

THE CENTER DANCE COMPANY 2009 SUMMER CLASS SCHEDULE

June 29 – August 30, 2009

CALENDAR

June 22-Jul 2, 2009	Dance Kaleidoscope (Ages 7-13)
June 22-28, 2009	Adult Walk-in week Schedule (See page 8 for more information)
June 22-28, 2009	Adult "TRY IT OUT" Workshops (See page 7 for more information)
June 29, 2009 (Mon)	Summer classes begin!
July 4, 2009 (Sat)	Studio Closed for 4 th of July holiday (Classes available for makeup except Creative Movement and Story Time)
July 6-Aug 7, 2009	Diamond Intensive Ballet Workshop for JD IV through SD II (Ages 12-18)
Aug 10-21, 2009	Sapphire Intensive Ballet Workshops for JD I and II (Ages 8-10)
Aug 10-28, 2009	Ruby Intensive Ballet Workshops for JD III (Ages 10-13)
Aug 17-21, 2009	Dance Discovery Summer Workshop(Ages 9-11)
Aug 24-28, 2009	Adult Summer Intensive Dance Workshop
Aug 24-Sept 9, 2009	Teen Jazz, Hip-Hop and Modern Performance Workshop (Ages 11-15)
Aug 31-Sept 8, 2009	Adult Walk-in week
September 7, 2009 (Mon)	Fall Semester Begins



Studio Address:
3443 Carlin Springs Road
Falls Church, VA 22041

Mailing Address:
P.O. Box 5587
Arlington, VA 22205
info@centerdancecompany.org

Phone 703.778.3008
Fax 703.778.3016
www.centerdancecompany.org

THE CENTER DANCE COMPANY

Our mission is to nurture and train dancers of all ages and offer superb community performances.

The School

For over 25 years, the School of The Center Dance Company (Arlington Center for Dance) has been one of Northern Virginia's premier dance education organizations. The Center offers over 130 classes and workshops to 580 students per week. With a primary focus on ballet, classes are also offered in various styles of jazz, modern, tap, Pilates and stretch. We have year-round programs designed for dancers at all levels, including an intensive pre-professional ballet curriculum. For adult students seeking a creative outlet and quality instruction, the Center provides a comfortable yet challenging environment, offering one of the most comprehensive adult class programs in the metropolitan Washington, DC area. From professional dancers to people seeking personal enrichment and exercise, we offer excellent training at all levels. Individual attention, detailed instruction and correction, and an emphasis on maintaining a healthy approach to the demanding dance disciplines are all hallmarks of our teaching philosophy.

The Company

The performing company was created to provide opportunities for accomplished dance professionals to choreograph and perform, to train young dancers for performance in a professional environment, and to raise public awareness of dance as an art form. We are a community-oriented dance company committed to presenting quality productions and choreography that people can understand, respect, enjoy and afford. The company is supported in part by the Arlington Commission for the Arts and the Cultural Affairs Division of the Department of Parks, Recreation and Cultural Resources, and performs at the Thomas Jefferson Community Theatre and Other Northern Virginia locations.

The Facility

In July of 2008, the Center Dance Company relocated to a state-of-the-art 20,800 square foot facility in the convenient Bailey's Crossroads area of Falls Church, Virginia. The Center is easily accessible to students from Northern Virginia, Maryland and Washington DC. The spacious studios (ranging in size from 865 to 2,500 square feet) feature top of the line Harlequin sprung flooring, 16-foot ceilings and wide, uninterrupted space. We also provide separate changing rooms for adults and children, a

large lounge for waiting parents, and plentiful parking. For students who are dropped off, there is clear access to the front entrance.

In addition, the Center provides the dance community with studio rental opportunities for rehearsals, classes and studio performance space. Space is also available for parties, special events, corporate receptions, small and large meetings, and more. We have a new birthday party program for children who want to make their birthdays a very special event.

Special Acknowledgement. The renovation of our new home was made possible in part by financing from the Non-Profit Finance Fund, Mrs. Barbara Anderson, and the Philip Graham Fund. Together with the generosity of an anonymous donor, who matched numerous donations from our wonderful students and supporters, you made this new beginning a true reality. We also recognize John Duffy at Summit Commercial Realty for his personal and professional support.

The Board of Directors

The Center Dance Company is a 501(c) (3) not for profit organization governed by a volunteer board of directors. Our Board members are: Meg Tuccillo (President), Joanne Uyeda (Vice President), Ann Stretch (Secretary), Donna Wiedeman (Treasurer), Ken Alderfer, Jennifer Ahearn, Brian Gradle, Karen Lewis, Craig Stephanson, and founder Kathryn Fredgren. Our mission is to:

- Provide excellence in dance education in a state of the art facility
- Present the highest quality dance productions
- Support talented choreographers, teachers, and dancers
- Offer scholarships and financial aid
- Provide valuable dance and rehearsal space to the Washington, DC arts community.

POLICIES – SUMMER 2009

Enrollment, Payments and Tuition

Enrollment for classes is on a first-come, first-served basis. Class sizes are limited; register early to ensure desired class. Youth students can enroll throughout the semester on a prorated basis (4 consecutive week minimum). Students age 15 and above may take adult classes (unless noted otherwise). We accept cash, checks or credit cards (Visa/MasterCard).

Tuition is based on a 9 week semester. If you are enrolling in more than 3 classes per week as an individual or family, we offer a multiple class discount of \$10 if **enrollments are received by June 22 for the entire summer. Enrollment forms for all returning students should be postmarked by June 17th to avoid a rush processing fee of \$20.** If you are unable to commit to the full semester or 4 consecutive weeks, tuition is \$20 per class.

If you are registering for one or two classes per week, tuition is due in full upon registration. If you are registering for 3 or more classes per week, tuition may be paid in **2 installments** with the 1st due upon registration and the 2nd due on July 15, 2009. There is a \$10 administration fee for installments. Students are responsible for any additional tuition resulting from switching to a higher-tuition class. No refunds are provided from switching to a lower-tuition class. In case of financial need, please inquire about payment options, financial aid or work study possibilities with Laura Tutino at ltutino@centerdancecompany.org.

