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703-790-0123
www.mcleancenter.org

joy of dance

inspiring young dancers

Fall 2013





Joy of Dance is a progressive dance training program where students advance in a systematic manner. The Joy of Dance Staff are university degreed, internationally accredited and/or performing professionals. All our Hip Hop classes are taught by Washington's leading hip hop dance instructors who have performed nationally and internationally.

To view all optional events, performances, instructor qualifications and other information, please click on to our website at www.mcleancenter.org

Priority Placement for Fall 2013 will be provided to those students who were enrolled in the Winter/Spring 2013 class session. All remaining class vacancies will be filled with new Fall registrants. All classes have a dress code; please pick up a dance attire catalog, or contact Joy of Dance at info@joyofdance.org.

Optional Performances. Students who perform in optional events will incur a costume/performance fee (approximately \$55 per session). Optional performance dates for dance students are Show Biz Kidz Frosty Follies held on December 4, 2013; McLean Day on Saturday, May 17, 2013 and in the ALDEN THEATRE, Class Demonstration June.



Tutus for 2s™

Tiny ballerinas will be introduced to French ballet vocabulary, ballet warm-ups, creative movement, games and large motor skill development through our fun Tutus for Twos ballet syllabus. Your baby ballerina will explore the excitement of ballet using costume accessories, props, ballet stories and puppets. The session will conclude with a Parent Watch Day. Instructor: Joy of Dance Staff.

2 years

12 lessons @ 30-mins., \$180/\$120 McLean district residents

1571.213 W, 9/18-12/11

12:00-12:30 p.m.

No lesson on 11/27

Fairytale Ballet™

Young dancers will enjoy dancing to their favorite cherished tunes from fairytales such as “Cinderella,” “Sleeping Beauty” and “Beauty and The Beast,” to name a few. They will learn ballet dances to popular classical ballets and perform in costumes. All Fairytale Ballet™ classes conclude with a Parent Watch Day.

2.5 - 3.5 years

12 lessons @ 45-mins., \$264/\$216 McLean district residents

1572.213 W, 9/18-12/11

12:00-12:30 p.m.

No lesson on 11/27



Ballet & Tap (Pre-Primary I)

Little dancers love this enchanting adventure in dance exploration. Children develop rhythm, grace, poise, coordination, and musicality through pre-primary classical ballet, beginning tap skills, tap routines, and improvisations with magical props and adorable costumes. Our dance class enriches your child in five areas of development: physical, creative, social, cognitive, and emotional. Children receive a gift that lasts a lifetime, the joy of dance!

3.5-4 years

12 lessons @ 45-mins., \$264/\$216 McLean district residents

1582.213 W, 9/18-12/11 2:30-3:15 p.m.

No lesson on 11/27

Ballet/Tap/Hip-Hop Jazz (Pre-Primary II)

Young dancers are introduced to a beautiful pre-primary classical ballet syllabus which incorporates magical variations and dance class etiquette. Cognitive skills of counting, sequencing, spatial awareness, and immersion in a second language (French), are introduced in this class. Dancers learn tap technique and delightful song and tap routines which develop coordination, rhythm, timing and stage presence.

4 years

12 lessons @ 45-mins., \$264/\$216 McLean district residents

1583. 213 W, 9/18-12/11 3:30-4:15 p.m.

No lesson on 11/27



Ballet & Tap (Combination I)

Our classical ballet syllabus incorporates the methodology of the Royal Academy of Dance and trains children in the execution of ballet skills. Children develop lovely technical ballet skills while learning French vocabulary; this enhances their artistic growth, as well as cultivates poise, grace, and musicality. Young dancers learn basic tap footwork and vocabulary using fun Broadway-style song and tap routines showcasing their fantastic stage presence. Children must be in kindergarten or first grade to attend this class.

5-6 years

12 lessons @ 45-mins., \$264/\$216 McLean district residents

1584.213 M, 9/16-12/16 1:30-2:15 p.m.

No lesson on 10/14 and 11/11

12 lessons @ 45-mins., \$264/\$216 McLean district residents

1585.213 W, 9/18-12/11 4:30- 5:15 p.m.

No lesson on 11/27

Ballet/Tap/Hip-Hop Jazz (Combination II)

Students in this program must have previous dance training in the Combination I level or equivalent experience. Students are trained in the Joy of Dance classical ballet syllabus and gain knowledge of tap technique through tap barre, progressions, combinations and stylized Broadway tap routines. Students love learning our hip-hop and jazz routines. These dancers are members of Joy of Dance “SHOW BIZ KIDZ” and will perform in *Frosty Follies on Dec. 4.*

7-8 years

12 lessons @ 45-mins., \$264/\$216 McLean district residents

1586.213 W, 9/18-12/11 5:15-6:00 p.m.

No lesson on 11/27



Ballet/Tap/Hip-Hop Jazz (Combination III)

Students in this program must have previous dance training in the Combination II level, or equivalent experience. Students are introduced to the Royal Academy of Dance syllabus through center work, adagio and allegro variations. Students learn the fundamentals of tap technique choreographed to Broadway style songs. Dancers will also study fun jazz/hip-hop routines to the music of Hannah Montana, the Jonas Brothers, etc. These dancers are members of Joy of Dance “SHOW BIZ KIDZ” and will perform in *Frosty Follies* on Dec. 4.

