

2009-10 ARCC Dance Schedule

Adult and Youth Classes

Classes are cosponsored by the Aberdeen Parks, Recreation at Forestry Department and the Aberdeen Area Arts Council.

*All Classes are held at the ARCC Dance Studios,
225 SE 3rd Ave. For more information, call 626-7081*

Registration will begin Tuesday August 25th
from 7am-6pm at the Aberdeen Recreational and Cultural Center
(ARCC), 225 SE 3rd Ave. and will continue weekdays 8am-5pm
until the start of class.



Calendar

Registration: August 25- September 14

First week of classes/Orientation: September 14-17

Columbus/Native American Day, No Classes: October 12

Thanksgiving Break, No Classes: November 24-26

Christmas Break, No Classes: December 21-31

Presidents' Day, No Classes: February 15

Observation Days: March 1-4

Snow Days/ Spring Break, No Classes: March 16-18

Snow Days/ Spring Break, No Classes: April 1-7

Last week of non-recital bound classes: April 26-29

Recital: May 18-20

General Information

Philosophy

Our philosophy is to provide affordable recreational and educational experiences in dance for people of all ages and abilities. Students will receive quality instruction in a positive environment. Flexibility, strength, endurance, balance, rhythm, coordination, cooperation, musicality, memorization, creativity, knowledge, and self confidence are all life-long skills and attributes fostered in each ARCC dance class.

Tuition and Billing

Tuition for dance classes is an annual fee that is paid in nine monthly installments. Sales tax will be added at the time of payment. Tuition is due by the 10th of each month or the first week of a new session. A reminder will be sent home one week prior in the newsletter. Late fees will be charged for accounts that are past due.

Multiple Class Discount

There will be a discount given for students enrolled in more than one dance class. The first class a student is enrolled in will be at full price. For each additional dance class the student takes, there will be a \$5.00 discount each month.

Activity Assistance Available

Reduced fee tuition is available for youth 17 years of age and under from qualified low- income families. Personal income will be verified by One Stop Career Center. Youth who are eligible to participate in the program may sign up for any department activity, class or season pass at an 80% discount. For more information contact the Parks, Recreation and Forestry office at 626-7015. This discount may not be combined with other discounts.

Recital Costumes

All recital costumes will be furnished for the dance student to use for a \$16.00 rental cost. All students need to provide their own tights and shoes.

For the complete ARCC Dance policy, please see the Information and Registration Handbook. Copies are available at registration or the ARCC desk.



Class Descriptions

Mommy & Me

Share with your child age 2 & 3 years the benefits of music, exercise, flexibility, and quality of time together without worrying about a year-end recital. Activities for the parent and child to participate will be shared. Daddies are welcome too!

Creative Movement

Designed for 3 & 4 year olds, Creative Movement explores the world of dance through movement games and exercise together with music to develop body awareness and flexibility. Imagination, creativity, rhythm, coordination, and cooperation are encouraged as well.

PreSchool Dance

Designed for 4 & 5 year olds who are not yet in Kindergarten, PreSchool Dance introduces the students to a more structured dance class. A basic dance vocabulary is introduced with emphasis on large muscle coordination, flexibility, cooperation, creativity and self-confidence.

Kindergarten Dance

Children who are presently in Kindergarten will thrive in this slightly quicker paced dance class. Although similar to Preschool Dance, turnout, balances, and more complex floor patterns are introduced at this level.

Ballet

Students learn the ballet positions of the feet, arms, and body as well as movements and combinations. Proper posture, turnout, technique, strength and balance are emphasized. Pointe classes are available upon instructor permission to students in Ballet III and Advanced Ballet. Ballet Repertoire is an additional technique and training class for the ballet dancer and is strongly recommended for those interested and participating in Pointe work.

Tap

In tap class, traditional technique and rhythmic "street tap" are combined to create exciting sounds and movement to challenge all ages and abilities.

Jazz

A very upbeat, challenging class that will focus on traditional and contemporary styles of jazz dance. Flexibility, strength, and endurance are enhanced through intensive warm-ups and stretches, followed by turns, kicks and center combinations.