Youth students must be enrolled in classes. Adults may select from a variety of options. Enrollment in classes secures your space in class and does not require a front desk check in. Students with class cards or those doing a walk-in or trial class must check in at the front desk prior to class and may not be allowed in if the class is full.

Single class: \$20/class

5-class card: \$90 (\$18/class) expires 6/30/10

10-class card: \$180 (\$18/class) expires 6/30/10

Unlimited Use card: \$720 (\$15/class) Valid within a trimester July-Oct; Nov-Feb; Mar-June.

Enrolled classes: \$17/class

Professional dancer/CDC graduate: \$12/class

(Send request to nwoods@centerdancecompany.org)

Private lessons: \$90/hour; \$45/ ½ hour

Tuition is not refundable unless the Center cancels a class or workshop. The Center Dance Company is a 501(c)(3) non-profit organization and cannot provide refunds.

Only documented circumstances will be considered for the application of credit towards the next semester. If unused by the end of the next semester, all credits will expire. Medical conditions or other changes in circumstance must be reported immediately in writing to ltutino@centerdancecompany.org for consideration.

Attendance/Punctuality

If a youth dancer is going to be absent, his/her parents should call the studio. Youth dancers except Creative Movement and Storytime can make up class in an equivalent or lower level. Make ups are not available between family members and must be taken within the same semester. Adults may choose what seems appropriate. Adult students who are more than 10 minutes late will be invited to return for a make up on another day. Youth dancers are expected to observe the class and take notes if not participating.

Acknowledgement, Authorization & Release

The Center Dance Company, Inc. expects every adult student and parent or guardian of a minor student (the “responsible party”) to read and agree to the policies prior to enrolling (see enrollment form). Your signed form is verification and confirmation that you agree to The Center Dance Company, Inc. policies; that you understand that the nature of dance instruction sometimes requires physical correction of the alignment of the student’s body; that the responsible party realizes there is always a risk of accident or injury inherent in any physical activity, including a dance program, and, in the event of injury, authorizes The Center Dance Company, Inc. to obtain emergency treatment on such adult student’s or minor student’s behalf; and that you further release The Center Dance Company, Inc., its officers, directors and employees from all liabilities for injuries or property loss or damage arising out of participation in The Center Dance Company, Inc.’s programs.

DRESS CODE

Stageline is the same brand as Motionwear.

Children's Division

Creative Movement & Storytime, Creative

Movement, Pre-Ballet: Girls: Theatrical Pink Danskin short sleeve leotard #2905, pink footless tights, bare feet. Boys: black shorts, white t-shirt, bare feet.

Beginning Ballet I: Girls: Pink #140 STAGELINE TANK STYLE leotard, pink tights, pink full sole leather ballet shoes. Hair must be worn in a classical bun. Boys: black shorts, white t-shirt, white full sole leather ballet shoes.

Beginning Ballet II: Girls: Periwinkle 524 STAGELINE TANK STYLE leotard, pink tights, pink full sole leather ballet shoes and black canvas character shoes (Capezio 457C). Hair must be worn in a classical bun. Boys: black shorts, white t-shirt, white leather full sole ballet shoes.

Junior Division I: Girls: Lavender STAGELINE TANK STYLE leotard, pink tights, pink leather full sole ballet shoes and black canvas character shoes (Capezio 457C or 456). Hair must be worn in a classical bun. Boys: black tights, Black dance shirt, white socks, white full sole leather ballet shoes.

Junior Division II: Girls: Light Blue STAGELINE TANK STYLE leotard, pink tights, pink leather full sole ballet shoes and black canvas character shoes (Capezio 457C or 456). Hair must be worn in a classical bun. Boys: black tights, Black dance shirt, white socks, white full sole leather ballet shoes.

Junior Division III: Girls: Royal Blue STAGELINE TANK STYLE leotard, pink tights, pink leather full sole ballet shoes and black canvas character shoes (Capezio 457C or 456). Hair must be worn in a classical bun. Boys: black tights, Black dance shirt, white socks, white full sole leather ballet shoes.

Junior Division IV: Girls: Turquoise STAGELINE TANK STYLE leotard, pink tights, pink leather full sole ballet shoes and black canvas character shoes (Capezio 457C or 456). Hair must be worn in a classical bun. Boys: black tights, Black dance shirt, white socks, white full sole leather ballet shoes.

Junior Division V: Girls: Burgundy STAGELINE TANK STYLE leotard, pink tights, pink leather full sole ballet shoes and black canvas character shoes (Capezio 457C or 456).

Hair must be worn in a classical bun. Boys: black tights, Black dance shirt, white socks, white full sole leather ballet shoes.

Junior Division VI: Girls: Navy STAGELINE TANK STYLE leotard, pink tights, pink leather full sole ballet shoes. Hair must be worn in a classical bun. Boys: black tights, Black dance shirt, white socks, white full sole leather ballet shoes and pointe shoes.

Senior & Conservatory Divisions: Girls: Black, single strap camisole leotard - Mirella style 1207L, pink tights, pink leather full-sole ballet shoes, demi-pointes (made from old pointe shoes), and pointe shoes. Girl's hair must be worn in a classical bun. Boys: black tights, black t-shirt, white socks, white full-sole leather ballet shoes.

Youth Ballet: Girls: Black Bloch 5435 or L5415 leotard, pink tights, pink full sole leather ballet shoes. Hair must be worn in a classical bun. Boys: black shorts, white t-shirt, white leather full sole ballet shoes.

Youth Tap: Black jazz pants and Oxford tap shoes with teletone taps. Girls: black Bloch CL5435 or L5415 leotard. Boys: plain white t-shirt

Youth Jazz & Hip Hop: Black tights or jazz pants, jazz shoes, or dance sneakers for hip-hop. Girls: black Bloch CL5435 or L5415 leotard. Boys: plain white t-shirt.

