



Spring 2010

**Building Character on stage and off!**

**Olmsted Performing Arts is a non-profit organization dedicated to promoting and advancing the creative expression of the residents of our community through participation in different aspects of theater, both on-stage and behind the scenes, and presenting programs with their creative spirit through varied artistic experiences.**

- To create, develop and maintain a support structure that will provide the opportunities for interaction with others, develop self-discipline and master their presentation skills.**
- To promote self esteem through dedication to artistic discipline, to exercise, expand and channel the expressive capabilities.**
- To strengthen the value of friendship, team effort and a sense of community and help each individual learn the value of attaining a cooperative goal.**

## **Table of Contents**

Dance Classes.....	4-7
Dance Dress Code.....	8
Dance Placement Testing.....	9
Policies.....	9
Spring Dance Showcase.....	10
Calendar of Events.....	11

## **Dance Classes**

*January 11-May 8*

### **My First Dance Class (Preschoolers)**

Monday 4:30 - 5:00 pm

Michelle Mannino

Students will have fun discovering freedom in movement and learning basic beginning steps for confidence in dance. \$120 or \$30/mo

### **Intro to Dance (PreK-Kdg)**

Thursday 4:30-5:25 pm

Michelle Mannino

Children ages 4 and 5 will be introduced to different forms of dance and have the opportunity to explore their own movement ability. Students will learn elementary elements of stretching, ballet, jazz, tap, and creative movement. \$160 or \$40/mo

### **Adult Ballet (Adult)**

Thursday 8:30-9:25 pm

Michelle Mannino

Improve your posture and balance with this adult-level class. Learn barre, centre floor, and traveling techniques that help you become more graceful and toned. Discover the freedom of movement and appreciation for dance as an art form. \$160 or \$40/mo

### **Ballet 1 (Beginning level; Ages 6+)**

Thursday 5:30-6:25 pm

Michelle Mannino

This beginning level ballet class will introduce students to the class structure and vocabulary of ballet while working on basic posture, alignment, balance, and discipline. Class elements include barre, center floor, and across the floor exercises. This is a fun way to exercise and enter into the beautiful, graceful world of ballet! \$160 or \$40/mo

**Ballet 2 (Teacher Recommended ONLY)**

Monday 5:00 - 5:55 pm

Michelle Mannino

Intermediate Ballet class for those young dancers who have had previous training and have an understanding of basic ballet terminology and vocabulary. Classes begin with work at the barre, focusing on proper alignment and technique, culminating in exercises in the center and across the floor, focusing on performance quality, turns, jumps, and body control. \$160 or \$40/mo

**Ballet 3 (Teacher Recommended ONLY)**

Friday 5:30-7:00pm

Janet Strukely

Advanced Ballet class for those dancers who have attained proper alignment and have a good understanding of technique and dance vocabulary. Classes will begin with barre exercises that challenge the dancers physically and mentally with more complicated sequences and tempos. Center work and across the floor exercises focus on developing a performance quality worthy for stage productions and seamless transitions between movements and steps. \$228 or \$57/mo

**Pointe (Teacher Recommended ONLY)**

Friday 7:00-7:30pm

Janet Strukely

Must be enrolled in Ballet 3. \$120 or \$30/mo

**Dance Conditioning (13 & up)**

Friday 5:00 - 5:30 pm

Janet Strukely

Conditioning class for anyone 13 and up who is interested in developing the grace, posture, and athletic look of a dancer without a formal ballet class. The class will include stretches that professional dancers use to increase their range of motion and move with ease, pilates mat exercises to strengthen core and increase balance, and toning of "dancer" muscles in the stomach, back, hips, tush and legs. \$120 or \$30/mo

**Hip Hop 1 (Ages 6+)**

Saturday 11:00-11:55 am

Morgan Haviland

Jazz hip hop through an hour of high-energy dance set to pop and hip hop tunes. A short warm up will be followed by a hip hop combination that will grow and be repeated throughout class. Each week a new combination will be taught. \$160 or \$40/mo

**Hip Hop 2 (Ages 12+)**

Saturday 1:00-1:55

Erin Quellhorst

Jazz hip hop through an hour of high-energy dance set to pop and hip hop tunes. A short warm up will be followed by a hip hop combination that will grow and be repeated throughout class. Each week a new combination will be taught. \$160 or \$40/mo

**Jazz 1 (Beginning level; Ages 6+)**

Saturday 10:00 - 10:55 am

Megan Hyde

Dancers learn basic warm ups and stretches along with simple strengthening techniques and learn simple across the floor and centre work with turn preparations. \$160 or \$40/mo

**Jazz 2 (Teacher Recommended ONLY)**

Saturday 2:00 - 2:55 pm

Erin Quellhorst

Dancers learn basic warm ups and stretches along with simple strengthening techniques and learn simple across the floor and centre work with turn preparations. \$160 or \$40/mo

**Lyrical**

Saturday 3:00-3:55 pm

Erin Quellhorst

Lyrical is a fusion of ballet and jazz dance techniques. A lyrical dancer's movements show the meaning of the music and is very passionate. Movements in lyrical dance are characterized by their fluidity and grace, thus ballet is essential for the dancer. This class will focus on lyrical dance technique and include a combination at the end.

