

## DANCE/MOVEMENT

For ages 18+ unless otherwise noted.

### BALLET

Our instructor, Sarah Manno, is a long-time dance professional, has an MA in dance, was trained in New York and Europe, and has earned a Colorado K-12 teaching certificate.

AGE: 14+

LOCATION: Club Tico

#### I. Beginning I

**14201-01** 1/16-3/6, T, 6:45-7:45 PM, 8 wks, \$39

#### II. Beginning II

PREREQUISITE: Beginning Ballet I or previous study.

**14205-01** 3/20-5/8, T, 6:45-7:45 PM, 8 wks, \$39

#### III. Intermediate

A more challenging ongoing class for experienced dancers, based on Cecchetti technique.

**14203-01** 1/18-3/8, Th, 5:00-6:15 PM, 8 wks, \$43

**14203-02** 3/22-5/10, Th, 5:00-6:15 PM, 8 wks, \$43

### BELLY DANCING

This class emphasizes belly dance terminology, exercises and movements for improved dance techniques and fitness. For beginning through intermediate dancers.

INSTRUCTOR: Renee Beri

AGE: 12+

LOCATION: Senior Center

**14204-01** 1/25-3/8 (skip 2/22), Th, 6:30-8:30 PM, 6 wks, \$56

**14204-02** 4/5-5/10, Th, 6:30-8:30 PM, 6 wks, \$56

### CLOGGING

Clogging is a tap-style line dance to a variety of music genres and is also great aerobic exercise and lots of fun. No partner needed.

INSTRUCTOR: Sara Lamia

LOCATION: Club Tico

#### I. Beginning

Learn to dance several clogging routines while learning basic steps.

**14262-01** 2/15-3/29 (skip 3/15), Th, 6:25-7:25 PM, 6 wks, \$36

**14262-02** 4/5-5/10, Th, 6:25-7:25 PM, 6 wks, \$36

#### II. Intermediate

Learn a new intermediate-level dance and review favorites. Designed for experienced cloggers.

**14260-01** 2/12-4/2 (skip 3/12, 3/26), M, 5:15-6:15 PM, 6 wks, \$27

**14260-02** 4/9-5/14, M, 5:15-6:15 PM, 6 wks, \$27

### CONTRA DANCING

Contra dancing is an energetic and fun way to dance to bluegrass-type music. It is probably the easiest kind of dancing to learn. In this 3-week class you will also learn how to waltz, an integral part of contra dances.

INSTRUCTOR: Randy Lumb

LOCATION: Club Tico

**14214-01** 1/29-2/12, M, 8:00-9:00 PM, 3 wks, \$19

**14214-02** 4/2-4/16, M, 8:00-9:00 PM, 3 wks, \$19

### INTERMEDIATE TAP

This class blends rhythm tap with traditional jazz moves using challenging footwork and creative rhythms.

INSTRUCTOR: Diane Montgomery

NOTE: Extensive experience required. Ages 14-17 accepted with instructor's permission.

LOCATION: Club Tico

**14207-01** 1/8-3/5, M, 6:30-7:45 PM, 9 wks, \$53

**14207-02** 3/19-5/21, M, 6:30-7:45 PM, 10 wks, \$60

### LINE DANCE

Line dance provides a fun way to exercise and make new friends. No partner needed.

NOTE: Line dance participants can pay a drop-in fee prior to attending the class (\$4.25/class).

LOCATION: Senior Center

#### I. Level I, "Crooked Lines"

Have a great time learning new and exciting line dances. Start with the basic steps, then progress to easy-to-follow dances.

**14251-01** 1/9-1/30, T, 1:00-2:15 PM, 4 wks, \$17

**14251-02** 2/6-2/27, T, 1:00-2:15 PM, 4 wks, \$17

**14251-03** 3/6-3/27, T, 1:00-2:15 PM, 4 wks, \$17

**14251-04** 4/3-4/24, T, 1:00-2:15 PM, 4 wks, \$17

**14251-05** 5/1-5/29, T, 1:00-2:15 PM, 5 wks, \$21

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## II. Level II, "Country Liners"

Must be able to do dances one or two levels higher.

**14250-01** 1/8-1/29, M, 1:00-2:00 PM, 4 wks, \$17

**14250-02** 2/5-2/26, M, 1:00-2:00 PM, 4 wks, \$17

**14250-03** 3/5-3/26, M, 1:00-2:00 PM, 4 wks, \$17

**14250-04** 4/2-4/30, M, 1:00-2:00 PM, 5 wks, \$21

**14250-05** 5/7-5/21, M, 1:00-2:00 PM, 3 wks, \$14

## III. Level III, "Fort Collins Kickers"

This class is designed for the more experienced dancer.

**14269-01** 1/8-1/29, M, 2:00-3:00 PM, 4 wks, \$17

**14269-02** 2/5-2/26, M, 2:00-3:00 PM, 4 wks, \$17

**14269-03** 3/5-3/26, M, 2:00-3:00 PM, 4 wks, \$17

**14269-04** 4/2-4/30, M, 2:00-3:00 PM, 5 wks, \$21

**14269-05** 5/7-5/21, M, 2:00-3:00 PM, 3 wks, \$14

## MODERN DANCE

Earthy, primitive, sometimes jazzy movements follow a balanced warm-up for stretching, toning, and centering. Our instructor, Sarah Manno, is a long-time dance professional, has an MA in dance, was trained in New York and Europe, and has earned a Colorado K-12 teaching certificate.