Youth Modern: Girls: black Bloch CL5435 or L5415 leotard, black footless tights, bare feet. Boys: black shorts, plain white t-shirt.

Adult Division

Ballet: Relaxed dress code, any color solid leotard (women) and tights or dance pants, t-shirts, skirts, warm-up attire are acceptable. Ballet shoes required.

Tap: Black jazz pants and t-shirt. Oxford tap shoes with teletone taps preferred. Students must ensure that taps are properly tightened.

Jazz and Hip-Hop: Black jazz pants and a t-shirt or tank top, non-scuff jazz shoes or dance sneakers for hip-hop.

Modern: Black jazz pants or tights and a t-shirt or tank top, bare feet.

Conditioning: Comfortable clothes, leggings, t-shirt. We have a very limited supply of mats for stretch, so you may want to bring your own mat.

YOUTH WORKSHOPS

Summer offers a great opportunity to improve technique, explore the arts, and become immersed in the world of ballet and dance. Visiting non-CDC students should contact Ms. Carattini, School Director for placement information.

DIAMOND INTENSIVE BALLET WORKSHOP

For Center Dance Company levels JD IV -SD II and visiting students, ages 12-18. Workshop # 7

July 6-Aug 7 (5 weeks, M-F) 10:00 am - 4:30 pm
Tuition \$1,500 (or \$350 per week)

This workshop provides serious intermediate and advanced ballet students with a rigorous training program designed to enhance technique and boost strength and endurance. Students are divided into levels according to ability. Female dancers must be on pointe. The curriculum includes daily classical ballet technique and pointe as well as Pilates, modern dance, pas de deux (for the advanced level), variations, repertoire, jazz and choreography. Technique focus classes with video analysis are also part of the program along with private lessons (for the advanced level) and seminars on: anatomy, injury prevention, theory, ballet history and vocabulary. Only students participating in the full 5 week program are eligible to perform in the final presentation.

SAPPHIRE INTENSIVE BALLET WORKSHOP

For Center Dance Company levels: Junior Division III and visiting students, ages 10-13. Workshop # 8

Aug. 10 - 28 (3 weeks, M-F) 10:00 am - 4:00 pm
Tuition \$975 (or \$350 per week)

The curriculum for this 3 week intensive workshop for Junior Division III students (dancers who have had at least 4 years of ballet training) includes classical ballet, modern dance, pointe, character and jazz classes. Age appropriate conditioning exercises will be taught to enhance technique and core strength. Dancers will also have lessons in ballet history, vocabulary, theory and video study. Pointe will be included for Junior Division IV. Classical repertoire will be adapted to students' level and a presentation for parents will be given on the final afternoon.

RUBY INTENSIVE BALLET WORKSHOP

For Center Dance Company levels: Junior Division I and II and visiting students, ages 8 - 10. Workshop # 9

Aug. 10 - 21 (2 weeks, M-F) 10:00 am - 4:00 pm
Tuition \$650(or \$350 per week)

This workshop, for dancers who have had 2 or 3 years of ballet training, features a daily ballet technique class; character, modern and jazz dance classes; and improvisation and choreography classes. Students learn adapted choreography from traditional story ballets and also study differing forms of costuming. Registration can be for 2 weeks or 1, however only students who participate in the full 2 week program will be eligible to perform choreography during the presentation for parents on the final afternoon.

DANCE KALEIDOSCOPE! Performing Arts Camp

June 22-July 2 (2 weeks, M-F) 8:30 am - 4:30 pm
Tuition \$630 plus \$30 supply fee

Level I (Ages 7-9) Students with at least 1 year of dance experience. Workshop # 1

Level II (Ages 10-11) Students with at least 2 years of dance experience. Workshop # 2

Level III (Ages 11-13) Students with at least 2 years of dance experience. Workshop # 3

Daily classes include voice and dance for musical theater plus modern, jazz, and character dance. Children participate in the ABC Quilt Project and enjoy many age appropriate sewing and craft activities. These workshops provide a wonderful opportunity for young artists to explore different ways of expression and creativity learn in addition to learning team building skills and group interaction. There will be a musical theater presentation for parents at the end of the session.

DANCE DISCOVERY CAMP

(Ages 9-11) Workshop # 4

August 17 - 21 (M-F) 1:00 - 4:00 pm

Tuition: \$180

This one-week workshop gives students with little or no dance experience the opportunity to try different forms of dance and movement. Introductory classes in Ballet, Modern, Jazz, Hip Hop, Improvisation and Pilates will be included in the workshop, as well as instruction on safe stretching techniques.

TEEN JAZZ, HIP HOP AND MODERN PERFORMANCE WORKSHOP

(Ages 11 – 15) Workshop # 6

August 24-Sept 4 (2 weeks, M-F) 4:00 - 6:30 pm

Tuition: \$180

The curriculum for this 2 week workshop for students who have had at least 3 years of dance training includes modern dance, jazz and hip hop classes in addition to choreography and rehearsals for the in studio performance on the last day. Age appropriate conditioning exercises will also be taught to enhance technique and core strength.

BEFORE AND AFTER CARE

Daily Rate: \$20

Weekly Rate: \$60

CDC can provide after care for Dance Kaleidoscope! from 4:30 - 6:00 pm and for the Ballet Intensive Workshops from 9:00 - 10:00 am and from 4:00 - 6:00 pm. Email info@centerdancecompany.org for more information.

CREATIVE MOVEMENT & CRAFTS CAMPS

(4 year olds)

3 day Camps: 4:30 - 5:45 pm

- June 29 - July 1, 2009 (Workshop # 40)
- July 20 - July 22, 2009 (Workshop # 41)
- August 31 - September 2, 2009 (Workshop # 42)

Tuition: \$60 (includes supply fee)

These enjoyable mini day camps will include a 45-minute dance class followed by a 30-minute craft activity related to the theme of the class. Spaces are limited so as to ensure individual attention is given to each child.

