

TEEN & ADULT DANCE

Information: 303.987.7845

Classes are for 13 and up, unless otherwise noted.

SEASON DISCOUNT:

Receive a \$15 discount when you register for all three sessions.

DROP-IN:

All classes are registration classes with drop-in option. For those who can only participate when schedule permits, drop-in fee is \$10 for one-hour class. For classes in which a partner is required, price is per person.

PRIVATE DANCE INSTRUCTION

Private dance instruction is available by appointment. Book a single, three or five-lesson package in the dance of your choice. Wedding dance instruction is also offered using the couple's chosen music. Couple wedding dance can be choreographed for an additional set fee. Call 303.987.7877 for pricing and information.

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 learn the fundamental steps of tap dance, including basic movements performed at the barre, the floor and simple rhythmic combinations in center.

Ages: 13 and up

Instructor: Janet DeRuvo

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

Activity #	Date	Day	Time	Loc
372002-01	Aug 29-Oct 3	Mon	6-7 pm	LCC
372002-02	Oct 10-Nov 7	Mon	6-7 pm	LCC
372002-03	Nov 14-Dec 12	Mon	6-7 pm	LCC

(No class Sep 5)

LATIN DANCE BLAST

Great for physical and mental exercise! Start out learning basic footwork patterns of favorite Latin dances: salsa, cha cha and rumba including salsa "shines" which are various foot patterns danced when partners separate (typically done in salsa). Later we'll pair up to show how this footwork will work in partner dancing. Singles and couples welcome. Pair this class with Swing & Beyond to receive the three-class session discount.

Ages: 15 and up

Instructor: Dianne Losasso

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

Activity #	Date	Day	Time	Loc
372803-01	Aug 29-Oct 3	Mon	7-8 pm	LCC
372803-02	Nov 14-Dec 12	Mon	7-8 pm	LCC

(No class Sep 5)

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 a line dance and then learning how that translates to partner dancing. Singles and couples welcome. Pair this class with Latin Dance Blast to receive the three-class session discount.

Ages: 15 and up

Instructor: Dianne Losasso

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

Activity #	Date	Day	Time	Loc
372804-01	Oct 10-Nov 7	Mon	7-8 pm	LCC



Dance

INTERMEDIATE/CONTINUING TAP

Building on Beginning Tap, students continue to learn tap vocabulary, progressive tap steps, rhythm and technique in a fun and relaxed environment. Prior experience is recommended for this level.

Ages: 18 and up

Instructor: Janet DeRuvo

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

Activity #	Date	Day	Time	Loc
372003-01	Aug 29-Oct 3	Mon	8-9 pm	LCC
372003-02	Oct 10-Nov 7	Mon	8-9 pm	LCC
372003-03	Nov 14-Dec 12	Mon	8-9 pm	LCC

(No class Sep 5)

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: 13 and up (Tue)/ 30 and up (Thu)

Instructor: HCA Staff (Tue), Emily Coulson (Thu)

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

Activity #	Date	Day	Time	Loc
372001-01	Sep 6-Oct 4	Tue	6-7 pm	LCC
372001-02	Oct 11-Nov 8	Tue	6-7 pm	LCC
372001-03	Nov 15-Dec 13	Tue	6-7 pm	LCC
372001-04	Sep 1-29	Thu	3-4 pm	LCC
372001-05	Oct 6-Nov 3	Thu	3-4 pm	LCC
372001-06	Nov 10-Dec 15	Thu	3-4 pm	LCC

(No class Nov 24)

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 body 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
372201-01	Sep 6-Oct 4	Tue	7-8 pm	LCC
372201-02	Oct 11-Nov 8	Tue	7-8 pm	LCC
372201-03	Nov 15-Dec 13	Tue	7-8 pm	LCC
372201-04	Sep 7-Oct 5	Wed	10-11 am	LCC
372201-05	Oct 12-Nov 9	Wed	10-11 am	LCC
372201-06	Nov 16-Dec 14	Wed	10-11 am	LCC

LATIN BALLROOM

Learn three different and popular styles of Latin dance. For the rumba and cha-cha, you utilize Latin styling in hip and arm movements as you have fun moving to the tropical rhythms of the Caribbean. Learn the Argentine Tango in a combination of short, simple patterns as tango music has an easy-to-hear beat, allowing easy mastery with the steps. Classes are designed to have you up and dancing as quickly as possible, and the curriculum is progressive starting with fundamentals, rhythm, connection between the leader and follower and improvisation. Partner is required.

