

CLASS SCHEDULE*

Times	Class	Ages
MONDAY		
6:00-7:00 a.m.	Cardio 4 Dancers	13 & up
4:15-5:00 p.m.	Young Jazz Hip Hop	5-7
5:15-6:15 p.m.	Cardio 4 Dancers	13 & up
5:15-6:15 p.m.	Adv. Co-ed Break Dance	13 & up
6:00-7:00 p.m.	Power Yoga	13 & up
6:15-7:45 p.m.	Adv. Ballet	By invite
7:15-8:15 p.m.	Hip Hop Blast	13 & up
7:45-8:30 p.m.	Adv. Pointe	By invite
8:30-9:30 p.m.	Adv. Hip Hop with Ryan	14 & up
TUESDAY		
4:45-5:45 p.m.	Young Int. Ballet	8-11
4:45-6:00 p.m.	Int. Ballet	11-14
5:45-6:45 p.m.	Young Int. Jazz Hip Hop with Aimee	8-13
6:00-6:30 p.m.	Pre Pointe	11-14
6:45-7:45 p.m.	Adv. Tap	14 & up
7:45-9:00 p.m.	Adv. Lyrical with Aimee	13 & up
7:45-8:45 p.m.	Tap Company	14 & up
WEDNESDAY		
6:00-7:00 a.m.	Cardio 4 Dancers	13 & up
9:15-10:00 a.m.	Creative Movement	3-4
4:30-5:30 p.m.	Young Basic Ballet	5-7
6:00-7:00 p.m.	Power Yoga	13 & up
6:30-7:30 p.m.	Ballet Blast	13 & up
7:30-8:30 p.m.	Int. Adv. Lyrical Jazz	14 & up
THURSDAY		
4:30-5:30 p.m.	Ballet with Jazz Hip Hop	6-9
5:30-6:30 p.m.	Int. Jazz Hip Hop	11-14
6:00-6:30 p.m.	Cardio Tap Blast	13 & up
6:30-7:15 p.m.	Beg. Int. Tap Blast	13 & up
6:30-7:30 p.m.	Lyrical with Student Choreography	12 & up
6:45-7:45 p.m.	Voice 4 Dancers	10 & up

7:30-8:45 p.m.	Int. Adv. Ballet	12 & up
8:45-9:15 p.m.	Int. Adv. Pointe	12 & up
FRIDAY		
6:00-7:00 a.m.	Cardio 4 Dancers	13 & up
9:15-10:15 a.m.	Beg. Int. Tap Blast	13 & up
4:30-5:15 p.m.	Boys Only Hip Hop with Ryan	8-12
5:15-5:45 p.m.	Boys Only Tap	8-12
SATURDAY		
9:15-10:00 a.m.	Creative Movement	3-4
10:15-11:15 a.m.	Ballet with Hip Hop and Tap	5-7
11:15 a.m.-12:15 p.m.	Hip Hop with Ryan	10-14
11:30 a.m.-12:30 p.m.	Pilates 4 Dancers	13 & up
12:15-1:15 p.m.	Young Int. Lyrical Jazz with Erynn	9-14
1:15-2:30 p.m.	Erynn's Adv. Lyrical with Leaps & Turns	14 & up
1:15-2:00 p.m.	Int. Adv. Tap	12 & up
2:00-2:45 p.m.	Beg. Tap	5-8
2:30-3:30 p.m.	Troupe Classes	By audition

SUNDAY		
3:00-3:45 p.m.	Latin Flavor Workout Blast with Ryan	13 & up
4:00-5:00 p.m.	Ballroom Blast	13 & up

*Schedule is subject to change. A minimum of six people are needed for the class to be held.

Special workshops

Led by guest instructors from Los Angeles and Chicago! Dates, TBA

• Gregg Russell • Keith Clifton

JUST DANCERS Troupe Auditions

Sunday, Sept. 7, at 4 p.m.

- Jr. Teens ages 10-12
- Teens ages 12-16
- Seniors by invitation

ProActive Fitness & Dance



2008-2009 Dance Season



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CLASS DESCRIPTIONS

■ **BALLET** — Learn the traditional methods of ballet, starting with barre work and continuing into correct placement of the body and other techniques.

■ **CARDIO 4 DANCERS** — Using weights, dancers work to enhance endurance and flexibility through cardio workouts and stretching.

■ **CREATIVE MOVEMENT** — Introduction to movement focusing on coordination, teamwork, dance etiquette and most importantly, learning the joy of movement.

■ **HIP-HOP**—Quick moves, isolation of arms, torso, and legs, and other basics of this style which mixes jazz, rock and pop for unique and personal dance interpretations.

