

MCC DANCE ACADEMY

WINTER/SPRING 2019 CLASSES



PRESENTED IN PARTNERSHIP WITH



CLASSES BEGIN: JANUARY 7th - APRIL 26

1 CLASS: \$155 | 2 CLASSES: \$285 | 3 CLASSES: \$420 | 4 CLASSES: \$560

PRICE DOES NOT INCLUDE COSTUMES FOR SPRING SHOWCASE

JAN 2019

MORE INFO: 708-996-4091

MONDAYS

Adult Ballet (Beg/Int)	4:30 p.m. - 5:30 p.m.	18+	MCC 112 DANCE
Lyrical Dance	5:30 p.m. - 6:30 p.m.	18+	MCC 112 DANCE

WEDNESDAY

Pre-Ballet	4:30 p.m. - 5:30 p.m.	5-6	MCC 112 DANCE
Ballet I	5:30 p.m. - 6:30 p.m.	10+	MCC 112 DANCE

THURSDAYS

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

SATURDAYS

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

DISCOUNTS: (Payment Plans Available)

Early Bird Registration: \$15 Off if you register before or on Jan. 3

Family Member Discount: \$10 off addition family member

LOCATIONS:

MCC: 20642 Matteson Ave, Matteson IL 60443

OAK: 4450 W. Oakwood Lane, Matteson IL 60443

MCC DANCE ACADEMY



2019 WINTER/SPRING 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)
- **MODERN I** - Is a foundational class in classical modern dance with an emphasis on Horton technique. Exercises in this class are designed to build strength and flexibility, includes: Flat Back with Demi-Plie, Side Stretch, Release Swing into Horizontal Attitude, Prelude Studies, Fortification Studies, Balance Studies, Turns and more.
- **MODERN II** - Is a classical modern dance class with an emphasis on Horton technique for the dancer with a year or more training. Exercises in this class are designed to build strength and flexibility and includes: Flat Back with Demi-Plie, Side Stretch, Release Swing into Horizontal Attitude, Prelude Studies, Fortification Studies, Hinge Studies, Balance Studies, Turns and more.
- **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.**