Modern

Modern dance technique unlike most dance forms, avoids any set vocabulary of steps or permanent definitions. Instead the movement adapts, develops, and evolves with the changing fashion of dance and music. Emphasis is often placed on contraction and release and use of momentum, weight, rhythm and dynamics.

Clogging

Clogging is a true American dance form that began in the Appalachian Mountains in the mid 1700's. It is a foot-tapping style of dance combining elements from many ethnic folk dances. Clogging combines precise footwork with loose upper body motion. Specific steps will be taught and incorporated into combinations.

Hip Hop

A high-energy class that uses the latest sounds in music. Hip Hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style. Hip Hop is urban, it's street, it's diverse and forever changing.

Rhythmic Gymnastics

Rhythmic Gymnastics combines classical dance technique with gymnastics elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and gymnastics.

Pilates

Pilates is a non-impact, body conditioning class. The Pilates Method is an exercise system focused on improving flexibility and strength for the total body without building bulk. Students will learn proper breathing and body alignment, improve concentration, and keep tone longer.

Standing Pilates

Standing Pilates is a total body workout that can be done anywhere at anytime within a small space, and little or no equipment. This method uses your own body weight to help you achieve faster, longer-lasting results. You will receive instruction on how to increase your focus, attain better posture, and strengthen and tone your body more easily and efficiently.

Dance Exploration

This slower paced class is for students with developmental disabilities ages 10 and up. Basic Ballet and Jazz steps will be taught, along with learning rhythm and how to keep a beat. The skills learned will help with balance, coordination, muscle control and expression through dance. The class meets twice a week to help students remember and practice new steps being learned. This class will perform in the annual recital in May.

Boys Breakdancing

Break-dancing is an ever evolving dance that came out of Brooklyn NY and gets many of its moves from a variety of dance forms including gymnastics and capoeira.

Youth Classes - Ages 2 through Grade 2

Mommy & Me Ages 2-3

Mommy & Me	<u>Length:</u>	<u>Fee: per session</u>	<u>Instructor</u>
Ages 2 & 3	8 weeks	32.00 parent/child pair	Rita Moe

**This class will not perform in the recital*

Fall Session A: Tuesday, September 15- October 20, 6:20-6:50

Fall Session B: Thursday, September 17- October 20, 5:45-6:15

Spring Session A: Tuesday, January 18- March 9, 6:20-6:50

Spring Session B: Thursday, January 20- March 11, 5:45-6:15

Young Children Ages 3-6

Creative Movement	<u>Fee: 8 Payments of:</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>
Ages 3 & 4	16.00	Monday	3:40-4:10	McKenzie Vandelanotte
<i>*This class will not perform in the recital</i>				
		Monday	5:10-5:40	Tabitha Bullard
		Tuesday	5:45-6:15	Rita Moe
		Wednesday	4:40-5:10	Ashley Geist
		Thursday	10:00-10:30am	Gwen Briscoe

PreSchool Dance	<u>Fee: 9 Payments of:</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>
Ages 4 & 5	21.00	Monday	4:15-4:55	McKenzie Vandelanotte
		Tuesday	4:00-4:40	Angela Sahli
		Tuesday	4:50-5:30	Kaylee Ebach
		Wednesday	6:05-6:45	Angela Sahli
		Thursday	4:00-4:40	McKenzie Vandelanotte
		Thursday	5:15-5:55	Kaylee Ebach

Kindergarten Dance	<u>Fee: 9 Payments of:</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>
Ages 5 & 6	21.00	Monday	4:25-5:05	Tabitha Bullard
		Monday	5:45-6:25	Tabitha Bullard
		Tuesday	4:00-4:40	Gwen Briscoe
		Tuesday	5:00-5:40	Kirsten Shishnia
		Wednesday	5:50-6:30	Kirsten Shishnia
		Thursday	5:30-6:10	Gwen Briscoe

