence and sense of individual style. This class is upbeat fun, with energetic and age-appropriate music to keep the dance going!

Ages: 10-15

Instructor: HCA Staff

SAMPLER

Activity #	Date	Day	Time	Loc
173421-01	Jan 15-Feb 5	Thu	5:30-6:30 pm	LCC
*173421-02	May 14-21	Thu	5:30-6:30 pm	LCC

SEASON

Activity #	Date	Day	Time	Loc
173422-01	Feb 12-May 7	Thu	5:30-6:30 pm	LCC

(No class Mar 26)

BI-SEASON

Activity #	Date	Day	Time	Loc
173423-01	Feb 12-Mar 19	Thu	5:30-6:30 pm	LCC
173423-02	Apr 2-May 7	Thu	5:30-6:30 pm	LCC