

Join us at DANCE ENDEAVORS FOR ... FALL MINI SESSION 2019



DANCE ENDEAVORS

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

6 weekly classes—no performance!
Dance & fitness options for all ages!
Try dance for the first time or try a new style!

Registration opens online
7:00pm September 16th:
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, 6:00-6:30pm**
October 9, 23, 30, November 6, 13, 20

BALLET/TAP COMBO

A combination of tap and ballet for young Dancers. Learn ballet and tap techniques while enjoying creativity in dance. The focus is on movement and enjoyment. Ballet & tap shoes required.

)] **Preschool (age 3 & 4):**
Wed., 6:30-7:15pm
October 9, 23, 30, November 6, 13, 20

)] **Elementary (Grades K-2):**
Wed., 5:15-6:00pm
October 9, 23, 30, November 6, 13, 20

Jazz (Grades K-3)

The fluid motion of jazz dance teaches dancers 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.

)] **Wednesdays, 4:30-5:15pm**
October 9, 23, 30, November 6, 13, 20

MINI SESSION TUITION

Tuition is based on class length & includes all 6 classes in the session:

30 minute class = \$55.50
45 minute class = \$69.00
1 hour class = \$84.00
90 minute class = \$97.50

*3-class Catch-Up session = \$35.00
+Dance Team 1 day workshop = \$18.00

NEW! CATCH-UP CLASS (Ages 10+)

Always wanted to take dance, but didn't start when you were younger? No problem! This catch-up class will get you ready for regular class integration with your friends. Learn in a relaxed atmosphere with other beginners! Learn the basics of tap/ballet/jazz (will adapt the class to the needs of registered students!).

)] **SESSION 1: Thursdays, 7:15-8:00pm** October 3, 10, 24 (Join a regular class Nov 1)*
)] **SESSION 2: Thursdays, 7:15-8:00pm** November 7, 14, 21 (Join regular class Dec 1)*

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, 7:00-7:45pm** October 8, 15, 22, 29 November 5, 12

POM/CHEER (Grades K-5)

POM is a fun movement-based class focusing on sharp arm movements and the latest dance team/cheer skills. Dancers will learn fundamentals of Pom positions, performance skills and expand on high energy, entertainment skills.

)] **Wednesdays, 7:15-7:45pm** October 9, 23, 30, November 6, 13, 20

MUSICAL THEATRE TRIPLE THREAT!

This high energy, FUN class will prepare you for your next audition! Learn every aspect of musical performance—song, dance, movement, stage presence, audition prep & more.

)] **Grades K-5: Thursdays, 7:00-7:45pm** October 3, 10, 24, November 7, 14, 21
)] **Grades 6-12: Thursdays, 7:45-8:30pm** October 3, 10, 24, November 7, 14, 21

PROGRESSIVE BALLET TECHNIQUE (Grades 6-12)

PBT is a revolutionary and innovative program that helps students improve their sense of posture and weight placement while learning to use each correct muscle group in their ballet technique. Students must provide a Yoga ball, Therabands and optional balance disc. Class size is limited—don't miss this exciting new opportunity!

)] **Saturdays 11:45a-1:15p** October 5, 12, 26, November 2, 9, 16

80's JAZZ (Adults)

Come get your groove on and jam out to the best music hits of the 80's! Our jazz class is the perfect opportunity to get your workout in early plus improve your overall strength, agility, and mobility. Class will include a warm up, strength and conditioning, and fun jazz combos that will have you dancing the rest of the week!

)] **Saturdays 1:15-2:15p** October 5, 12, 26, November 2, 9, 16

BARRE BLAST! (Adults)

You will love this high intensity fitness class! This mind-body centered total body workout uses targeted routines that promote muscle toning, joint health, and stamina. Vashti's class features a Pilates based mat warm up, Barre strengthening, cardio routines, and a Yoga based cool down. Her class helps dancers become more athletic and well-rounded as they shape and tone the deepest muscles of their body.

)] **Thursdays 7:30-8:30am** October 3, 10, 24, November 7, 14, 21

DANCE TEAM PREP WORKSHOP (Grades 6-12)

Are you planning to audition for the high school dance teams? Make sure you are prepared and learn everything you need to nail that audition including high energy moves and a winning smile!

)] **ONE DAY ONLY! Saturday, October 5th 10:00am-12:00pm+**