Pre-Level Grades 1 & 2

MONDAY	<u>Time</u>	<u>Instructor</u>
Pre-Tap	5:50-6:30	Gwen Briscoe
Pre-Jazz	6:35-7:20	Gwen Briscoe
TUESDAY		
Pre-Ballet	4:00-4:45	Kaylee Ebach
Pre-Jazz	4:45-5:30	Gwen Briscoe
Pre-Tap	4:50-5:30	Tabitha Bullard
Rhythmic Gymnastics	6:35-7:20	Gwen Briscoe <i>*This class will not perform in the recital</i>
WEDNESDAY		
Pre-Tap	4:15-4:55	Tabitha Bullard
Pre-Jazz	5:00-5:45	Kirsten Shishnia
Pre-Ballet	5:50-6:35	Kaylee Ebach
THURSDAY		
Pre-Ballet	4:00-4:45	Kirsten Shishnia
Pre-Tap	4:00-4:40	Gwen Briscoe
Pre-Jazz	4:50-5:35	Kirsten Shishnia
Pre-Ballet	6:05-6:50	Kirsten Shishnia

Fee: 9 payments of:

Pre-Ballet	22.50
Pre-Tap	21.00
Pre-Jazz	22.50
Rhythmic	
Gymnastics	22.50

Youth Classes - Grades 3 through 6

Level I - Grades 3 & 4

MONDAY	<u>Time</u>	<u>Instructor</u>
Jazz I	4:05-4:50	Gwen Briscoe
Modern I	5:00-5:45	McKenzie Vandelanotte
Tap I	5:15-6:00	Gwyn Fischbach
Ballet I	6:05-6:50	Gwyn Fischbach
TUESDAY		
Tap I	5:35-6:20	Ashley Geist
Jazz I	5:35-6:20	Angela Sahli
Rhythmic Gymnastics	6:35-7:20	Gwen Briscoe <i>*This class will not perform in the recital</i>
WEDNESDAY		
Jazz I	4:20-5:05	Angela Sahli
Ballet I	5:10-5:55	Gwen Briscoe
Tap I	6:10-6:55	Ashley Geist
THURSDAY		
Jazz I	4:40-5:25	Gwen Briscoe
Boys Tap	5:15-6:00	Ashley Geist
Ballet I	5:30-6:15	Gwyn Fischbach
Boys Breakdancing	6:20-7:05	Nikki Kannas and Eddie Burlison
Tap I	6:20-7:05	Gwyn Fischbach

Fee: 9 payments of:	
Ballet I	22.50
Tap I	22.50
Jazz I	22.50
Modern I	22.50
Rhythmic	
Gymnastics	22.50
Boys Tap	22.50
Boys	
Breakdancing	22.50

Level II - Grades 5 & 6

MONDAY	<u>Time</u>	<u>Instructor</u>
Ballet II	4:55-5:45	Gwen Briscoe
Jazz II	5:50-6:40	McKenzie Vandelanotte
Clogging II	6:55-7:40	Gwyn Fischbach
TUESDAY		
Jazz II	4:40-5:30	Angela Sahli
Ballet II	5:35-6:25	Gwen Briscoe
Modern II	6:30-7:20	Kaylee Ebach
WEDNESDAY		
Rhythmic Gymnastics	4:10-5:00	Gwen Briscoe
Jazz II	5:10-6:00	Angela Sahli
Tap II	5:15-6:05	Ashley Geist
THURSDAY		
Boys Tap	5:15-6:00	Ashley Geist
Tap II	6:15-7:05	Ashley Geist
Boys Breakdancing	6:20-7:05	Nikki Kannas and Eddie Burlison
Jazz II	7:10-8:00	McKenzie Vandelanotte

Fee: 9 payments of:	
Ballet II	25.00
Tap II	25.00
Jazz II	25.00
Modern II	25.00
Clogging II	22.50
Rhythmic	
Gymnastics	25.00
Boys Tap	22.50
Boys	
Breakdancing	22.50



Special Needs Classes

Dance Exploration

Ages 10 and up

Monday and Wednesday 5:00-5:40

Kaylee Ebach 42.00/month

Youth and Adult Classes - Grades 7 and up

Youth in grades 7-12 who have no dance experience are encouraged to take the beginning classes listed under the Adult section.