STORY BALLET & CRAFTS CAMPS

Level 1 (5 year olds) - 5 day camps

- *Sleeping Beauty* (Workshop # 43)
June 22 - 26, 2009, 4:15 - 5:45 pm
- *Coppelia* (Workshop # 44)
July 27 - 31, 2009, 4:15 - 5:45 pm
- *Cinderella* (Workshop # 45)
August 31 - September 4, 2009, 9:30 - 11:00 am

Level 2 (6 year olds) - 5 day camps:

- *Firebird* (Workshop # 46)
July 13 - 17, 2009 4:15 - 5:45 pm
- *Cinderella* (Workshop #47)
August 10 - 14, 2009 4:15 - 5:45 pm
- *Coppelia* (Workshop #48)
August 31 - September 4, 2009 4:15 - 5:45 pm

Tuition: \$100 (includes supply fee)

Take a magical journey of through a well known ballet story, learn a special dance to a portion of the classical score and make a costume accessory to take home as a keepsake. Parents and families are invited to watch on the final day, for an informal performance!

ADULT “TRY IT OUT” WORKSHOPS

INTRO SESSIONS FOR COMPLETE BEGINNERS –
DANCEWEAR IS NOT REQUIRED BUT PLEASE COME DRESSED TO MOVE!

June 22-28, 2009

TWO PART WORKSHOPS

Tuition: \$25 for both parts plus your first class FREE if you enroll in summer classes!

PART I

DAY	TIME	CLASS	TEACHER	WKSHOP NO.
M	6:15-7:15 PM	Intro to Ballet	C. Walsh	21
M	7:15-8:15 PM	Intro to Hip Hop	A. Brooks	22
Tu	6:15-7:15 PM	Intro to Modern	C. Walsh	23
Tu	6:15-7:15 PM	Intro to Pilates	C. Olson	24
Tu	7:15-8:15 PM	Intro to Jazz	S. Burstein	25

PART II

DAY	TIME	CLASS	TEACHER	WKSHOP NO.
W	6:15-7:15 PM	Intro to Ballet	C. Walsh	21
W	7:15-8:15	Intro to Hip Hop	A. Brooks	22
W	7:15-8:15 PM	Intro to Modern	C. Walsh	23
Th	6:15-7:15	Intro to Pilates	C. Olson	24
Th	7:15-8:15 PM	Intro to Jazz	S. Burstein	25

1 PART WORKSHOPS

Tuition: \$15 plus your first class FREE if you enroll in summer classes!

Intro to TAP

DAY	TIME	TEACHER	WKSHOP NO.
Th	6:15-7:15 PM	P. Golden	26

Intro to the FELDENKRAIS METHOD™

DAY	TIME	TEACHER	WKSHOP NO.
Sa	9:15-10:15 AM	M. McHugh	27

ADULT SUMMER INTENSIVE WORKSHOP

August 24-29, 2009

M-F, 1:00 – 6:30 PM. Workshop # 20

Tuition: \$425, Early Bird Discount Rate \$383 if registered by June 15

The Summer Intensive Workshop provides opportunities for technical and artistic progress. This workshop is for CDC Levels III and higher. Classes may include Ballet technique, modern, jazz, flamenco, yoga, stretch, pilates, variation and repertoire.

ADULT WALK-IN WEEK SCHEDULE JUNE 22-28

The Center offers a special schedule of adult classes and "Try It Out" workshops while the children's classes are on break.

<u>Monday</u>	<u>22-June</u>	<u>Teacher</u>
10:00 - 11:30 AM	Int Ballet	Perez Rowe
11:45 - 1:00 PM	Ballet II	Perez Rowe
6:15 - 7:15 PM	"Try it Out!" - Ballet (part 1)	Walsh
6:30 - 8:00 PM	Theater dance	Watson
7:15 - 8:15 PM	"Try it Out!" - Hip Hop (part 1)	Brooks
7:30 - 8:45 PM	Ballet I (for continuing students)	McDonald
7:30 - 9:00 PM	Int Ballet	Walsh
8:00 - 9:15 PM	Ballet II	Watson
8:15 - 9:15 PM	Hip Hop I+	Brooks

<u>Tuesday</u>	<u>23-June</u>	
10:00 - 11:30 AM	Int Ballet	Cuff
11:45 - 1:00 PM	Ballet III	Cuff
6:15 - 7:15 PM	"Try it Out!" - Modern Dance (Part 1)	Walsh
6:15 - 7:15 PM	"Try it Out!" - Pilates (Part 1)	Olson
7:15 - 8:15 PM	"Try it Out!" - Jazz (Part 1)	Burstein
7:30 - 9:00 PM	Int Ballet	Walsh
8:15 - 9:15 PM	Jazz II	Burstein

<u>Wednesday</u>	<u>24-June</u>	
10:00 - 11:30 AM	Int Ballet	Perez Rowe
11:45 - 1:00 PM	Ballet II	Perez Rowe
6:15 - 7:15 PM	"Try it Out!" - Ballet (part 2)	Walsh
7:15 - 8:15 PM	"Try it Out!" - Hip Hop (part 2)	Brooks
7:15 - 8:15 PM	"Try it Out!" - Modern Dance (Part 2)	Walsh
6:15 - 7:30 PM	Ballet I (for continuing students)	Watson
7:00 - 8:30 PM	Modern -Int	Haughn
7:30 - 9:00 PM	Ballet - III	Watson
8:15 - 9:15 PM	Stretch	Walsh
8:30 - 9:30 PM	Hip Hop II	Brooks
8:30 - 9:30 PM	Jazz - Int	Haughn

Thursday**25-June**

10:00 - 11:30 AM	Int Ballet	Cuff
6:15 - 7:30 PM	Ballet II	Rubin
6:15 - 7:15 PM	"Try it Out!" Workshop - Pilates (Part 2)	Olson
6:15 - 7:15 PM	"Try it Out!" Workshop - Tap	Golden
7:15 - 8:15 PM	"Try it Out!" Workshop - Jazz (Part 2)	Burstein
7:30 - 8:30 PM	Tap I/II	Golden
7:30 - 9:00 PM	Int Ballet	Rubin
7:30 - 8:45 PM	Modern I/II	White

