

# IRISH DANCE

**Please note:** Dance attire: shorts or practice skirts and kick pants and Irish dancing shoes which can be ordered through the instructor are recommended for all students. Hair should be tied back from face. Beginning students and those under 7 are welcome to wear ballet slippers or other flexible dancing shoes.  
\*Indicates no class 1/23 and 2/20.

## Irish Tots/Irish Movement

Stacy Roumas

Class Comment: This class will introduce young dancers to Irish dance through repetition while allowing them to enjoy the freedom to move creatively. The children will be encouraged (usually with the participation of their parents) to follow along at their own ability level. Basic rhythms, practice movements and the start of some soft shoe dances will be taught. While the more mature student may be able to focus on the minute details of proper foot placement and traditional steps, having a fun experience with music is the main goal. **Limit: 12 students.**

CD95a	1/9 - 3/20*	Thurs. 2:30-3:00pm
	Ages 2-4	Fee: Memb \$45/NM55
CD95b	3/27 - 5/22	Thurs. 2:30-3:00pm
	Ages 2-4	Fee: Memb \$45/NM55

## Young Beginners

Stacy Roumas

Class Comment: This class concentrates on Irish Dance motions and traditional steps modified for the younger dancer, while dedicating portions of the class to creative movement set to Irish music.

**Limit 8 students.**

CD96a	1/9 - 3/20*	Thurs. 3:10-3:40pm
	Ages 4-7	Fee: Memb \$63/NM73
CD96b	3/27 - 5/22	Thurs. 3:10-3:40pm
	Ages 4-7	Fee: Memb \$63/NM73

## Beginners

Stacy Roumas

Class Comment: This class will teach dancers the basics of traditional Irish dance, including the Reel, Light Jig, Single Jig and Slip Jig. Students must have the ability to skip confidently.

**Limit: 10 students.**

CD97a	1/9 - 3/20*	Thurs. 3:45-4:15pm
	Ages 7 & up	Fee: Memb \$63/NM73
CD97b	3/27 - 5/22	Thurs. 3:45-4:15pm
	Ages 7 & up	Fee: Memb \$63/NM73

## Continuing

Stacy Roumas

Class Comment: Continuing students who know at least one complete dance on their own, to music, will strengthen skills and learn more complex dances. **Limit: 12 students.**

CD98a	1/9 - 3/20*	Thurs. 4:20-4:50pm
	Ages 7 & up	Fee: Memb \$63/NM73
CD98b	3/27 - 5/22	Thurs. 4:20-4:50pm
	Ages 7 & up	Fee: Memb \$63/NM73

## Intermediate

Stacy Roumas

Class Comment: Irish dancers who know all 4 light shoe routines on their own, to music, will strengthen skills and learn more complex dances. Beginning hardshoe steps will be taught. Students will perfect their dances and learn some team dances with more difficult steps. **Limit: 10 students.**

CD99a	1/9 - 3/20*	Thurs. 5:00-5:40pm
	Ages 8-Adult	Fee: Memb \$72/NM82
CD99b	3/27 - 5/22	Thurs. 5:00-5:40pm
	Ages 8-Adult	Fee: Memb \$72/NM82

## Advanced

Stacy Roumas

Class Comment: Students will perfect their soft and hardshoe dances, as well as learn some team dances with more difficult steps.

**Teens and adults welcome. Younger students by instructor's permission only. Limit: 12 students.**

CD100a	1/9 - 3/20*	Thurs. 5:45-6:45pm
	Ages 10-Adult	Fee: Memb \$89/NM99
CD100b	3/27 - 5/22	Thurs. 5:45-6:45pm
	Ages 10-Adult	Fee: Memb \$89/NM99

# ADULT

## Adult Irish Dance

Shirleigh Brannon

Class Comment: New and Continuing adults will learn traditional Irish Dance. Dancers will be taught the four solo light dances and the hornpipe. Continuing dancers may learn more difficult steps and perfect the dances they already know. Intermediate adults unable to attend earlier class may enroll.

**New Beginners**

AD60a	1/9 - 3/20*	Thurs. 6:45-7:45pm
	Adults	Fee: Memb \$100/NM110
	*no class 1/23, 2/20	

AD60b	3/27 - 5/22	Thurs. 6:45-7:45pm
	Adults	Fee: Memb \$100/NM110

**Intermediate Adults**

AD61a	1/9 - 3/20*	Thurs. 7:15-8:30pm
	Ages 10-Adult	Fee: Memb \$100/NM110

\*no class 1/23, 2/20

AD61b	3/27 - 5/22	Thurs. 7:15-8:30pm
	Ages 10-Adult	Fee: Memb \$100/NM110

# T'AI CHI

"T'ai Chi Chuan is a slow, graceful, dance-like form of movement. It looks easy to do, yet when you first start practicing it you find that it calls upon muscles, energy, balance and control that you thought you had but which simply aren't there. Practicing it gradually builds up these powers in your body and your mind, creating a wholeness that you never knew you lacked."

Howard Reid - *The Way of Harmony*

## Beginning T'ai Chi Chuan

Sue Chan

Class Comment: This beginning class focuses on the beginning movements of the T'ai Chi set. The first half hour of class will be devoted to simple exercises and introductory movements. In the second half hour we will combine with the continuing class.

AS63a	1/7 - 2/11	Tues. 7:00-8:00pm
	Adult	Fee: Memb \$50/NM60
AS63b	2/25 - 4/1	Tues. 7:00-8:00pm
	Adult	Fee: Memb \$50/NM60
AS63c	4/15 - 5/20	Tues. 7:00-8:00pm
	Adult	Fee: Memb \$50/NM60

## T'ai Chi Chuan - Yang Style

Sue Chan

Class Comment: The study and regular practice of T'ai Chi Chuan results in increased stamina, flexibility, coordination and the ability to concentrate. The study of this Yang style set will include components of postures, movement and energy. **All classes will include beginning and continuing students.** Beginning students will learn to derive movement from stillness. Continuing students will enter a study of greater depth and learn to use energy in movement.

AS64a	1/7 - 2/11	Tues. 7:30-8:45pm
	Adult	Fee: Memb \$50/NM60
AS64b	2/25 - 4/1	Tues. 7:30-8:45pm
	Adult	Fee: Memb \$50/NM60
AS64c	4/15 - 5/20	Tues. 7:30-8:45pm
	Adult	Fee: Memb \$50/NM60

## Morning T'ai Chi Chuan - Yang Style

Sue Chan

Class Comment: T'ai Chi is an ancient and venerable Chinese martial art with the goal of attaining physical well-being and peace of mind. This morning class will consist of stretching and Chi Gung exercises as well as the study of a Yang style T'ai Chi set. Students will develop body awareness and learn to move in a natural, balanced and unified manner.

AS65a	1/9 - 2/13	Thurs. 9:00-10:00am
	Adult	Fee: Memb \$50/NM60
AS65b	2/27 - 4/3	Thurs. 9:00-10:00am
	Adult	Fee: Memb \$50/NM60
AS65c	4/17 - 5/22	Thurs. 9:00-10:00am
	Adult	Fee: Memb \$50/NM60