7-9 years

13 lessons @ 75 mins., \$490/\$364 McLean district residents

1587.213 Tu, 9/17-12/10 4:15-5:30 p.m.

Ballet/Tap/Hip-hop Jazz (Comb IV)

Students in this program must have previous dance training in the Combination III level, or equivalent experience. Students develop further in the Joy of Dance syllabus by training in the three dance forms: classical ballet, tap, and jazz/ hip-hop. Classical ballet training includes ballet barre, stretching/strengthening exercises, and adagio as well as allegro combinations. These students are members of Joy of Dance “SHOW BIZ KIDZ” and will perform in *Frosty Follies* on Dec. 4.

8-10 years

13 lessons @ 90 mins., \$526/\$390 McLean district residents

1588.213 Tu, 9/17-12/10 5:30-7:00 p.m.



Ballet/Tap/Hip-Hop Jazz (Combination V)

Students in this program must have previous dance training in the Combination IV level or equivalent experience. Students further develop training in four dance forms: classical ballet, tap, jazz, and hip-hop. Classical ballet training in this class emphasizes epaulement, fluidity and strength in adagio, and precision in allegro steps. These students are members of Joy of Dance “SHOW BIZ KIDZ” and will perform in *Frosty Follies* on Dec. 4.

9-11 years

12 lessons @ 90 mins., \$486/\$360 McLean district residents

1589.213 M, 9/16-12/16 4:30-6:00 p.m.

No lesson on 10/14 & 11/11

Ballet/Tap/Hip-Hop Jazz (Junior Company Class)

Students in this program are required to have previous dance training in the Combination VI + level or equivalent experience. New students may have to audition for this class. Students further develop training in four dance forms: Classical ballet, focusing on coordination, musicality and performance quality; intermediate tap, jazz and hop-hop. These students are members of Joy of Dance “SHOW BIZ KIDZ” and will perform in *Frosty Follies* on Dec. 4.

11-13 years

12 lessons @ 90 mins., \$486/\$360 McLean district residents

1590.213 Th, 9/19-12/12 4:30-6:00 p.m.

No lesson on 11/28



Pre Primary Ballet Performance Exam Class

At Joy of Dance, a students' journey through classical ballet begins with an introduction to the Pre-Primary Grade of the Royal Academy of Dance curriculum. This ballet class will introduce traditional ballet warm-ups, across the floor progressions and dances designed especially for young children. At the end of the year, the students are assessed and awarded a performance certificate that provides proof that candidates have attained an international standard classical dance appropriate to their age.

4.5-6 years

10 lessons @ 45-mins., \$220/\$180 McLean district residents

1573.213 F, 9/20-12/13 3:30-4:15 p.m.

No lesson on 11/8, 11/29, and 12/6

Primary Ballet Performance Exam Class

The Royal Academy of Dance primary ballet graded syllabus is for ages 7+. This class will produce quality techniques, strength and flexibility. At the end of the year, the students are assessed and awarded a performance certificate that provides proof that candidates have attained an international standard classical dance appropriate to their age.

7+ years

12 lessons @ 45-mins., \$264/\$216 McLean district residents

1574.213 M, 9/16-12/16 3:-3:45 p.m.

No lesson on 10/14 and 11/11



Grade I/II Ballet Performance Exam Classes

The Royal Academy of Dance Grade I and II classes are a graded ballet syllabus for ages 8-12. At the end of the year, the candidates are assessed and awarded a performance certificate that provides proof that candidates have attained an international standard of classical dance appropriate to their age.

Grade I Ballet Performance Exam Class

8+ years, by placement

10 lessons @ 1-hr., \$280/\$240 McLean district residents

1575.213 F, 9/20-12/13 5:45-6:45 p.m.

No lesson on 11/8, 11/29 and 12/6

Grade II Ballet Performance Exam Class

9-12 years, by placement

10 lessons @ 90 mins, \$405/\$300 McLean district residents

1576.213 Th, 9/19-12/12 6:45-8:15 p.m.

No lesson on 11/7, 11/28 and 12/5

Grade III Ballet Performance Exam Class

10-13 years, by placement

10 lessons @ 1 hr, 45 mins, \$405/\$300 MCC district residents

1577.213 F, 9/20-12/13 6:45-8:30 p.m.

No lesson on 11/8, 11/29, and 12/6



Cheerleading/Tumbling

Our cheer/tumbling program will introduce children to beginning tumbling skills, cheers, motion technique, chants, drills, stretches, jumps, and a high energy cheer dance. This fun-filled cheerleading class builds flexibility, strength, and physical conditioning while promoting team spirit and self-esteem. Cheerleaders perform at an optional charity event and McLean Day.

5.5-7 years

10 lessons @ 45-mins., \$220/\$180 McLean district residents

1578.213 F, 9/20-12/13 4:15-5 p.m.

No lesson on 11/8, 11/29 and 12/6

8-11 years

10 lessons @ 45-mins., \$220/\$180 McLean district residents

1579.213 F, 9/20-12/13 5-5:45 p.m.

No lesson on 11/8, 11/29 and 12/16

Hip-Hop Kids

Young hip hop artists will begin with the building blocks of jazz technique. Students will learn hip, funky moves to the latest kids' rock and hip-hop tunes. The focus will be on hip hop choreography utilizing the latest hit music from, Justin Beiber, Selena Gomez, Taylor Swift, and the Jonas Brothers!

6-7 years

12 lessons @ 45-mins., \$264//\$216 McLean district residents

1580.213 M, 9/16-12/16 2:15-3 p.m.

No lesson on 10/14 and 11/11

Pre-Teen Hip-Hop I

This fun, fast-paced, lively class will combine fundamentals of jazz technique, hip-hop, and urban style moves as seen in your favorite music videos and movies. Don't miss being a part of this dynamic dance craze!

8-11 years

12 lessons @ 45-mins., \$264//\$216 McLean district residents

1581.213 M, 9/16-12/16 3-3:45 p.m.

No lesson on 10/14 and 11/11

Pre-Teen Intermediate Hip-Hop (OFTC)

Intermediate Hip-Hop is designed for students with previous training. Dancers learn aspects of locking, popping, and breaking and incorporate them into exciting combinations. It is a fun and highly energetic dance form! You will learn the most current and up to date styles of this ever changing dance form from one the Washington's hottest choreographers.

8-11 years

12 lessons @ 1 hr, \$336/\$288 McLean district residents

1601.213 M, 9/16-12/16 6-7 p.m.

No lesson on 10/14 and 11/11

The Joy of Dance Hip-Hop Director is Ms. Tiffany Patterson. Tiffany toured nationally and internationally with MC Hammer, as the lead dancer/choreographer for 15 years. She has performed on television at the American Music Awards, the BET Awards, and in 2012, in Times Square on "Rockin' New Year's Eve" with Psy and MC Hammer



Classes for Adults

Zumba (OFTC)

If you love the fun of dancing in a high energy, exciting dance party atmosphere, then our 'Zumba' class is for you! Our class is a great cardio workout, set to latin music, and targets the whole body, and especially the areas such as glutes, abs, arms, and legs. Zumba dance combines both fast and slow rhythms, unique choreography, and most importantly is a class filled with infectious fun! Instructor: Joy of Dance Staff

Adults

12 lessons @ 1hr, \$192/\$144 MCC district residents.

1606.213 M, 9/16-12/16 10-11 a.m.

1607.213 M, 9/16-12/16 8-9 p.m.

No lesson on 10/14 and 11/11

12 lessons @ 1hr, \$192/\$144 MCC district residents.

1608.213 Th, 9/19-12/12 10-11 a.m.

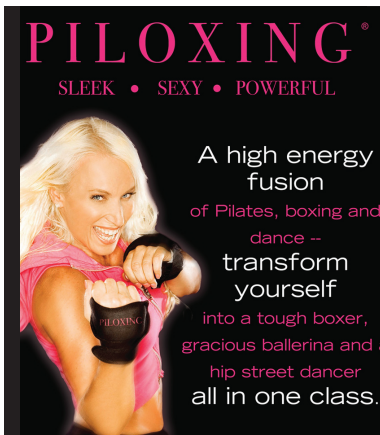
No lesson on 11/28

Piloxing (OFTC)

Piloxing is quickly becoming a global fitness phenomenon because it is the first program that blends the muscle sculpting of Pilates, the strengthening and cardio training of boxing and the fun and sensuality of dance into a highenergy interval workout. At the core of Piloxing is the principle that femininity is powerful and it aims for women to attain a sleek, sexy and powerful self-image. Instructor: Joy of Dance Staff

13 lessons @ 1 hr, \$208/\$156 MCC district residents

1609.213 Tu, 9/17-12/10 10-11 a.m.





Enrollment Information

To register on-line, visit www.mcleancenter.org and click on the New Online Registration link. To register by mail pick up a Fall 2010 Program Guide from MCC and send in a completed registration form and payment in the form of a check, money order, or credit card (Visa, MasterCard or American Express numbers are required, along with an expiration date) to:

McLean Community Center
1234 Ingleside Avenue
McLean, VA 22101

You may register in person at McLean Community Center with the registrar, Monday through Friday from 9-1 p.m and front office staff Monday through Friday 9-5 p.m. The Center is located at 1234 Ingleside Ave. With questions for Joy of Dance call 703-503-0783 or email joyofdance@verizon.net or visit www.joyofdance.org.