**Intro to Modern Dance (Beginning level; Ages 7+)**

Thursday 6:30-7:25 pm

Michelle Mannino

Dancers will learn basic modern movement, positioning of the feet and arms, along with the beginning use of space. \$160 or \$40/mo

**Modern 1 (Beginning level; Ages 10+)**

Monday 6:00 - 6:55 pm

Michelle Mannino

Learning basic modern technique such as single jumps, small phrases across the floor, and the begin stages of small movement into the floor. \$160 or \$40/mo

**Modern Dance 2 (Teacher Recommended ONLY)**

Thursday 7:30-8:25 pm

Michelle Mannino

Students will learn advanced modern technique such as double jumps, turns, falls into the floor, and complicated phrases across the floor. \$160 or \$40/mo

**Tap 1 (Beginning level; Ages 6+)**

Saturday 12:00 - 12:55 pm

Erin Quellhorst

Dancers learn basic tap sounds and how to combine them into longer steps while learning how to be conscious of the rhythmic patterns that must be followed and how to count them with small combinations. \$160 or \$40/mo

## **Dance Class Dress Code**

### **My First Dance Class: Preschool**

Girls: Any color leotard, pink tights, pink ballet shoes, ballet skirts are acceptable, hair in ponytail/ bun off of face

Boys: White t-shirt/tank top, dark colored sweat pants, black ballet shoes

### **Intro to Dance**

Girls: Any color leotard, pink tights, pink ballet shoes, and black tap shoes, hair in ponytail/ bun off of face

Boys: White t-shirt/tank top, black shorts/sweat pants, black ballet shoes, and black tap shoes

### **Jazz I, II**

Girls: Any color leotard/cami top, black jazz pants, black jazz shoes, hair in ponytail or bun off of face

Boys: Any color t-shirt/tank top, black jazz pants, black jazz shoes

### **Hip Hop I, II**

Girls: Any color cami top/t-shirt, any color jazz pants/ dance capris, black jazz sneakers, hair off of face

Boys: Any color t-shirt/tank top, Any color loose fitting pants, black jazz sneakers

### **Tap**

Girls: Any color leotard/cami top, black jazz pants or tights, black tap shoes, hair in ponytail or bun off of face

Boys: Any color t-shirt/tank top, black jazz pants, black tap shoes

### **Ballet I**

Girls: Black leotard, pink tights, pink ballet shoes, hair in bun

Boys: White t-shirt/tank top, black shorts, black ballet shoes

### **Ballet II, III**

Girls: Black leotard, pink tights, pink split sole ballet shoes, hair in bun

Boys: White t-shirt/tank top, black shorts or black tights, black split sole ballet shoes

### **Modern Intro/I/II**

Girls: Any color leotard, black footless tights or black Capri leggings, may wear black spandex shorts, bare feet, hair off face

Boys: Any color t-shirt, black shorts, bare feet

### **Dance Conditioning**

Form-fitted shirts or leotards, tights, shorts or jazz pants. No street clothes (i.e., jeans, skirts, jewelry, etc.).

## Dance Placement Testing

Dance Class Placement Testing will be held on January 9. Students ages 6-9 years will test from 10:00-11:30 am. Students ages 10+ will test from 11:30-1:00 pm. Students MUST be on time, dress in appropriate dancewear, and bring appropriate shoes for the classes they wish to register for. The spring placement testing is only for new students and students invited by their teacher. If you are continuing a class from the fall and are not invited to attend the placement auditions, you should register for the same level class.

## Policies

**Payments:** Payments must be up to date or your child will not be allowed into class. Theater Class payments are due prior to the start of the first class. Dance Class payments may be divided into 4 equal payments but must be received by first day of class, February 15, March 15, and April 19. Our preferred method of payment is online at [www.olmstedperformingarts.com](http://www.olmstedperformingarts.com). Payments may also be given to the instructor or mailed. Anyone paying for all 4 months of dance classes in full by the first class will receive a discount. There is a \$10 fee for all late payments.

**Attendance:** We strongly encourage your child to attend each and every class. Missing a class results in missed material. If your child falls too far behind, our instructors maintain the right to ask them to observe rather than participate in the remainder of the session.

**Dance Registration:** Registration begins in December. After January 30, registration will not be accepted again until after the showcase.

**Food/Drink:** ONLY water bottles are permitted in class. All other food and drink must remain outside the dance studio or on the tables in the teen center.

**Dance Companies:** Dance Company auditions will be held March 13 (see website for details). NO ONE will be permitted to audition unless they are registered in an OPA ballet class for the Spring session.

## **Spring Dance Showcase**

***Dates:*** The showcase will be held on Saturday, May 15 at 4:00 pm at North Olmsted Middle School auditorium. Dancers' call will be at 3:00. Dress Rehearsal will be held Friday, May 14 from 6-9 pm at the auditorium. Our youngest students will be released earlier. A studio dress rehearsal will also take place from 5-8 pm on May 10. We will have a photographer at the May 10 rehearsal taking group and individual photos. Photo package information will be sent home a few weeks prior to the show.

***Fee:*** A \$100 showcase fee will be charged to ALL dancers and will include one costume and two tickets. If your child is registered in multiple classes, you will be responsible for purchasing the additional costumes at \$45 per costume.

## **2010 Spring Calendar of Events**

- January 9 Dance Placement Testing
- January 11 Dance Classes Begin
- January 18 No Classes—Martin Luther King Jr. Day
- February 15 No Classes—President’s Day
- March 13 Summer Dance Team Auditions
- April 2 No Classes—Good Friday
- May 10 Studio Dress Rehearsal—Spring Showcase
- May 14 Dress Rehearsal—Spring Dance Showcase
- May 15 Spring Dance Showcase

P.O Box 38265 · Olmsted Falls · Ohio, 44138  
[www.OlmstedPerformingArts.com](http://www.OlmstedPerformingArts.com)  
440.465.3355