Ages: 13 and up

Instructor: Dianne Losasso

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

Activity #	Date	Day	Time	Loc
ARGENTINE TANGO				
372501-01	Sep 6-Oct 4	Tue	8-9 pm	LCC
RUMBA				
372501-02	Oct 11-Nov 8	Tue	8-9 pm	LCC
CHA CHA				
372501-03	Nov 15-Dec 13	Tue	8-9 pm	LCC

DANCE TONING

Enhance your workout! This dance toning class will help you develop a strong, coordinated, flexible body, with the graceful body lines achieved with exercises, stretches and fluid movements used in this beginning technique class. We will work on gentle and basic patterns of movements in this unimimidating, fun class for all ability levels. Enjoy an hour of great dance toning exercise in a safe, supportive class structure.

Ages: 16 and up

Instructor: Maria Olano

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

***\$32 Early registration price, \$37 Regular price (4 week class)**

Activity #	Date	Day	Time	Loc
372802-01	Aug 31-Sep 28	Wed	2-3 pm	LCC
372802-02	Oct 5-Nov 2	Wed	2-3 pm	LCC
372802-03	Nov 9-Dec 14	Wed	2-3 pm	LCC
372802-04	Sep 2-30	Fri	9:30-10:30 am	LCC
372802-05	Oct 7-Nov 4	Fri	9:30-10:30 am	LCC
*372802-06	Nov 18-Dec 16	Fri	9:30-10:30 am	LCC

(No class Nov 23, 25)

NIA

This creative, barefoot, nonimpact aerobics movement blends the principles and concepts of modern and jazz dance, Duncan and Alexander Technique, Tai-chi, Tae-kwon-do and Aikido with other healing forms. It is a softer flowing modality that uses safe, functional and natural movements, providing protection to the joints and bones while developing strength, flexibility, relaxation and endurance. Move your body YOUR WAY to feel more passion, vitality and groundedness.

Ages: 13 and up

Instructor: Certified Nia Black Belt, Therese Spears

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

Activity #	Date	Day	Time	Loc
372801-01	Aug 31-Sep 28	Wed	7-8 pm	LCC
372801-02	Oct 5-Nov 2	Wed	7-8 pm	LCC
372801-03	Nov 9-Dec 14	Wed	7-8 pm	LCC

(No class Nov 23)

SALSA WITH BABY

This is a fun and easy way to get moving and bond with your baby! This class for moms and babies (or toddlers) combines fitness with various Latin dances such as salsa and merengue. It's also a chance to socialize with other moms and have some fun. Babies or toddlers must be able to be carried in a body sling during class and be in body sling before class begins.

Ages: 18 and up

Instructor: Maria Olano

\$25 Early registration price, \$30 Regular price

Activity #	Date	Day	Time	Loc
372805-01	Sep 1-29	Thu	9-9:45 am	LCC
372805-02	Oct 6-Nov 3	Thu	9-9:45 am	LCC
372805-02	Nov 10-Dec 15	Thu	9-9:45 am	LCC

(No class Nov 24)

INTERMEDIATE/CONTINUING BELLY DANCE

This continuing class builds on the basics from Beginning Belly Dance 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
372202-01	Sep 1-29	Thu	7-8 pm	LCC
372202-02	Oct 6-Nov 3	Thu	7-8 pm	LCC
372202-03	Nov 10-Dec 15	Thu	7-8 pm	LCC

(No class Nov 24)

BALLROOM SWING

Come and learn all three styles of swing! East Coast Swing is the official "sock hop" swing dance for jump blues. The fast-paced Lindy Hop is as popular as ever and danced in many clubs around town. If you love blues music, you'll enjoy dancing the West Coast Swing. Partner is required.