Level III - Grades 7 & 8

MONDAY	<u>9 payments of:</u>	<u>Time</u>	<u>Instructor</u>
Ballet III	32.00	5:45-6:45	Kaylee Ebach
Beginning Pointe	16.00	6:45-7:15	Kaylee Ebach <i>*must be enrolled in Ballet III</i>
TUESDAY			
Pilates	25.00	5:30-6:20	Brigette Weisenburger
Clogging III/IV	22.50	5:35-6:20	Kaylee Ebach
Jazz III	32.00	6:25-7:25	Angela Sahli
Hip Hop III	32.00	6:30-7:30	Nikki Kannas
Modern III	32.00	7:30-8:30	Ashley Geist
Boys Breakdancing	32.00	7:30-8:30	Nikki Kannas and Eddie Burlison
THURSDAY			
Ballet Repertoire	32.00	6:00-7:00	Robin O'Neill <i>*must be enrolled in Ballet III</i>
Rhythmic Gymnastics	25.00	6:35-7:25	Gwen Briscoe
Pilates	25.00	7:00-7:50	Brigette Weisenburger
Tap III	32.00	7:30-8:30	Ashley Geist
Jazz III	32.00	7:30-8:30	Angela Sahli

Level IV - Grades 9 through 12 and Adult

MONDAY	<u>9 payments of:</u>	<u>Time</u>	<u>Instructor</u>
Ballet IV	35.00	7:20-8:35	Robin O'Neill <i>*must have 3 years experience</i>
Pointe	22.50	8:35-9:20	Robin O'Neill <i>*must be enrolled in Ballet IV</i>
TUESDAY			
Pilates	25.00	5:30-6:20	Brigette Weisenburger
Clogging III/IV	22.50	5:35-6:20	Kaylee Ebach
Tap IV	32.00	6:25-7:25	Ashley Geist
Rhythmic Gymnastics	32.00	7:25-8:25	Gwen Briscoe
Jazz IV (grades 9/10)	32.00	7:30-8:30	Angela Sahli <i>*must have 3 years experience</i>
Boys Breakdancing	32.00	7:30-8:30	Nikki Kannas and Eddie Burlison
Jazz V (grades 11/12)	32.00	8:35-9:35	Gwen Briscoe <i>*must have 3 years experience</i>
THURSDAY			
Ballet Repertoire	32.00	6:00-7:00	Robin O'Neill <i>*must be enrolled in Ballet IV</i>
Pilates	25.00	7:00-7:50	Brigette Weisenburger
Modern IV	32.00	7:05-8:05	Sara Weigel
Hip Hop IV	32.00	8:10-9:10	Nikki Kannas

Adult Classes

MONDAY	<u>9 payments of:</u>	<u>Time</u>	<u>Instructor</u>
Beginning Ballet	32.00	7:25-8:25	Gwen Briscoe
TUESDAY			
Pilates	25.00	10:00-10:50am	Brigette Weisenburger
Pilates	25.00	5:30-6:20	Brigette Weisenburger
WEDNESDAY			
Beginning Tap	32.00	7:00-8:00	Ashley Geist
Beginning Jazz	25.00	8:00-8:50	Angela Sahli
THURSDAY			
Standing Pilates	16.00	12:15-12:45pm	Brigette Weisenburger
Pilates	25.00	7:00-7:50	Brigette Weisenburger
Beginning Clogging	22.50	7:15-8:00	Robin O'Neill
Intermediate Clogging	22.50	8:00-8:45	Robin O'Neill

Registration Information

Please complete the form below and bring it with you when you come to register. Registrations will be taken from 7am-6pm Tuesday, August 25 and 8am-5pm Monday- Friday until classes begin.

