Des Moines DanzArts Studio 2014/2015
Fall & Spring - August 27th-May 22nd

Complete details on website at www.desmoinesdanzartstudio.com

Young Dancer Program through Level 3/4

5 week Parent /Toddler Classes adult must accompany child.
Friday 9:30-10:00am Kathleen (5week Sessions) $58.10 per session
Fall Semester:

- Session 1: 8/29-9/26
- Session 2: 10/03-10/31
- Session 3: 11/07-12/12 (no 11/28 due to Thanksgiving)

Spring Semester:

- Session 1: 1/09-2/06
- Session 2: 2/13-3/13
- Session 3: 3/27-4/24

Creative Movement - 3yr olds must be 3 by 9/01
Friday pm 1:00-1:30pm Paula

Pre Ballet - 4yr olds must be 4 by 9/01
Friday 1:30-2:15 Paula
Tuesday 4:00-4:45 Paula

Level 1 –Our 5 & 6 year old program. Must be 5 by 9/01
Tuesday Ballet & Tap 4:45-5:45 Paula
Wednesday Ballet & Tap 4:30-5:30 Paula
Thursday Hip Hop 4:30-5:15 Anne

Youth Capoeira ages 4-6 must be 4 by 9/01
Wednesday 3:45-4:30 early out day!

Level 2 - 7 & 8 yr olds must be 7 by 9/01
Monday Ballet/Tap & Jazz 4:30-6:00 Paula
Wednesday Zumba Kids 7:00-7:45 Patricia
Thursday Ballet Ball Class 4:30-5:15(progressing ballet technique) Paula
Thursday Hip Hop 5:15-6:00 Anne
Thursday Capoeira 6:00-6:45 Holly & Julio

Level 3/4 approx. ages 9-11 * There is room to grow within this level. We suggest a young dancer may wish to start off with a ballet class a week and an elective. Older dancers may wish to do a ballet class with several electives. Foot Fundamentals is a must for young dancers working towards pointe shoes! The sky is the limit it is up to you! * Age is our rough guideline for this level but final placement is determined by faculty
Tuesday Foot Fundamentals 5:30-6:30 Gigi
Wednesday Open Level Ballet 4:30-5:30 Kathleen
Wednesday Hip Hop 5:30-6:15 Anne
Wednesday Tap 6:15-7:00 Paula
Wednesday Zumba 7:00-7:45 Patricia
Thursday Ballet Ball Class 4:30-5:15(progressing ballet technique) Paula
Thursday Capoeira 6:00-6:45 Holly & Julio
Friday Ballet 4:30-5:45 Paula
Friday Jazz 5:45-6:30 Paula
Saturday Contemporary 11:45-12:30 Kathleen

Level 5/6 on Next Page

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Level 5/6 approx. age 12-14 * *Pointe dancers must take 2 ballet classes a week plus Foot Fundamentals Course * Placement is determined faculty.*

If you are a dancer in this level not quite ready for pointe shoes we encourage you to take the Pointe classes in soft shoes as preparation towards your goal of being on Pointe. Taking more than one class? Make registering easy simply circle the classes you want on this sheet and turn it in with your registration form. The more classes you take the cheaper it becomes!

Monday Ballet Ball Class (progressing technique) 5:15-6:00 Christina
Monday Ballet 6:00-7:30 Christina
Monday Capoeira 8:00-9:00 Holly & Julio
Tuesday Jazz 5:45-6:30 Paula
Tuesday Foot Fundamentals 6:30-7:30 Gigi
Tuesday Ballet 7:30-9:00 Gigi
Tuesday Capoeira 6:30-7:30 Holly & Julio
Wednesday Open level Ballet 4:30-5:30 Kathleen
Wednesday Tap 5:30-6:15 Tap Paula
Wednesday Hip Hop 6:15-7:00 Anne
Wednesday Taiko Drum Class 8:00-9:00 Ben
Thursday Capoeira 6:45-7:45 Holly & Julio
Saturday Zumba 10:00-11:00 Patricia
Saturday Ballet 10:00-11:30 Karina
Saturday Pointe & Variations Class (maybe be done in soft shoes if not yet on pointe) 11:30-12:30 Karina
Saturday Contemporary (Limon Style) 12:45-2:00 Kathleen
Saturday Musical Theater 2:00-3:00 David

Keeps Getting Better Level 7/8 on Next Sheet……

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Levels 7/8 & Adults approx. age 15 & up *

**At this Level Pointe dancers must take 2 ballet classes a week plus Foot Fundamentals Course*
Placement is determined by faculty Taking more than one class? Make registering easy simply circle the classes you want on this sheet and turn it in with your registration form. The more classes you take the cheaper it becomes!

Monday Senior Fitness 9:30-10:30 Kathleen
Monday Movement Meditation 10:30-11:30 Kathleen
Monday Pre Natal Ballet 2:30-3:30 Kathleen
Monday Ballet Ball Class (progressing ballet technique) 5:15-6:00 Christina
Monday Ballet (optional on pointe for advanced dancers only) 6:00-7:30 Christina
Monday Jazz 7:30-8:30 Lisa
Tuesday Noon Time Zumba Noon-1:00 Melanie
Tuesday Foot Fundamentals 6:30-7:30 Gigi
Tuesday Ballet 7:30-9:00 Gigi
Tuesday Capoeira 6:30-7:30 Holly & Julio
Wednesday Baby Wearing Ballet 9:30-10:30 Kathleen
Wednesday Noon Time Pilates Noon-1:00pm Mary
Wednesday Open Level Ballet 4:30-5:30 Kathleen
Wednesday Hip Hop 7:00-8:00 Anne
Wednesday Taiko Drum Class 8:00-9:00 Ben
Thursday Contemporary 5:30-6:45 Paula
Thursday Capoeira 6:45-7:45 Holly & Julio
Thursday Tap 6:45-7:45 Paula
Friday Noon Time Yoga Noon-1:00 Cynthia (5weeks only 8/29-9/26) $78.40
Saturday Zumba 10:00-11:00 Patricia
Saturday Ballet 10:00-11:30 Karina
Saturday Pointe & Variations Class (maybe be done in soft shoes if not yet on pointe) 11:30-12:30 Karina
Saturday Contemporary (Limon Style) 12:45-2:00 Kathleen
Saturday Musical Theater 2:00-3:00 David