AGE: 14+

LOCATION: Club Tico

**14202-01** 1/16-3/6, T, 5:30-6:45 PM, 8 wks, \$43

**14202-02** 3/20-5/8, T, 5:30-6:45 PM, 8 wks, \$43

## SALSAEROBICS

Are you looking for a fun cardio exercise? In this class you will burn a good amount of calories while you learn to dance salsa, merengue, cumbia and other hot Latin American rhythms. No experience required. Singles and couples are welcome.

INSTRUCTOR: Lucero Castro-Frederick

AGE: 12+

LOCATION: Club Tico

**14206-01** 1/4-1/25, Th, 7:35-8:35 PM, 4 wks, \$17

**14206-02** 2/1-2/22, Th, 7:35-8:35 PM, 4 wks, \$17

**14206-03** 3/1-3/29, Th, 7:35-8:35 PM, 5 wks, \$21

**14206-04** 4/5-4/26, Th, 7:35-8:35 PM, 4 wks, \$17

**14206-05** 5/3-5/31, Th, 7:35-8:35 PM, 5 wks, \$21

## TAP YOUR TROUBLES AWAY (INTERMEDIATE)

This class will include tap dance routines and intermediate level steps while you get a great aerobic workout.

INSTRUCTOR: Arline Heaton

NOTE: We do Broadway and jazz style and offer an opportunity to perform!

LOCATION: Club Tico

**14240-01** 1/8-1/29, M, 9:00-10:00 AM, 4 wks, \$16

**14240-02** 2/5-2/26, M, 9:00-10:00 AM, 4 wks, \$16

**14240-03** 3/5-3/26, M, 9:00-10:00 AM, 4 wks, \$16

**14240-04** 4/2-4/30, M, 9:00-10:00 AM, 5 wks, \$19

**14240-05** 5/7-5/21, M, 9:00-10:00 AM, 3 wks, \$13

## DANCING WITH DON

Participants will be rotating partners occasionally to facilitate the learning of each dance step and to allow Don to clarify the area where a student needs help. At each rotation Don will clarify a point that will help you master the move you are practicing. Each night will cover one dance and a review of the previous week's material.

**Level 1** classes will cover basic footwork, style and lead/follow techniques used in each dance rhythm and how to connect the dance to the right music. All **Level 1** classes will cover different dance steps each month so you can take **Level 1** as many times as you like. You need not take level 1A before 1B. **Level 2** classes will cover new dance steps and perfect the style and techniques covered in **Level 1**. Participants should complete **Level 1** or have Don's approval for **Level 2**.

INSTRUCTOR: Don the Danceman

AGE: 13+

LOCATION: Club Tico

## I. Ballroom & Tango

The Fred Astaire style of ballroom dancing will be included with the basics in fox trot, waltz, and tango. An introduction to jitterbug or polka will be included if class wishes.

**Level 1**

**14208-01** 1/17-2/7, W, 8:00-9:00 PM, 4 wks, \$27 ★

**14208-02** 2/21-3/7, W, 8:40-10:00 PM, 3 wks, \$27 ★

**14208-03** 4/4-4/18, W, 8:40-10:00 PM, 3 wks, \$27 ★

**14208-04** 5/2-5/16, W, 8:40-10:00 PM, 3 wks, \$27 ★

**Level 2**

**14217-01** 3/21-3/28, W, 9:00-10:30 PM, 2 wks, \$20 ★

## II. Country Western & Cowboy Cha Cha

This class will cover the basics and help you match the correct style (Texas 2-step, Western Waltz, triple step, country swing or Cowboy Cha Cha) to all the sounds of today's country music.

**Level 1**

**14212-01** 2/21-3/7, W, 6:00-7:20 PM, 3 wks, \$27 ★

**14212-02** 5/2-5/16, W, 6:00-7:20 PM, 3 wks, \$27 ★

## III. Country Western & Night Club Two-step

**Level 1**

**14219-01** 1/17-2/7, W, 6:00-7:00 PM, 4 wks, \$27 ★

**14219-02** 4/4-4/18, W, 6:00-7:20 PM, 3 wks, \$27 ★

**Level 2**

**14213-01** 3/21-3/28, W, 6:00-7:30 PM, 2 wks, \$20 ★

## IV. East Coast Swing

East Coast is the simplest form of triple time swing and is done to music from the Big Band era, blues, and jazz and popular with today's country crowd. The class will cover the basics through the basket, swivels, and swingin' door. This class will get you ready for Lindy Hop or West Coast Swing.

**Level 1**

**14225-01** 1/17-2/7, W, 7:00-8:00 PM, 4 wks, \$27 ★

**14225-02** 2/21-3/7, W, 7:20-8:40 PM, 3 wks, \$27 ★

**14225-03** 4/4-4/18, W, 7:20-8:40 PM, 3 wks, \$27 ★

**14225-04** 5/2-5/16, W, 7:20-8:40 PM, 3 wks, \$27 ★

**Level 2**

**14228-01** 3/21-3/28, W, 7:30-9:00 PM, 2 wks, \$20 ★

## V. