

MCC DANCE ACADEMY



FALL 2017 CLASSES

PRESENTED IN PARTNERSHIP WITH



RedClay
DANCE

wellspring
creative services

CLASSES BEGIN: AUGUST 28 - DECEMBER 18

1 CLASS: \$145 | 2 CLASSES: \$275 | 3 CLASSES: \$415 | 4 CLASSES: \$555

AUG 2017

MONDAYS

NO CLASS ON 9/4 & 10/23

Adult Ballet (Beg/Int)	4:30 p.m. - 5:30 p.m.	18+	MCC 112 DANCE
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TUESDAYS

NO CLASS ON 10/31

Creative Movement	4:45 p.m. - 5:30 p.m.	3-4	MCC 112 DANCE
Pre-Ballet	5:30 p.m. - 6:30 p.m.	5-6	MCC 112 DANCE

THURSDAYS

NO CLASS ON 11/23

Ballet I	4:00 p.m. - 5:00 p.m.	7-9	MCC 112 DANCE
Pre/Demi Pointe	5:00 p.m. - 5:45 p.m.	8+	MCC 112 DANCE
Ballet II	5:45 p.m. - 6:45 p.m.	8-17	MCC 112 DANCE
Ballet I	6:45 p.m. - 7:45 p.m.	10 +	MCC 112 DANCE

FRIDAYS

NO CLASS ON 10/20

Adult Lyrical	4:30 p.m. - 5:30 p.m.	18+	MCC 112 DANCE
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SATURDAYS

NO BALLET CLASS ON 10/21 | (NO HIP-HOP/AFRO-CONT ON 11/25)

Ballet I	9:00 a.m. - 10:00 a.m.	7+	OAK DANCE
Pre-Ballet	10:00 a.m. - 11:00 a.m.	5-6	OAK DANCE
Hip-Hop I	10:00 a.m. - 11:00 a.m.	7-9	MCC 102 DANCE
Creative Movement	11:00 a.m. - 11:45 a.m.	3-4	OAK DANCE
Pre Hip-Hop	11:00 a.m. - 11:45 a.m.	5-6	MCC 102 DANCE
Afro-Contemporary I	11:00 a.m. - 12:00 p.m.	7-9	MCC 112 DANCE
Adult Lyrical	11:45 a.m. - 12:45 p.m.	18+	OAK DANCE
Hip-Hop I	12:00 p.m. - 1:00 p.m.	10+	MCC 102 DANCE
Afro-Contemporary II	12:00 p.m. - 1:00 p.m.	10+	MCC 112 DANCE
Hip-Hop II	1:00 p.m. - 2:00 p.m.	10+	MCC 102 DANCE
Afro-Contemporary I	1:00 p.m. - 2:00 p.m.	10+	MCC 112 DANCE
Pre Hip-Hop	2:00 p.m. - 2:45 p.m.	5-6	MCC 102 DANCE

DISCOUNTS: (Payment Plans Available)

Early Bird Registration: \$10 Off if you register before or on Aug 19
Family Member Discount: \$5 off addition family member registered

LOCATIONS:

MCC: 20642 Matteson Ave, Matteson IL 60443
OAK: 4450 W. Oakwood Lane, Matteson IL 60443

MCC DANCE ACADEMY



2017 FALL CLASS DESCRIPTION

- **CREATIVE MOVEMENT** - Designed to get your little one moving!! Students will learn rhythm, some basic ballet steps and follow warm-up exercise through choreographed movement and music and will develop coordination and discipline. Creative expression is encouraged.
- **PRE-BALLET: (for students preparing for Ballet I)** - Pre-Ballet is designed to prepare students for the disciplines of formal ballet. Students will be introduced to Classical music and movement through structured progressions. Creativity and coordination will be encouraged.
- **PRE HIP-HOP: (for students preparing for Hip-Hop I)** - "Every person has a unique inner rhythm, whether or not you are aware of it--even our young ones! Now is their time to discover these rhythms! Through house, pop-locking, social urban movement, you will learn all the basic movements of hip-hop (e.g. counting different rhythms, isolations, dramatics).
- **BALLET I: (Beginning class for students who have little or no ballet training)** - Ballet I students learn the basic movement, technique and terminology of Ballet, students develop balance, coordination, grace, poise, rhythm and physical strength.
- **BALLET II: (Intermediate class for students who have mastered the movements of Ballet I)** - Students build upon the technique learned in Ballet I and are challenged with more advance progressions, requiring greater strength and agility. Correct posture and body placement will be an important component of this class. Participants must have mastered Ballet I before enrolling in the Intermediate class or have the Instructor's consent to enroll.
- **PRE/DEMI POINTE** - Dancers will learn exercises and progressions that prepare them for an pointe work. Students must be 12 yrs and up and have either begun or mastered the Cecchetti Style Ballet II level or higher to attend (or been PRE-APPROVED by the Instructor). **Ballet attire is REQUIRED. Split-sole leather ballet shoes REQUIRED. Pre-Pointe Shoes are OPTIONAL.** (NOTE: Pointe Shoes are NOT needed in this class)
- **AFRO-CONTEMPORARY : (Requires students to have previous ballet training or be concurrently enrolled in ballet)** - This is a high-energy fusion class of West African, Contemporary, and Modern Dance styles. Focus is on building core strength, balance, fluidity in movement and stamina all while grooving to the hypnotic sounds of Afro Pop/House music.
- **HIP-HOP** - This is an exciting and fresh class that teaches the basics of Hip-Hop and freestyle movement. Classes are high energy and focus on building technique and choreography.
- **ADULT BALLET** - Students build upon the technique learned in Cecchetti Style of Ballet I and are challenged with more advanced progressions, requiring greater strength and agility. Correct posture and body placement will be an important component of this class. **Participants must have mastered Ballet I before enrolling into the intermediate class or have the instructor's consent to enroll.**
- **LYRICAL DANCE: (This class is designed for the "closet" dancer)** - Students will learn basic movements of dance and will be encouraged to use learned movements to create dance compilation and dances. Dance genres will include modern, jazz, and some ballet. **Class is designed to be light and fun.**