

Join us at DANCE ENDEAVORS FOR ... FALL MINI SESSION 2018



DANCE ENDEAVORS

6-week session only \$75
Try dance for the first time or try a new style!
Something for ALL ages!

Registration opens online September 17th:
www.danceendeavors.com



PARENT/TOT

This class for our youngest students & a caring adult is a fun opportunity to explore dance & movement together. Dancewear & Ballet slippers optional.

⌋ **Wednesdays 5:30-6:00pm**
Sept. 26, Oct. 3, 10, 24, Nov. 7, 14

PRESCHOOL COMBO

A combination of tap and ballet for young children (ages 3 & 4). Learn ballet and tap techniques while enjoying creativity in dance. The focus is on movement and enjoyment. Ballet & tap shoes required.

⌋ **Thursdays 4:45-5:30pm**
Oct. 4, 1, 25, Nov. 1, 8, 15

ELEMENTARY COMBO

A combination of tap and ballet for dancers in early elementary (Kindergarten—grade 2). Learn ballet and tap techniques while enjoying creativity in dance. The focus is on movement and enjoyment.

Ballet & tap shoes required.
⌋ **Wednesdays 4:45-5:30pm**
Sept. 26, Oct. 3, 10, 24, Nov. 7, 14

DANCE ENDEAVORS

10820 Nesbitt Ave S
Bloomington, MN 55437
952-212-4456
www.danceendeavors.com
info@danceendeavors.com

Jazz (Grades K-3)

The fluid motion of jazz dance brings you flexibility and musicality. Dance to current and upbeat music. Students will enjoy the freedom of movement in this quick paced class. Ballet or jazz shoes required.

⌋ **Thursday 4:45-5:30pm: Oct. 4, 11, 25, Nov. 1, 8, 15**

MERMAID TUMBLING (Grades K-3)

Do Acro Tumbling in a Mermaid Tail! How fun is that?? *Mermaid Tumbling* is the latest rage and we have it here! Begin with a warm-up, followed by stretching, stationary skills, and move on to moving motor skills and finally basic acro/tumbling combinations. We provide the mermaid tails! No shoes required.

⌋ **Tuesdays, 6:30-7:15pm: Oct. 2, 9, 16, 23, 30, Nov. 6**
⌋ **Wednesdays 6:45-7:30pm: Sept. 26, Oct. 3, 10, 24, Nov. 7, 14**

Jazz & Lyrical Boot Camp (Grades 4-7)

Want to work on improving skills? Or do you want to join your friends in dance but you are starting later? Take this boot camp to learn the basics of jazz & lyrical and then join your friends in your favorite technique classes for the remainder of the school year session! Ballet or jazz shoes required.

⌋ **Mondays 7:15-8:00pm: Oct. 1, 8, 15, 22, 29, Nov. 5**

Ballet Skills

Study ballet based on the Vaganova method of ballet instruction. Develop grace and strength as your body learns the art of classical ballet. Previous ballet experience not necessary. Appropriate dancewear and ballet slippers required.

⌋ **Grades 2-3 - Wednesdays 6:00-6:45pm: Sept. 26, Oct. 3, 10, 24, Nov. 7, 14**
⌋ **Grades 4-7 - Sundays 3:15-4:00pm: Oct. 7, 14, 28, Nov. 4, 11, 18**

IMPROV/CHOREOGRAPHY (Grades 6-12)

Development of improvised movement is facilitated through a variety of creative explorations! Ballet or jazz shoes required.

⌋ **Sundays 4:00-4:45pm: Oct. 7, 14, 28, Nov. 4, 11, 18**

MODERN (Grades 6-12)

An eclectic blend of contemporary and post-modern movement emphasizing the concepts of contraction/release, musicality and rhythm. Dance in bare feet.

⌋ **Sundays 4:45-5:30pm: Oct. 7, 14, 28, Nov. 4, 11, 18**

STRENGTH & CONDITIONING (Grades 6-12)

Dancers need flexibility and conditioning to gain the stamina to perform choreography. This class will train dancers using exercises designed specifically for them. Core work is a major emphasis to improve posture and ALL DANCE STEPS.

⌋ **Sundays 5:30-6:15pm: Oct. 7, 14, 28, Nov. 4, 11, 18**

BARRE FITNESS (Adults)

Target the entire body through ballet barre-based and mat Pilates exercises. No dance experience required! Workout in socks or bare feet. Yoga/fitness mat needed.

⌋ **Thursdays 7:45-8:30pm: Oct. 4, 11, 25, Nov. 1, 8, 15**

Yoga (Adults)

Vinyasa flow class. Build strength, flexibility and concentration while cleansing the body and calming the mind. Workout in socks or bare feet. Yoga/fitness mat needed.

⌋ **Saturdays 9:00-9:45am: Sept. 29, Oct. 5, 13, 27, Nov. 9, 17**