■ **JAZZ** — Contemporary style using modern music and more freedom of movement in arms, legs and torso. Emphasis on entire body usage, correct body placement, and drills for coordination and quickness.

■ **LYRICAL** — Poetic style of dancing fusing ballet and jazz techniques to create a flowing interpretation of music and express emotion.

■ **NUTRITION 4 DANCERS**— Usable nutritional information in the quest for the correct balance of food. Taught by ProActive's Registered Dietitian to enrolled intermediate and advance students.

■ **POINTE** —Correct placement and use of feet and legs developed through specific exercises and pointe shoe use. For intermediate to advanced ballet students.

■ **STUDENT CHOREOGRAPHY** — Express creativity through “dance-writing” and develop a section of a dance composition.

■ **TAP**—Precise rhythmical patterns of foot movement are part of this lively, rhythmic dance style. Learn syncopation, choreography, and improvisation.

■ **VOICE 4 DANCERS**— Vocal warm-up training and group song performances along with professional guidance in selecting audition songs.

■ **YOGA/PILATES 4 DANCERS** – Strengthening and stretching fitness classes.

Classes below are included with your ProActive membership.

■ **BALLET BLAST** — Movements at the ballet barre to enhance fitness. Focus is on abdominal work to stabilize the body and provide balance and core strength.

■ **BALLROOM BLAST**—Learn the Cha-Cha, Foxtrot, Rumba, and new steps each week in this total body workout class. No partner required.

■ **CARDIO TAP BLAST** – Raise weights and your heart rate to the tap beat.

■ **HIP HOP BLAST** — Learn to combine elements of various street dance styles.

■ **LATIN FLAVOR WORKOUT BLAST** – Workout moves and dance steps to the Latin beat.

■ **TAP BLAST** — Classic tap steps such as shuffle, flap, waltz, clog, time steps, riffs and rhythm tap.

HOW TO REGISTER

If you were unable to sign up during the fall open enrollment, call **420-0000, ext. 7786** or stop by the ProActive Front Desk. We accept new students at any point during the season; however, class size is limited.

2008-2009 dance season begins Tues., Sept. 2, 2008

(Our calendar follows the LPS break schedule.)

- Fall Break Oct. 27-Nov.1
- Thanksgiving Nov. 26-29
- Christmas Dec. 22-Jan. 4
- Spring Break March 23-28
- Easter April 10-12

2008-2009 dance season ends Sun., May 31, 2009.

CLASS PRICES (same great rates as last fall!)

ProActive Members — Prices Per Month

Total Hrs.	1st person	2nd in family	3rd+ in family
0.50	\$26.00	\$23.00	\$21.00
0.75	\$39.00	\$34.00	\$32.00
1.00	\$40.00	\$35.00	\$33.00
1.25	\$45.00	\$40.00	\$37.00
1.50	\$54.00	\$48.00	\$45.00
1.75	\$67.00	\$60.00	\$56.00
2.00	\$76.00	\$68.00	\$63.00
2.25	\$81.00	\$72.00	\$68.00
2.50	\$94.00	\$84.00	\$79.00
2.75	\$103.00	\$92.00	\$86.00
3.00	\$116.00	\$104.00	\$97.00
3.25	\$129.00	\$115.00	\$108.00
3.50	\$142.00	\$127.00	\$120.00
3.75	\$151.00	\$135.00	\$127.00
4.00-6.75	\$168.00	\$150.00	\$142.00
7.00 & up	\$203.00	\$182.00	\$171.00

Special Class Prices—Any students enrolled in the troupe classes should include an extra \$48.00 per month in addition to their class tuition. Participation in a single class is \$18.

Note: One-Time Dance Registration Fee for September-May

1st child \$15.00 2nd child \$10.00 Each addtl \$5.00

General Public (Nonmembers) — Prices Per Month

Total Hrs.	1st person	2nd in family	3rd+ in family
0.50	\$34.00	\$31.00	\$29.00
0.75	\$47.00	\$42.00	\$40.00
1.00	\$48.00	\$43.00	\$41.00
1.25	\$53.00	\$48.00	\$45.00
1.50	\$62.00	\$56.00	\$53.00
1.75	\$75.00	\$68.00	\$64.00
2.00	\$84.00	\$76.00	\$71.00
2.25	\$89.00	\$80.00	\$76.00
2.50	\$102.00	\$92.00	\$87.00
2.75	\$111.00	\$100.00	\$94.00
3.00	\$124.00	\$112.00	\$105.00
3.25	\$137.00	\$123.00	\$116.00
3.50	\$150.00	\$135.00	\$128.00
3.75	\$159.00	\$143.00	\$135.00
4.00-6.75	\$176.00	\$158.00	\$150.00
7.00 & up	\$211.00	\$190.00	\$179.00