



Schedule for Dance and Movement Classes

Winter 2012

10 Week Session January 2 - March 10

Classes will not meet Monday, January 16 in observance of the Dr. Martin Luther King Jr. Holiday.

Make-up classes: Discover Dance 6-8 and Dance Combo 9-12 will make up class on January 11 from 4-4:45pm.

Pilates and Yoga students, please see your instructor for make up opportunities.

Day	Time	Class	Age Range	Member Charge	Community Charge
Monday	8:30 am - 9:30 am	Gentle Yoga 2	Adult	Free	\$80
	4 pm - 4:45 pm	Discover Dance 6-8	6 - 8 years	\$10 - \$50	\$100
	4:45 pm - 5:45 pm	Dance Combo Class 9-12	9 - 12 years	\$10 - \$60	\$120
	5:45 pm - 6:45 pm Wear Tennis Shoes	Stott Pilates Circuit: Intermediate/Advanced Combining Mat, Equipment & Cardio	Adult	\$10 - \$80	\$150
Wednesday	9 am - 10 am	Stott Pilates Mat Class: Mixed Level Essential/Intermediate/Advanced	Adult	\$10 - \$80	\$150
	10 am - 11 am	Gentle Yoga 1	Adult	Free	\$80
	5:30 pm - 6 pm	Yoga for Children 4 - 6	4 - 6	Free	\$40
	6 pm - 6:30 pm	Yoga for Children 7 - 11	7 - 11	Free	\$40
	6:30 pm - 7:30 pm	Yoga Flow for Teens & Adults	12 - Adult	Free	\$80
Saturday	10 am - 11 am	Stott Pilates Mat Class: Essential	Adult	\$10 - \$80	\$150
	10 am - 11 am	Mixed Level Yoga	Adult	Free	\$80
	11 am - 11:30 am	Discover Dance 3	3 years	\$10 - \$50	\$100
	11:30 am - 12 pm	Discover Dance 4-5	4 - 5 years	\$10 - \$50	\$100
	12 pm - 12:45 pm	Open Level Ballet 6-8	6 - 8 years	\$10 - \$50	\$100
	12:45 pm - 1:45 pm	Dance Exercise for Teen & Adults	13 - Adult	\$10 - \$60	\$120
	FLEX PASS	9 Class Flex Pass for Pilates Classes	Adult	\$9 - \$72	\$135
		12 Class Flex Pass for Pilates Classes	Adult	\$12 - \$96	\$180

Class Descriptions

Open Level Ballet	These classes focus on ballet technique, include work at the barre, and incorporate moves to increase strength and flexibility. Designed for boys and girls ages 6 – 12.
Discover Dance	This class is designed to reinforce and stimulate the developmental patterns of children. It helps boys and girls develop rhythm, coordination and self-expression.
Dance Exercise	This class will incorporate dance technique, barre work, and creative movement. Our goal is to increase strength and flexibility and to improve cardio endurance. Dance Exercise is for ages 13 to adult.
Dance Combo	This class combines creativity and cardio as children explore different disciplines of dance. Boys and girls will study elements of ballet, creative movement and choreography.
Yoga	Gentle 2/Mondays 8:30 am: A progressive class using chairs & floorwork to build endurance & strength. Must be able to get up and down from the floor independently. Gentle 1/Wednesdays 10 am: Uses chairs and props to accommodate seniors and those with physical limitations. Wednesdays 6:30 pm: This vinyasa style class emphasizes fluidity of motion, strength and flexibility for Intermediate to Advanced students. Saturdays 10 am: Open to participants without injury; improves strength, flexibility and balance. Great for Beginners to Intermediate.
Stott Pilates Mat & Reformer Machine	Stott Pilates focuses on strengthening abdominal muscles and brings attention to movement quality, posture and breath. Designed for 16 to adult. Call ext. 1653 to schedule a Reformer appointment. Private sessions are \$75 and Semi-Private sessions are \$50. CHC Wellness members receive a 10% discount off these prices.
Yoga for Children	Exercise designed to increase strength, flexibility, self-esteem and positive body image. Parents of children in these classes are encouraged to join them for Family Yoga on January 4 and February 1

How to Register for Dance and Movement Classes:

At Church Health Center Wellness: If you would like to register for a class, just go to the second floor membership desk and fill out a Dance and Movement Registration form. Turn your form in at the desk and make your payment in full to reserve your space in a class. You may pay with cash, check, MasterCard or Visa. All checks can be made out to "Church Health Center Wellness."

General Guidelines & Policies:

- **Class Placement:** Enroll in the class that matches your child's age at the **start** of the session.
- **Attendance and Participation Policy:** All students are expected to attend class **regularly and on time**. Out of respect for the instructor and in order to develop a sense of discipline, please be prompt in arriving for class. It does take some extra time to sign into our building so plan your visit accordingly. Students arriving more than 10 minutes late to class are welcome to observe, but they may not actively participate in that day's class. This is for the student's safety since they will be missing the warm up portion of class. Observation is another great way to learn the art of dance. If constant tardiness is an issue your teacher will address it with you. Make-up classes **must be completed** during the session in which the student is enrolled. You may not make-up in the next session of classes.
- **Dance and Movement Class Dress Code:** For everyone's safety, all students must be properly attired upon entering and leaving the studio. Street clothes must be worn over dance clothes. No jewelry, oversize t-shirts, or baggy pants allowed. If you wear a leotard and tights, please refrain from wearing underpants with it. Please secure hair away from the face. **Adults** should wear comfortable clothes that allow freedom of movement such as leotards, tights, leggings, pants, shorts and fitted shirts. **Girls** can wear a leotard, tights, leggings or fitted t-shirts and shorts. **Boys** can wear solid colored shorts or sweat pants and a fitted T-shirt.

Inclement Weather Policy: If Memphis City Schools are closed due to bad weather, all classes are canceled for that day for your safety.

If you are planning on exercising at Church Health Center Wellness in addition to your dance class, please make sure to wear appropriate attire that adheres to the Wellness Dress Code.

Looking Ahead...Mark Your Calendars Now!

Did you know?

Church Health Center Wellness Members are charged on a sliding scale for dance & movement classes in the Creative Movement Studio. We want these great classes to be available and affordable for all of our members. Would you like to know how much your tuition charge would be?

Just ask the staff at the membership desk to look it up for you in the computer.

Upcoming Ballet Memphis Performances

AbunDANCE

February 17 - 19, Playhouse on the Square

Creative Movement Studio Students may receive special ticket offers by providing proof of enrollment to the Ballet Memphis Box Office. See your Instructor for more details.

Upcoming Classes

The Spring Session is March 19 - May 19

Registration for the Spring 2012 Session will begin on February 27.

Training is offered for males & females ages 3 to adult in classes like Discover Dance, Ballet, Dance Combo, Dance Exercise, Yoga and Stott Pilates.

Our faculty has extensive training and experience in dance & movement and they look forward to teaching you!