Friday**26-Jun**

10:00 - 11:30 AM	Int Ballet	Doherty
11:45 - 1:00 PM	Ballet II	Doherty

Saturday**27-Jun**

8:00 - 9:30 AM	Stretch	Lewis
9:15 - 10:15 AM	"Try it Out!" Workshop Feldenkrais Method	McHugh
9:00 - 10:15 AM	Ballet I (for continuing students)	Doherty
10:00 - 11:30 AM	Int Ballet	Perez Rowe
10:15 - 11:30 AM	Ballet III	Doherty

Sunday**28-Jun**

10:00 - 11:30 AM	Int Ballet	Walsh
11:30 - 12:45 PM	Ballet II	Walsh
1:00 - 2:15 PM	Stretch	Walsh

All classes are \$20 - or students may use their class cards from the Winter/Spring Semester! New cards will have to be purchased for the summer semester as all Winter/Spring cards will expire on June 30, 2009.

No make ups classes will be permitted for enrolled students – please make up all your missed spring classes prior to June 21, 2009

YOUNG CHILDREN'S PREPARATORY DIVISION

INTRODUCING YOUNG CHILDREN TO THE JOY OF MOVEMENT AND DEVELOPING THEIR KINESTHETIC SENSES AND MUSCULAR STRENGTH.

Please see the dress code section on Page 4 for each level's appropriate attire and Page 3 for tuition installment payment options.

CREATIVE ADVENTURES IN MOVEMENT

Our Creative Adventures in Movement curriculum is the first building block of our of dance education program. The classes are designed to allow young children to explore movement through music, develop physical skills, channel energy, and stimulate imagination and creativity. The children engage in music activities, which combined with movement enhance cognitive learning skills such as memory and communication. The classes will also incorporate the use of props such as ribbon streamers, balls, scarves, bean bags, geometric shapes and other visual aids. Emphasis is placed on having fun while learning, the young students are introduced to a structured and safe studio environment that encourages physical and emotional confidence, allowing them to explore and create. Providing opportunities for young children to experience enjoyment through movement and exercise will contribute to their overall physical fitness and help them develop healthy life habits.

CREATIVE MOVEMENT & STORYTIME (Ages 3-4)

Must be 3 by April 1, 2009. No make ups for this level.

(Students must be toilet trained. Parent/caregiver must remain on premise during class)

DAY	TIME	TUITION	CLASS NO.	
Sa	9:00-9:45 AM	\$136	1	(no class July 4 th)
Su	3:15-4:00 PM	\$153	2	

CREATIVE MOVEMENT (Ages 4-5)

This class continues the introduction of dance and movement as a form of self-expression. Additional rhythmic steps and basic ballet positions are introduced using imagery and music as creative tools for the development of confident movement. Sequential movement patterns, simple counting skills and spatial awareness are developed as the session continues. Young dancers continue to learn classroom etiquette and healthy group socialization.

DAY	TIME	TUITION	CLASS NO.	
Sa	10:45-11:30 AM	\$153	3	(July 4 th class may be made up on any Sunday afternoon in semester)
Su	2:15-3:00 PM	\$153	4	

BALLET FOR YOUNG CHILDREN

PRE-BALLET (Ages 5- 6)

This class prepares the young dancer for the more structured ballet class. Still focusing on creativity and self expression the curriculum incorporates more advanced movement patterns, counting skills and basic ballet positions and terminology. Musicality and posture awareness are encouraged and developed.

DAY	TIME	TUITION	CLASS NO.
W	4:30-5:15 PM	\$153	5

Sa 9:45-10:30 AM \$153 6 (July 4 th class may be made up on any Wed class in semester)

BEGINNING BALLET I (Ages 6-8)

The curriculum for this level is structured around the Royal Academy of Dance Primary syllabus. Students become acquainted with the basic structure of a classical ballet class. Simple ballet steps, along with age-appropriate terminology and imagery are introduced. As children learn more complicated movement patterns, they increase their muscle awareness, strength, and flexibility. Students learn longer dance sequences that encourage artistry and performance skills, confidence and self-esteem.

DAY	TIME	TUITION	CLASS NO.
M	4:30-5:30 PM	\$153	7
Sa	9:00-10:00 AM	\$153	8 (July 4 th class may be made up in any Ballet I class in semester)
Su	1:15-2:15 PM	\$153	9

BEGINNING BALLET II (Ages 7-9)

The curriculum for this level is structured around the Royal Academy of Dance Grade 1 syllabus. The young dancer is introduced to barre exercises as the study of basic ballet terminology and placement continues. Beginning Ballet I concepts are reinforced and refined as the young dancer continues to learn new steps and exercises, further developing the student's sense of oneself as a dancer. Students will also study simple character dance steps and will require character shoes.

DAY	TIME	TUITION	CLASS NO.
W	5:15-6:15 PM	\$153	10
Sa	10:00-11:00 AM	\$153	11 (July 4 th class may be made up in any Ballet I or II class in semester)

YOUTH RECREATIONAL DIVISION

THIS DIVISION IS DESIGNED FOR YOUTH STUDENTS WHO WANT TO EXPERIENCE THE FITNESS BENEFITS, ARTISTIC EXPRESSION AND ENJOYMENT OF BALLET AND OTHER FORMS DANCE.

Please see the dress code section on Page 4 for each level's appropriate attire and Page 3 for tuition installment payment options.

YOUTH BALLET

BALLET I /II (Ages 10-12)

This class is designed for older children who are new, or relatively new, to ballet. Students will be taught basic ballet positions, terminology and vocabulary. The class begins with basic barre work and progresses to center floor exercises. Stretching and strengthening sequences are taught for home practice.