Ages: 13 and up

Instructor: Dianne Losasso

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

Activity #	Date	Day	Time	Loc
372301-01	Sep 1-29	Thu	8-9 pm	LCC
372301-02	Oct 6-Nov 3	Thu	8-9 pm	LCC
372301-03	Nov 10-Dec 15	Thu	8-9 pm	LCC

EAST COAST SWING

JITTERBUG

LINDY HOP

LINDY HOP

LINDY HOP

LINDY HOP

(No class Nov 24)

ADULT DANCE WORKSHOP

BELLY DANCE VEIL TECHNIQUE

Advanced Beginner/Intermediate Level

Dancers! Learn to love your veil and to treat it like you are floating in fantasy. Get height, power and command while capturing the lovely flow & flight of veil work. Over 20 veil embellishments. Limited number of veils available. Combine with Veil Choreography for \$50.

Ages: 13 and up

Instructor: Dianne Losasso

\$30 Early registration price, \$35 Regular price

Activity #	Date	Day	Time	Loc
372903-01	Sep 24	Sat	1-3 pm	LCC

BELLY DANCE VEIL CHOREOGRAPHY

Intermediate/Advance Level

Lovely instrumental music accompanies this energetic veil routine. Each movement is a display of color in flight or a beautiful frame for the dancer. Turns, spins and technique for awesome veil movement are covered. It's suggested that students take the Veil Technique class prior to the workshop. Please bring a silk or light weight 3 yard veil. Pair this class with Veil Technique for \$50.

Ages: 13 and up

Instructor: Dianne Losasso

\$30 Early registration price, \$35 Regular price

Activity #	Date	Day	Time	Loc
372903-02	Oct 22	Sat	1-3 pm	LCC

YOUTH DANCE

Information: 303.987.7845

Required Attire

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

Required Footwear

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)

ALL DANCE CLASSES

Students must meet minimum age requirement before class start date.

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. Please have your child wear comfortable clothing that he/she will not trip over in.

Ages: 1.5-2

Instructor: Maria Olano

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

Activity #	Date	Day	Time	Loc
373002-01	Sep 6-Oct 4	Tue	9-9:45 am	LCC
373002-02	Oct 11-Nov 8	Tue	9-9:45 am	LCC
373002-03	Nov 15-Dec 13	Tue	9-9:45 am	LCC

SALSA WITH BABY

Please see above for registration information.

RAINBOW KIDS YOGA

Kids will bring to life yoga poses, games and stories by using themes and lots of creativity. Nothing is too silly! Children will learn through observation and imitation with short and clear explanations and personal demonstrations. Every movement will eventually will become yoga and what makes it yoga, of course, is awareness. Ms. Olano will be teaching under the teachings of Gopala Amir Yaffe and is certified to teach his Rainbow Kids Yoga method.

Ages: 3-6

Instructor: Maria Olano

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

Activity #	Date	Day	Time	Loc
373801-01	Sep 7-Oct 5	Wed	9-9:45 am	LCC
373801-02	Oct 12-Nov 9	Wed	9-9:45 am	LCC
373801-03	Nov 16-Dec 14	Wed	9-9:45 am	LCC

Dance

CREATIVE MOVEMENT

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

Ages: 3-4

Instructor: Maria Olano

SAMPLER

\$20 Early Registration price, \$25 Regular price (3 weeks)

*\$15 Early registration price, \$20 Regular price (2 weeks)

