

Classes Booking Form 2012

JANUARY 23RD - APRIL 1ST 2012

Name: _____

Address: _____

Telephone: (H) _____ (W) _____

(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

- 5 WEEK TERM - MODERN DANCE FOR 4-7 YEARS €60
- 10 WEEK TERM - ONE CLASS PER WEEK: €90
- TWO CLASSES PER WEEK: €175
- THREE CLASSES PER WEEK OR FAMILY RATE: €260

I WISH TO BE ON YOUR MAILING LIST FOR CLASSES & PERFORMANCES
 YES NO

I AM ALREADY ON YOUR MAILING LIST EMAIL POST

HOW DID YOU HEAR ABOUT US.....

GIFT VOUCHERS AVAILABLE

Send Form and Cheque made payable to:

Dance Theatre of Ireland

Bloomfields Centre, Lr. Georges Street,
 Dun Laoghaire, Co. Dublin, Ireland
 Phone: +353 1 280 3455 Fax: +353 1 280 3466
 E danceire@iol.ie
www.dancetheatreireland.com



Current Class Schedule

JANUARY 23RD - APRIL 1ST 2012

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
	Cardio Salsa	6:30 -7:30PM
	Salsa / Samba	7:45 -9:00PM
Wednesday	Modern Dance 4-7 year olds	3:00 -4:00PM
	Contemporary Dance - Some experience	6:45 -8:00PM
Thursday	African Dance	8:00 -9:00PM
	Vinyasa Yoga	10:00 -11:15AM
	Contemporary Dance - Beginners	6:45 -8:00PM
Friday	Zumba [®] Toning	8:15 -9:15PM
	Pilates & Dance - Mornings	10:00 -11:15AM
Saturday	YOGA - Hatha	7:00 - 8:30PM
	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
	Zumba [®]	2:15 -3:15PM
	Michael Jackson Dance	3:15 -4:15PM
	Ballroom, Latin & Wedding	4:15 -5:15PM

EARLY BIRD OFFER

If you love it... then share the joy of dance with a friend!
 Previous DTI students enjoy a 15% discount when they introduce a friend to DTI and both register for a full term of classes by January 13, 2012.

DANCE POP

Dance Theatre of Ireland is available to teach dance workshops for your school, group, birthday party or event through our Dance Performance Outreach Programme (POP). The workshops provide an exhilarating and creative experience in dance and are accompanied by popular and world music.

For Bookings & Further Information
 Call (01) 280 3455 or Email: danceire@iol.ie

GIFT VOUCHERS AVAILABLE FROM DTI OFFICE

Current Class Schedule

Adults & Children

JANUARY 23RD - APRIL 1ST 2012

Centre for Dance

DAYTIME

PILATES & DANCE
 DANCE 'N FITNESS
 MODERN DANCE 4-7 YR OLDS
 VINYASA YOGA

NEW

AFRICAN DANCE
 ZUMBA[®] TONING
 MICHAEL JACKSON DANCE

CONTEMPORARY
 BODY CONDITIONING
 & MODERN DANCE

HIP HOP

ZUMBA[®]

BALLET

AFRICAN DANCE

CARDIO SALSA

PILATES & DANCE

YOGA

BALLROOM, LATIN &

WEDDING

SALSA / SAMBA

DANCE COURSES FOR
 YOUNG PEOPLE AND ADULTS

Dance Theatre of Ireland

Amharclann Rince na hÉireann

Bloomfields Centre,

Lr. 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, 26th Jan - 29th March

Time: 6:45PM - 8:00PM

No experience necessary.

Intermediate Wednesdays*

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, rhythmic subtlety and multi-directional movement performed with motional passion.

Date: Wednesdays, 25th Jan - 28th March

Time: 6:45PM - 8:00PM

Some experience is needed for this class.

* These Contemporary Dance Classes are taught by **Dance Theatre of Ireland**
Artistic Directors **Robert Connor / Loretta Yurick**

Body Conditioning / Contemporary Dance

Adults Saturdays

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.

Date: Saturdays, 28th Jan - 7th April*

Time: 10:00AM - 11:15AM

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

** No class on Sat 17th March - instead 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.

Date: Mondays, 23rd Jan - 26th March

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

Date: Saturdays, 28th Jan - 7th April*

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

** No class on Sat 17th March - instead 7th April.*

YOGA

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**.

Vinyasa Yoga is a faster-paced stretching and strengthening class that combines breathing exercises, postures, relaxation and a little meditation. The class works to unite the body, mind and spirit and is a wonderful method of distressing. With **Dani Sheil**.

Date: Fridays, 27th Jan – 30th March

Time: 7:00PM – 8:30PM Hatha Yoga

DAYTIME

Date: Thursday, 26th Jan – 29th March

Time: 10:00AM – 11:15AM Vinyasa Yoga

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

NEW

AFRICAN DANCE

Looking for a fantastic workout for your every fibre, from your abs and thighs to your spine and soul? This earthy and physical class introduces you to the fundamentals of West African dance, bringing you deep into the heart of African culture and rhythm, while toning every muscle. With full-body movements, deep stretches and the rhythm, undulation and release of African dance. Positively joyous. Accompanied by live drummers on the first night. With **Stephanie Lysaght**.