DAY	TIME	TUITION	CLASS NO.
Tu	5:45-6:45 PM	\$153	20

BALLET III (Ages 10-14)

An advanced introductory ballet class for dancers who have completed at least a year of ballet training. The class features a full study of barre work, center practice and allegro combinations. Stretching and strengthening sequences are taught for home practice to aid improvement.

DAY	TIME	TUITION	CLASS NO.
Th	5:45-6:45 PM	\$153	21

YOUTH TAP

TAP I - Beginners (Ages 7-9)

An introductory course, no prior experience is required.

DAY	TIME	TUITION	CLASS NO.
Th	5:30-6:30 PM	\$153	22

TAP II/III (Ages 9-12)

At least 2 - 3 years of tap experience is required.

DAY	TIME	TUITION	CLASS NO.
M	5:45-6:45 PM	\$153	23

YOUTH JAZZ

JAZZ I (Ages 8-10)

Classic jazz, hip hop and other mixed styles and technique for students with at least 1 year of dance experience.

DAY	TIME	TUITION	CLASS NO.
W	6:00-7:00 PM	\$153	24

JAZZ II/III (Ages 10-14)

Classic jazz style and technique for students with at least 2-3 years of dance experience.

DAY	TIME	TUITION	CLASS NO.
M	6:30-7:30 PM	\$153	25

BOYS CLASSES

In addition to these “boys only” classes listed below, boys are also encouraged to enroll in any of our age and/or level appropriate workshops and weekly classes. Scholarships are available.

BALLET AND STRENGTHEN! (Ages 7-10)

This class – taught by Mr. Mark Rubin covers basic ballet technique for boys and will include exercises for flexibility, strength and coordination.

DAY	TIME	TUITION	CLASS NO.
Th	5:45-6:45 PM	\$153	26

HIP HOP AND MORE! (Ages 9-12)

This class is designed for young boys and helps them with flexibility, strength and coordination through a variety of dance and fitness styles.

DAY	TIME	TUITION	CLASS NO.
W	5:00-6:00 PM	\$153	27

PRE-PROFESSIONAL BALLET PROGRAM

SERIOUS STUDY OF BALLET WITH THE FINEST INSTRUCTORS IS THE HALLMARK OF THE CENTER DANCE COMPANY PRE- PROFESSIONAL PROGRAM.

Please see the dress code section on Page 4 appropriate attire and Page 3 for tuition installment payment options

During the summer semester many we encourage all of our Junior and Senior Division students to participate in our Intensive Ballet workshops (listed on page 5). When these workshops are not in session Senior and Conservatory Division students may take adult division classes. Junior Division afternoon and weekend classes are listed below. Regular scheduling will resume in the new school year. New students for the summer session and the 09 – 10 school year, should contact Carolyn Carattini at cct@centerdancecompany.org. to schedule an audition.

JUNIOR DIVISION I (Ages 8 and up)

DAY	TIME	CLASS NO.	
M	5:30-6:30 PM	40	June 22 - August 3, 2009 (6 weeks) Tuition: \$102
Sa	11:00 AM-12:00 PM	41	July 11 - August 8, 2009 (5 weeks) Tuition: \$85

JUNIOR DIVISION II (Ages 9 and up)

DAY	TIME	CLASS NO.	
Tu	4:15-5:45 PM	42	June 30 - August 4, 2009 (6 weeks) Tuition: \$102
Sa	12:00-1:15 PM	43	July 11 - August 8, 2009 (5 weeks) Tuition: \$85

JUNIOR DIVISION III (Ages 10 and up)

DAY	TIME	CLASS NO.	
M	4:45-6:15 PM	44	June 29 - August 3, 2009 (6 weeks) Tuition: \$102
W	4:30-6:00 PM	45	July 1 - August 5, 2009 (6 weeks) Tuition: \$102

JUNIOR DIVISION IV - VI (Ages 11 and up)

DAY	TIME	CLASS NO.	
Tu	4:30-6:00 PM	46	June 30 - August 18, 2009 (8 weeks) Tuition: \$136
W	5:00-6:30 PM	47	July 1 - August 19, 2009 (8 weeks) Tuition: \$136
Th	4:45-6:15 PM	48	Tuition: \$153 (9 weeks)

ADULT DIVISION

THE CDC ADULT DIVISION OFFERS A COMPREHENSIVE PROGRAM OF CLASSES FOR ADULTS, WHO LOVE TO DANCE, MOVE, DEVELOP THEIR ARTISTRY AND STAY IN SHAPE.

Please see the dress code section on Page 4 for each level's appropriate attire and Page 3 for tuition installment payment options.

Teens 15 and older are permitted to take adult classes. Classes are designed to promote good technique, artistry, and musicality along with physical strength, flexibility, and alignment. To that end, individual and group correction and instruction are given; and questions are encouraged! Classes develop communities of dedicated adults who love to dance, move, develop artistry, and stay in shape! Note that we have a relaxed dress code for our adult students.

ADULT BALLET

BALLET BASIC BEGINNING I

These classes are designed for the complete beginner! Instruction on alignment and posture are emphasized as well as body, feet, and arm positions. Ballet positions, terminology and vocabulary will be taught as the class progresses. Students begin with simple barre exercises for warm-up and basic center floor combinations. Small jumps and traveling steps are introduced as the semester progresses. Stretch and strengthening exercises are taught for students to practice at home.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
M	6:15-7:30 PM	C. Walsh	\$153	60
W	7:45-9:00 PM	C. Perez-Rowe	\$153	61
Th	11:45-1:00 PM	S. Burstein	\$153	62
Th	7:45-9:00 PM	M. Rubin	\$153	63
Sa	9:00-10:15 AM	J. Doherty	\$153	64