ARCC Dance Household Registration Form

Primary Guardian

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____
Work Phone: _____
Emergency Phone: _____
Email: _____
Gender: M F DOB: _____
Comments/Special Needs: _____

Secondary Guardian

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____
Work Phone: _____
Emergency Phone: _____
Email: _____
Gender: M F DOB: _____
Comments/Special Needs: _____

Children of the Household

Name: _____ Gender: M F DOB: _____ Grade: _____
Comments/Special Needs: _____

Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____
Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____
Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____

Name: _____ Gender: M F DOB: _____ Grade: _____
Comments/Special Needs: _____

Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____
Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____
Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____

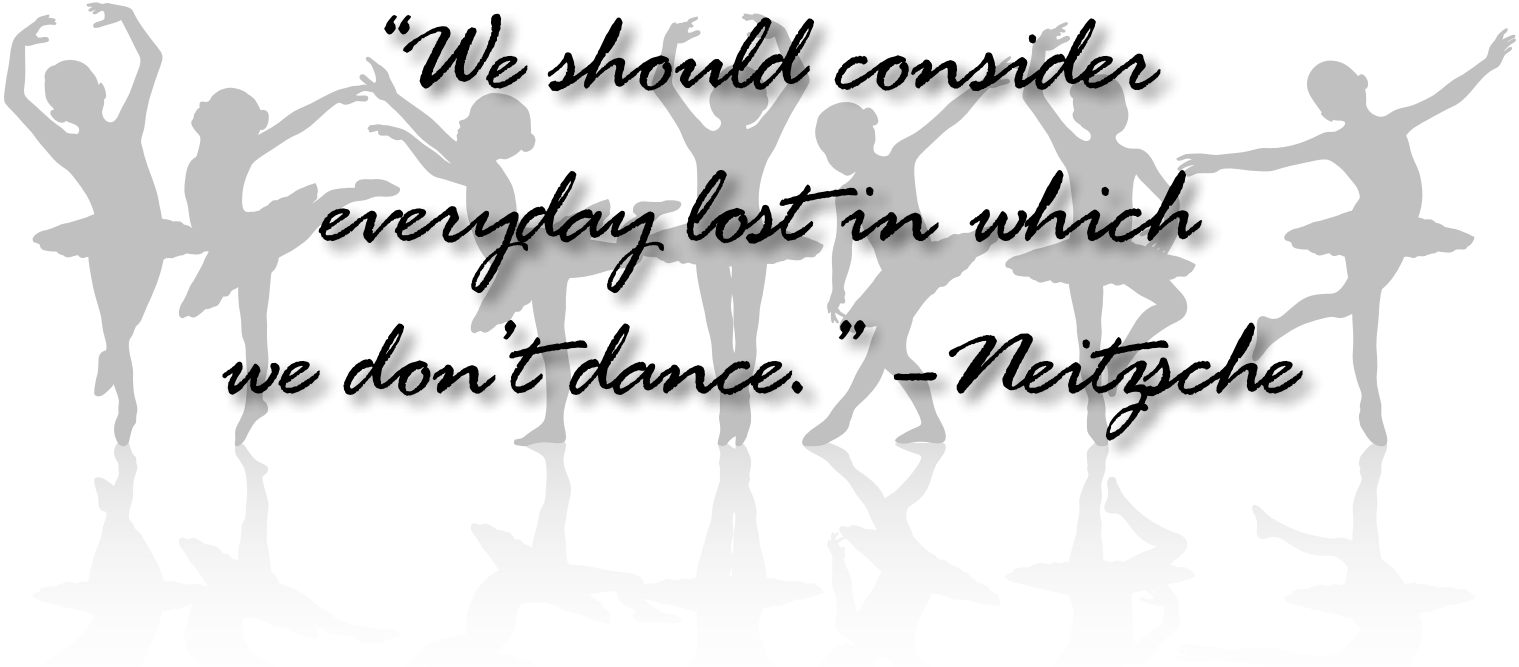
Name: _____ Gender: M F DOB: _____ Grade: _____
Comments/Special Needs: _____

Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____
Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____
Class Name:	Day:	Time:	Instructor:
_____	_____	_____	_____

Emergency Contact Information

Name:	Relationship:	Home#:	Work#:	Cell#:
_____	_____	_____	_____	_____
Name:	Relationship:	Home#:	Work#:	Cell#:
_____	_____	_____	_____	_____

Aberdeen Parks, Recreation & Forestry
225 3rd Ave. SE
Aberdeen, SD 57401



*“We should consider
everyday lost in which
we don't dance.” – Nietzsche*