Activity #	Date	Day	Time	Loc
373001-01	Sep 6-20	Tue	10:15-11 am	LCC
373001-02	Aug 31-Sep 14	Wed	3:15-4 pm	LCC
373001-03	Sep 1-15	Thu	10-10:45 am	LCC
*373001-04	Sep 10-17	Sat	10-10:45 am	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373001-05	Sep 27-Dec 13	Tue	10:15-11 am	LCC
373001-06	Sep 21-Dec 14	Wed	3:15-4 pm	LCC
373001-07	Sep 22-Dec 15	Thu	10-10:45 am	LCC
373001-08	Sep 24-Dec 17	Sat	10-10:45 am	LCC

(No class Nov 23, 24, 26)

PRE HIP HOP

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

Ages: 3-5

Instructor: Cali Nass

SAMPLER

\$20 Early Registration price, \$25 Regular price (3 weeks)

*\$15 Early registration price, \$20 Regular price (2 weeks)

Activity #	Date	Day	Time	Loc
373701-01	Sep 12-26	Mon	3:15-4 pm	LCC
*373701-02	Sep 2-9	Fri	2:15-3 pm	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373701-03	Oct 3-Dec 19	Mon	3:15-4 pm	LCC
373701-04	Sep 16-Dec 16	Fri	2:15-3 pm	LCC

(No class Nov 11, 25)

PRE TAP

Students will use their imagination while learning rhythms, patterns, tap steps, and choreography. This class will also introduce fundamental ballet positions. All participants must have tap shoes for safety while learning tap steps.

Ages: 4-7

Instructor: Cali Nass

SAMPLER

\$20 Early registration price, \$25 Regular price (3 weeks)

Activity #	Date	Day	Time	Loc
373201-01	Sep 12-26	Mon	4-5 pm	LCC

(No class Sep 7)

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373201-02	Oct 3-Dec 19	Mon	4-5 pm	LCC

PRE BALLET I

Building on elements from Creative Movement, this class will teach basic ballet positions, terminology, awareness of patterns and coordination through music in a lively and engaging environment.

Ages: 5-7

Instructor: HCA Staff (Wed), Cali Nass (Fri), Maria Olano (Sat)

SAMPLER

\$20 Early registration price, \$25 Regular price (3 weeks)

*\$15 Early registration price, \$20 Regular price (2 weeks)

Activity #	Date	Day	Time	Loc
373101-01	Aug 31-Sep 14	Wed	5-6 pm	LCC
*373101-02	Sep 2-9	Fri	3-4 pm	LCC
*373101-03	Sep 10-17	Sat	10:45-11:45 am	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373101-04	Sep 21-Dec 14	Wed	5-6 pm	LCC
373101-05	Sep 16-Dec 16	Fri	3-4 pm	LCC
373101-06	Sep 24-Dec 17	Sat	10:45-11:45 am	LCC

(No class Nov 11, 23, 25, 26)

HULA HOOP

This upbeat aerobic workout offers more than just cardio. Hula hooping increases stamina, tones muscles, improves balance and releases stress. In addition to this fun workout we will be reviewing terminology and moves, playing theatrical games, memorizing choreography and working on finding each dancer's unique expression through the art of hoop dance. This class is for all skill levels, and all are welcome!

Ages: 5 and up

Instructor: Cali Nass

SAMPLER

*\$15 Early registration price, \$20 Regular price (2 weeks)

Activity #	Date	Day	Time	Loc
*373601-01	Sep 2-9	Fri	5-6 pm	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373601-02	Sep 16-Dec 16	Fri	5-6 pm	LCC

(No class Nov 25)

PRE BALLET II

This upper level class builds on elements from Pre Ballet I. Class will continue strengthening ballet positions, terminology, awareness of patterns and coordination through music in a lively and engaging environment. Requirements are: at least one year Pre Ballet I or instructor permission. May enroll in Sampler to see if level is right for your child.