BALLET II

This class is intended for the beginning ballet student who knows the basics and is ready to progress to a faster-paced class.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
M	11:45-1:00 PM	C. Perez-Rowe	\$153	65
M	7:30-8:45 PM	A. Fitzgerald	\$153	66
Tu	7:45-9:00 PM	I. Wunder	\$153	67
W	11:30 – 12:45 PM	C. Walsh	\$153	68
Th	6:15 – 7:30 PM	P. Wegner	\$153	69
Sa	12:00-1:15 PM	S. Burstein	\$153	70
Su	11:30-1:00 PM	C. Walsh	\$153	71

BALLET III

This class is for students with a good knowledge of the basics and the ability to do a full ballet class. A complete barre is followed by a center floor structure with an adagio, turn preparations and simple pirouettes, petit allegro, and medium jump combinations across the floor. This is a good level for non-beginner students who are unsure of their current level and for students returning after some time away from the ballet studio.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
M	7:30-9:00 PM	C. Walsh	\$153	72
Tu	11:45-1:00 PM	P. Wegner	\$153	73
W	6:30 – 7:45 PM	C. Perez-Rowe	\$153	74
Th	7:30 – 9:00 PM	P. Wegner	\$153	75
F	11:45-1:00 PM	P. Wegner	\$153	76
Sa	10:15-11:45 AM	J. Doherty	\$153	77

BALLET INTERMEDIATE

This level offers students a full ballet class: a complete barre, center adagio, a variety of pirouettes en dehors and en dedans in the center or across the floor, and petit through grand allegro. This is a fast paced, high level class for intermediate and advanced dancers. A great maintenance class for professionals and college students.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
M	10:00-11:30 AM	C. Perez-Rowe	\$153	78
Tu	10:00-11:30 AM	P. Wegner	\$153	79
Tu	7:30-9:00 PM	C. Walsh	\$153	80
W	10:00-11:30 AM	C. Walsh	\$153	81
W	6:45-8:15 PM	J. Doherty	\$153	82
Th	10:00-11:30 AM	S. Cuff	\$153	83
F	10:00-11:30 AM	C. Perez-Rowe	\$153	84
F	6:30 – 8:00 PM	P. Wegner	\$153	85
Sa	9:30 – 11:00 AM	C. Perez-Rowe	\$153	86
Su	10:00-11:30 AM	C. Walsh	\$153	87

POINTE – BALLET III and above

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
W	8:15-9:15 PM	J. Doherty	\$153	89

ADULT CONDITIONING

NEW - BALOCITY™ WORKOUT

This class combines cardio with a classic twist. It provides a cardio workout while shaping core abs, thighs and arms, and enhancing grace and control. No dance experience is required!

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Tu	6:45-7:45 PM	I. Wunder	\$153	90
Sa	12:00-1:00 PM	I. Wunder	\$153	91

BARRE & STRETCH - BALLET II and above

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Th	11:45-1:00PM	C. Perez-Rowe	\$153	92

FLOOR BARRE

Floor-Barre, originally designed for dancers, is a holistic approach to body wellness emphasizing the importance of the whole; rather than analysis or dissection of it's parts. Floor-Barre® concentrates on the whole body sequentially correcting alignment and strengthening joints and muscles, thus elemental physical problems and ailments are addressed. Whether you are a beginning, intermediate, or advanced dancer or are just interested in overall body alignment and strength, Floor-Barre is for you!

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Th	6:45-7:45 PM	M. Rubin	\$153	93

STRETCH

Work on your flexibility to enhance your other fitness training or dance classes.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Th	8:00-9:15 PM	H. White	\$153	95
Sa	8:00-9:15 AM	K. Lewis	\$153	96
Su	1:00-2:15 PM	C. Walsh	\$153	97

NEW - FELDENKRAIS™ METHOD

The Feldenkrais Method™ of awareness through movement helps improve posture, balance, coordination and your inner kinesthetic sense. Good for dancers and non-dancers alike.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.	
Sa	9:15-10:15 AM	M. McHugh	\$119	94	July 11 – August 22, 2009 (7 weeks)

PILATES MAT I/II

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
W	6:00-7:00 PM	T. Haughn	\$153	99
Su	4:00-5:00 PM	P. Foreman	\$153	100

PILATES MAT I with Props

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Th	6:30-7:30 PM	C. Olson	\$153	101

PILATES MAT II with Props

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
T	12:00-1:00 PM	P. Foreman	\$153	102
Su	5:00-6:00 PM	P. Foreman	\$153	103

ADULT TAP

Classes are classic style. Technique and form along with good posture are emphasized. Routines are developed throughout the semester.

TAP BASIC BEGINNING I

For the complete beginner.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.	
Th	9:30-10:30 AM	C. Braden Lumpkin	\$68	104	August 13-September 4 (4 weeks)
Th	6:30-7:30 PM	P. Golden	\$153	105	

TAP II

Tap II is for students who have learned the basics but still need to perfect skills and work on faster combinations. This is a good level to start if you took tap as a child and are returning to class as an adult as well as for teens 15 and older who would like to acquire tap skills for school plays and community theater.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.	
Th	10:30-11:45 AM	C. Braden Lumpkin	\$68	107	August 13-September 4 (4 weeks)
Th	7:30-8:30 PM	P. Golden	\$153	106	

TAP III

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.	
Tu	7:30-8:30 PM	C. Braden Lumpkin	\$68	108	August 11-September 1 (4 weeks)

TAP ADVANCED

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.	
Tu	6:15-7:30 PM	C. Braden Lumpkin	\$68	109	August 11-September 1 (4 weeks)
Th	11:45-1:00 PM	C. Braden Lumpkin	\$68	110	August 13-September 4 (4 weeks)

ADULT JAZZ

JAZZ BASIC BEGINNING I

Introduces students to basic jazz technique. A full warm-up is given incorporating ab work and stretching followed by simple combinations.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Tu	6:45-8:00 PM	S. Burstein	\$153	111

JAZZ II

One year of beginning dance experience required.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Tu	8:00-9:15 PM	S. Burstein	\$153	112

JAZZ III (16 and up)

Two years of beginning dance experience required.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
M	8:00-9:15 PM	M. Watson	\$153	113

