

# ADULT DANCE

Ages 15 & Up

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## Adult Ballet

In an upbeat and supportive environment, students will learn the fundamentals of ballet, including body positions, proper alignment and simple ballet exercises. Class will include exercises on the floor, standing at the barre, center work, and some jumping.

## Adult Hip Hop

Come find out what all the hip hop buzz is about. Learn movement and coordination skills as well as choreography while you are busting a move! No experience is necessary.

## Adult Tap

Learn syncopated rhythms, choreography, techniques and skills. You'll have fun while Rat-a-tat-tatting away! Participants will need tap shoes.

## Ballet Bootcamp

A ballet barre/aerobic crossover class offering a variety of exercises and barre combinations which will help to tone and sculpt muscle as well as increase balance by focusing on core, legs, and upper body poise. This class assumes no prior knowledge or experience in ballet.

## Dancercise

Class consists of line dance-oriented stretching and warm up, upper body toning with hand weights and cool down including mat work. Please wear comfortable attire and aerobic shoes.

## Dancer's Stretch

You don't need to be a dancer to warm up like one! Work on your flexibility while we put on some upbeat music and stretch out our muscles in this fun class. You will leave class feeling loose and relaxed!

## Egyptian Dance

Better known to Westerners as "Belly Dance", this ancient art is highly disciplined and energetically entertaining. Contrary to what its label implies, the dance requires muscle isolation and control for the whole body. This class will help you firm up your entire figure plus enhance your coordination and flexibility.

## Beginning Hooping

Hula hoops are fun for everyone and a revolutionary new way to shape up! Join us in discovering and developing coordination skills that increase muscle definition and tone while having a hooping good time! No experience is necessary, but participants should bring their own weighted hoop for class.

Adult Dance	AGE	DAY	DATE	TIME	INSTR.	LOC.	CLASS #	R/NR
Adult Ballet	15 & Up	Th	Jun 14 - Aug 2	6:15pm - 7:00pm	LB	SP/ds	25296	\$62/\$98
Adult Hip Hop	15 & Up	Th	Jun 14 - Aug 2	7:45pm - 8:30pm	LB	SP/ds	25293	\$62/\$98
	15 & Up	Sat	Jun 16 - Aug 4	4:15pm - 5:00pm	LB	MP/ds	25292	\$62/\$98
Adult Tap	15 & Up	Th	Jun 14 - Aug 2	7:00pm - 7:45pm	LB	SP/ds	25294	\$62/\$98
Ballet Bootcamp	15 & Up	W	Jun 13 - Aug 8	7:45pm - 8:30pm	LB	SP/ds	25288	\$62/\$98
Beginning Hooping	15 & Up	W	Jun 13 - Aug 8	8:30pm - 9:00pm	LB	SP/ds	25295	\$50/\$80
Dancercise	35 & Up	M/W/F	Jun 11 - Aug 31	8:00am - 9:00am	JO	SP/ds	25289	\$97/\$149
Dancer's Stretch	15 & Up	Th	Jun 14 - Aug 2	8:30pm - 9:00pm	LB	SP/ds	25291	\$50/\$80
Egyptian Dance	14 & Up	Tu	Jun 12 - Aug 14	8:00pm - 9:00pm	TS	SP/ds	25290	\$79/\$122

No class July 4.

Supervisor: Bobby Pierobon

For instructor and location legend, see page 81.