Ages: 6-7

Instructor: Maria Olano

SAMPLER

\$20 Early registration price, \$25 Regular price (3 weeks)

Activity #	Date	Day	Time	Loc
373104-01	Aug 31-Sep 14	Wed	4-5 pm	LCC
*373104-02	Sep 10-1	Sat	11:45 am-12:45 pm	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373104-03	Sep 21-Dec 14	Wed	4-5 pm	LCC
373104-04	Sep 24-Dec 17	Sat	11:45 am-12:45 pm	LCC

(No class Nov 23)

TAP I

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. Class is for students with little or no tap experience.

Ages: 6-9

Instructor: Janet DeRuvo

SAMPLER

\$20 Early registration price, \$25 Regular price (3 weeks)

Activity #	Date	Day	Time	Loc
373202-01	Sep 12-26	Mon	5-6 pm	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373202-02	Oct 3-Dec 19	Mon	5-6 pm	LCC

HIP HOP (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. This class can be taught to students with or without previous dance experience.

Ages: 6-9

Instructor: Emily Coulson (Thu), Cali Nass (Fri)

SAMPLER

\$20 Early registration price, \$25 Regular price (3 weeks)

*\$15 Early registration price, \$20 Regular price (2 weeks)

Activity #	Date	Day	Time	Loc
373702-01	Sep 1-15	Thu	4-5 pm	LCC

*373702-02	Sep 2-9	Fri	4-5 pm	LCC
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SEASON

\$90 Early registration price, \$95 Regular price

Activity #	Date	Day	Time	Loc
373702-03	Sep 22 -Dec 15	Thu	4-5 pm	LCC
373702-04	Sep 16-Dec 16	Fri	4-5 pm	LCC

(No class Nov 24, 25)

BALLET LEVEL I

Terminology and movement are introduced while body placement, flexibility, balance, alignment, strength and classic ballet technique is achieved through barre and center floor work. Dancers will be prepared for ballet steps by practicing moving across the floor and combinations.

Ages: 8-12

SAMPLER

\$20 Early registration price, \$25 Regular price

Activity #	Date	Day	Time	Loc
373102-01	Sep 6-20	Tue	4-5 pm	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373102-02	Sep 27-Dec 13	Tue	4-5 pm	LCC

BALLET LEVEL II

Young dancers with prior experience will continue to learn terminology and movement while body placement, flexibility, balance, alignment, strength and classic ballet technique is achieved through barre and center floor work. Across the floor and combinations will be developed further and prepare dancers for added ballet steps. Prerequisite: at least one year Ballet I or instructor permission. May enroll in Sampler to see if level is right for your child.

Ages: 8-15

SAMPLER

\$20 Early registration price, \$25 Regular price

Activity #	Date	Day	Time	Loc
373103-01	Sep 6-20	Tue	5-6 pm	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373103-02	Sep 27-Dec 13	Tue	5-6 pm	LCC

HIP HOP (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 "clean" music to keep the high energy going!

Ages: 10-15

Instructor: Emily Coulson

SAMPLER

\$20 Early registration price, \$25 Regular price

Activity #	Date	Day	Time	Loc
373703-01	Sep 1-15	Thu	5-6 pm	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373703-02	Sep 22 -Dec 15	Thu	5-6 pm	LCC

(No class Nov 24)

MODERN/CONTEMPORARY FOR YOUTH

While learning contemporary and modern techniques students learn floor work, weight shifting and traveling, and practice dynamic, expressive interpretations of movement. Class allows students to self-express and have greater sense of how the body moves. Emphasis is placed on alignment, balance, strength and flexibility to enhance proper dance technique.

Ages: 10-17

Instructor: Emily Coulson

SAMPLER

\$20 Early registration price, \$25 Regular price

Activity #	Date	Day	Time	Loc
373303-01	Sep 1-15	Thu	6-7 pm	LCC

SEASON

\$95 Early registration price, \$100 Regular price

Activity #	Date	Day	Time	Loc
373303-02	Sep 22 -Dec 15	Thu	6-7 pm	LCC

(No class Nov 24)



Check out the interactive version of this guide at Lakewood.org/CommunityConnection