JAZZ INTERMEDIATE

For dancers with previous experience in jazz, ballet, or modern dance. Combination work emphasizes turns, jumps, and leaps. Syncopated rhythms enhance combinations, encouraging quick reflexes, memory, and coordination.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
W	8:15-9:30PM	T. Haughn	\$153	114

JAZZ - THEATER DANCE (Level III and up -16 and up)

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
M	6:30-8:00 PM	M. Watson	\$153	115

HIP HOP - BASIC BEGINNING I

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
W	7:00-8:00 PM	A.Fitzgerald	\$153	116

HIP HOP I+

One year of beginning dance experience required.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
M	6:45-8:00 PM	A. Brooks	\$153	117

HIP HOP II

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
M	8:00-9:15 PM	A. Brooks	\$153	118

ADULT MODERN

MODERN – BEGINNING I

This class is for the complete modern beginner. Study of various modern techniques including the styles of Cunningham, Graham, and Taylor are explored.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Tu	6:30-7:30 PM	C. Walsh	\$153	119

MODERN II/III

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
Th	6:45-8:00 PM	White	\$153	120

MODERN - INTERMEDIATE

This class is for adult dancers with previous Ballet or Modern experience. Study of various modern techniques including the styles of Cunningham, Graham, and Taylor are explored, and students will be challenged to improve their level of dance by enhancing strength, flexibility, posture, and rhythmic sensitivity.

DAY	TIME	INSTRUCTOR	TUITION	CLASS NO.
W	7:00-8:15 PM	T. Haughn	\$153	121

FACULTY 2008 – 2009

Please see www.centerdancecompany.org for full bios on our outstanding faculty.

Koren Ackerman
Candy Braden Lumpkin
Angelica Brooks
Silvia Burstein
Carole Ann Clark
Shu-Chen Cuff
Jackie Doherty
Amanda Fitzgerald
Pat Foreman
Patti Golden

Tiffany Haughn
Karen Lewis
Kate McDonald
Maureen McHugh
Alexa McKenrick
Lynne Mulligan
Chih-Lan Olson
Carmen Perez-Rowe
Mark Rubin
Lesley Shearer

Elizabeth Spatz
Joy Stephanson
Liesl Swogger
Constance Walsh
Caroline Frankil Warren
Maria Watson
Paul Wegner
Hilary White
Harriet Williams
Irina Wunde

STAFF 2008 – 2009

Nancie Woods, Artistic Director
Caroline Frankil Warren, Executive Director
Carolyn Carattini, School Director
Karinn Cologne, Operations Manager
Laura Tutino, Front Desk Manager

ADDITIONAL PROGRAMS

PRIVATE LESSONS

Need help with a step on an area of technique? Have an audition coming up? Need some advice on stretch and strengthening? Many of The Center Dance Company faculty members are available for private lessons. Lessons can be scheduled on an as requested basis. Please contact nwoods@centerdancecompany.org for more information.

STUDIO AND FACILITY RENTALS

Studios are available for rent when they are not being used for The Center Dance Company classes, rehearsals and functions. Space for classes, rehearsals, birthday parties, special events or business meetings and retreats is available. Please contact info@centerdancecompany.org for scheduling, fees and policies.

BIRTHDAY PARTIES!

Celebrate a magical birthday your child will never forget with a Ballerina Birthday Party! CDC offers different packages for birthday parties including 1 ½ hours in our Party Room and a 30-minute dance class with a CDC faculty member. Other party packages include goody bags, costumes and tutu dress up and photos, tea parties and more! Please contact info@centerdancecompany.org for more information.

The Center Dance Company, Inc. reserves the right to adapt the schedule as deemed necessary. Please refer to our website at www.centerdancecompany.org for the most current schedule, and listing of full, modified or cancelled classes.

Information regarding closings, inclement weather, or other matters can be found on our website and answering machine. The Center Dance Company, Inc. follows Fairfax County school closings.

SUMMER 2009 ENROLLMENT FORM

STUDENT INFORMATION *(Please print clearly and use additional forms as necessary. New households, please check box.):*

_____	F/M	___/___/___	_____
First Name MI Last Name	Gender	Date of Birth	Academic School
_____	F/M	___/___/___	_____
First Name MI Last Name	Gender	Date of Birth	Academic School

Home Address: Street _____ City _____ State _____ Zip _____

Home Phone _____ E-mail(s) _____
Your contact information will be used only by The Center Dance Company and the Company will not share its mailing list with other organizations.

PARENT/GUARDIAN 1:

PARENT/GUARDIAN 2:

_____	_____
First Name Last Name	First Name Last Name
_____	_____
Occupation Organization	Occupation Organization
_____	_____
Work Phone Cell Phone	Work Phone Cell Phone

CLASS REGISTRATION

Student Name (if multiple family members registering)	Class Description or Junior/Senior/CD Level	Class Number	Tuition
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Late Fee if re-enrolling after June 29, 2009 (does not apply to new students) (+ 20)

DISCOUNT (- \$10)

3+ Classes/Family Discount if received by June 22, 2009. See Policies Page3

Installment Fee (+10)

Tax deductible donation to support the Center Dance Company programs (optional) _____

TOTAL _____

Does your child have special needs of which we should apprise the teacher? Yes No

If yes, please describe: _____

How did you find out about our studio? web drive-by a performance free class coupon other: _____

This signed registration is verification and confirmation of the parent's/adult student's agreement to The Center Dance Company, Inc. Policies as outlined on Page 3 and that they understand there are risks inherent in any physical activity and will not hold The Center Dance Company, Inc. liable in the event of injury or otherwise.

Signature of Adult Student or Parent/Guardian of Minor Student _____ Date _____

Tuition is not refundable unless the Center cancels a class or a workshop.

A charge of \$25 will be made for returned checks.

Mail completed and signed registration form & a check(s) **payable to The Center Dance Company, Inc.**, to:

The Center Dance Company, Inc., P.O. Box 5587, Arlington, VA 22205