

# Dancespace 304

since 1987

Wightman School Community Building  
5604 Solway Street — Squirrel Hill  
phone 412.421.6694  
web [www.dancespace304.com](http://www.dancespace304.com)  
e-mail [dance@dancespace304.com](mailto:dance@dancespace304.com)

*Registration: You can register by mail or phone or come to the studio:*  
Thursday, September 9  
4:30 p.m. to 7:30 p.m.

*Classes begin September 13, 2010*

## CLASS SCHEDULE

### Monday Classes

9:30 - 10:40 a.m. **Strictly Stretching & Pilates for Teens & Adults**

4:00 - 5:00 p.m. **First Steps in Dance** (ages 4 & 5)

5:00 - 6:00 p.m. **Tap—Teens & Adults**

6:15 - 7:30 p.m. **Adult Ballet & Stretch Intermediate/Advanced** (those en pointe 'till 7:50 p.m.)

### Tuesday Classes

6:00 - 7:10 p.m. **Strictly Stretching & Pilates for Teens & Adults**

7:15 - 8:15 p.m. **Beginning/Intermediate Ballet for Teens and Adults**

### Wednesday Classes

4:00 - 5:00 p.m. **First Steps in Dance** (ages 4 & 5)

5:00 - 6:00 p.m. **Beginning Ballet, Character Dance & Tap** (ages 6 & up)

6:15 - 7:30 p.m. **Adult Ballet & Stretch Intermediate/Advanced** (those en pointe 'till 7:50 p.m.)  
\$10.00 pianist fee per Term

### Thursday Classes

5:00 - 6:00 p.m. **Ballet II, Jazz, & Tap** (Ages 8 & Up)

6:00 - 7:10 p.m. **Hatha Yoga**

7:15 - 8:15 p.m. **Hip Hop/Jazz—Teens & Adults**

### Saturday Classes

9:30 - 10:40 a.m. **Strictly Stretching & Pilates for Teens & Adults**

## 4 Week Class Terms for the 2010-2011 Season

- Term 1: September 13 - October 9
- Term 2: October 11 - November 6
- Term 3: November 8 - December 11  
(No classes November 22 - 27)
- Term 4: December 13 - January 22, 2011  
(No classes December 20 - January 2; No children's classes Jan. 17; make-up day is Friday, Jan. 21)
- Term 5: January 24 - February 19
- Term 6: February 21 - March 19
- Term 7: March 21 - April 16  
(No classes April 18 - 30)
- Term 8: May 1- May 28  
(No classes May 30 - June 4)
- Summer Session 1: June 6 - July 2, 2011
- Summer Session 2: July 5- July 30, 2011  
(No class July 4; make-up day is Fri., July 8)

## Tuition

4 Week Class Term	
\$52.00 Term	1 class per week
\$10.00 Term	2nd class per week
\$16.00 Term	2 pointe sessions per week
\$18.00 -	Single class

Discounts: Children get a family discount: add together classes per week.

5% off per Term to individuals who have attended Dancespace classes for 5 years or more.

Tuition is due on the first class of each Term. Some make-up classes are available, but must be made-up during the same Term. Those students on pointe should take 2 classes per week.

Classes are open throughout the year to students who want to take a single class or to begin a term of classes.

## Mail-in Registration

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State: \_\_\_\_\_

If Child: \_\_\_\_\_ Age: \_\_\_\_\_

Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

ZIP: \_\_\_\_\_

Mail with check payable to:

Dancespace 304  
5604 Solway Street  
Pittsburgh, PA 15217

## Class Information

### ❁❁ *First Steps in Dance* ❁❁ Ballet & Creative Movement Ages 4 and 5

An introduction to the beginning steps and positions of ballet. Classes are structured to acquaint children with beginning body disciplines, ballet vocabulary, and movement exploration. Children express their ideas and feelings through improvisation, rhythm, group songs, and dances.

### ❁❁ *Ballet/Character/Jazz/Tap Dance* ❁❁ Beginning, Intermediate, Advanced Ages 6 – 12

Classes focus on progressive development of skills. Individual guidance is applied with an aim toward developing coordination and poise, as well as a logical comprehension of movement theory. The beginning student learns the basic positions and fundamental techniques of classical ballet. Intermediate and advanced students will undertake a program in keeping with their level of development in ballet. Some classes conclude with character dance, tap rhythms, and jazz dances that increase the overall development in dance.

### ❁❁ *Teen & Adult Ballet & Stretch Classes* ❁❁

If you've ever wanted to try ballet or get back into it after a length of time, this class is for you. The basic principles of classical ballet are offered in beginning to advanced levels. Classes focus on barre technique, port de bras, adagio, and allegro movements. Special emphasis is directed toward stretching and also discovering one's own physical and creative potential.

### ❁❁ *Teen & Adult Strictly Stretching Classes* ❁❁

This stretch class is not a dance class. It is meant to combine proper body alignment and flexibility through precise body stretches, Pilates, and strength training that helps to recharge and stretch the body. This class includes simple lifts with hand weights that help to strengthen the upper body. All adult classes are for girls and guys of all ages.

## Class Information

### ❁❁ *Hatha Yoga* ❁❁

Hatha Yoga provides a gentle yet challenging way for people of all ages to gain flexibility and strength as well as learn how to release stress through deep relaxation. Classes emphasize asanas (postures) which develop breath control and capacity, and increased body awareness through slow, concentrated movements.

### ❁❁ *Tap* ❁❁

Footwork fun and coordination for Teens and Adults. Learn beginning/intermediate tap steps and dances. No previous dance training is required.

### ❁❁ *Hip Hop & Jazz* ❁❁

New moves and aerobic exercise for Teens and Adults. Based on the breakdancing style of the 70's, which includes jazz rhythms as well as soul, funk & rock 'n roll. No previous dance training is required.

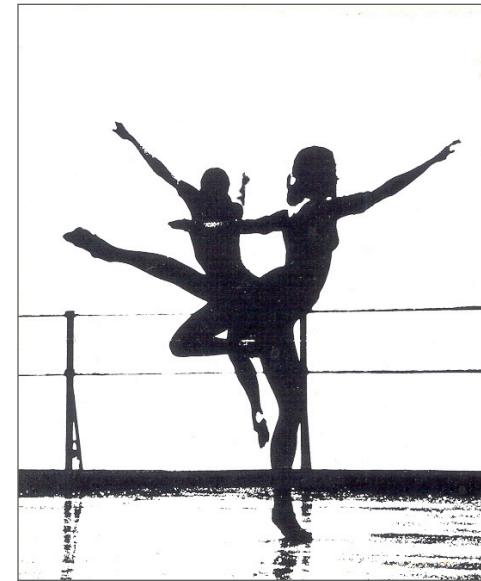
### *Strictly Stretching DVD*

Dancespace 304 has a Strictly Stretching & Pilates DVD available. Call or e-mail for information.

### *About the Director*

Dena Holland, Founder and Director of Dancespace304, has been teaching dance and movement in the Pittsburgh area for more than 30 years. She has studied, danced, and performed in Chicago, Paris, and in Pittsburgh. Dance workshops include study with Merce Cunningham, Loretto Rozak, Richard Arve, June Lewis, and Robert Joffrey.

More information on Dena and the other instructors at Dancespace 304 can be seen at the studio.



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**BALLET  
CREATIVE MOVEMENT  
CHARACTER DANCE  
STRICTLY STRETCHING  
WITH PILATES  
HATHA YOGA  
JAZZ ❁ HIP HOP ❁ TAP**

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