Date: Wednesdays, 25th Jan - 28th March

Time: 8:00PM - 9:00PM

No experience necessary.

MICHAEL JACKSON DANCE

Learn some of the greatest routines in dance from **Chris Dylus**, Dublin-based hip hop and break-dancer extraordinaire and the man who choreographed the recent nationwide tribute show **“Man In The Mirror.”** Chris has been performing Michael Jackson routines throughout the tour and knows all his moves. Learn excerpts from **“Billie Jean,” “Beat It,”** and **“Smooth Criminal”** with one of the best. Don't miss it. All ages welcome.

Date: Saturdays, 28th Jan - 7th April*

Time: 3:15PM - 4:15PM

** No class on Sat 17th March - instead 7th April.*

HIP HOP

Hip Hop: Monday, Saturday.

High-energy hip hop classes that teach the latest moves influenced by some of today's hottest video choreographers. Classes incorporate elements of popping, locking and street dance, as well as freestyle movement to give you the opportunity to develop your own sense of style, and improve overall fitness. Spend Monday nights with **Duane Watters** and Saturdays with **Rachel Sheil** learning different styles of hip hop and developing technique.

Date: Mondays, 23rd Jan - 26th March

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

Date: Saturdays, 28th Jan - 7th April*

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

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

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

** No class on Sat 17th March - instead 7th April.*

DAYTIME MODERN DANCE FOR 4-7 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.

5 WEEKS

Date: Wednesdays, 22nd Feb - 21st March

Time: 3:00PM - 4:00PM

BALLROOM, LATIN & WEDDING

This is a fantastic introduction to **eight** of the most popular forms of Social Dancing including the **Waltz, Foxtrot, Cha-Cha, Rumba, Quick Step, Jive** and **more**. Whether you have never done any class like this before, or you would like to re-visit these dances again, you will meet new people and have great fun - there is something for everyone in this class. You do not have to have a partner. Taught by the wonderful **Lorraine Heron** - come 'Strictly Dancing' with us on Saturday afternoons. All welcome.

Date: Saturdays, 28th Jan - 7th April*

Time: 4:15PM - 5:15PM

Wear comfortable shoes - No high heels.

** No class on Sat 17th March - instead 7th April.*

DAYTIME

DANCE 'N FITNESS

This morning class will seamlessly set you up for the day, gently stretching the whole body, but also isolating the abdominals and strengthening the back, arms and legs, giving a good muscle-sculpting wake up. Through simple dance exercises and movement, enjoy a great work out, designed to increase flexibility and flow of movement plus increase aerobic capacity. A great dance class and social alternative to the gym with a high feel-good factor. With **Helen Walsh**.

Date: Tuesdays, 24th Jan - 27th March

Time: 10:00AM - 11:00AM

DAYTIME

PILATES & DANCE

This class is primarily a body conditioning class focused on providing a warm-up that is Pilates based, giving special attention to developing core strength and strengthening the abdominal muscles. With an emphasis on floor work which teaches the precise way of working each muscle group. Each class will culminate in small dance movement phrases. With **Phoebe Toal**.

Date: Fridays, 27th Jan - 30th March

Time: 10:00AM - 11:15AM

ZUMBA®



ZUMBA® is the hottest new trend in dancing in Dublin and all the rage in the USA. **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 positively uplifting music, you will leave with a smile after an amazing workout, happy and hungering for more. With **Anastasia Dudnik**.

Date: Saturdays, 28th Jan - 7th April*

Time: 2:15PM - 3:15PM

** No class on Sat 17th March - instead 7th April.*

NEW

ZUMBA® TONING



In this class you will learn toning and body sculpting techniques (including the use of rhythmic toning devices like Maracas--all provided in the class). The class is in the official **Zumba®-style**, including a **Zumba®** warm up which precedes **floor work** for abdominals and more. With **Heather Gordon** - she takes body sculpting and toning to a new level.

Date: Thursdays, 26th Jan - 29th March

Time: 8:15PM - 9:15PM

CARDIO SALSA & SALSA / SAMBA

Cardio Salsa involves the steps and rhythms of **Salsa, Merengue** and **Cha Cha Cha** within a high energy cardio workout done without a partner. Ideal for people who want to keep fit and have fun.

Salsa/Samba is the most popular and exciting form of Latin American dance. Just listening to that beat gets those feet moving. Have fun and make friends dancing with other people. No partner needed to do this class. With **Paula Donnelly**.

Date: Tuesdays, 24th Jan - 27th March

Time: Cardio Salsa Workout 6:30PM - 7:30PM

Time: Salsa/Samba (Beginners) 7:45PM - 9:00PM

*Wear shoes or trainers with light-coloured soles.
(No stilettoes, high heels or street shoes allowed.)*

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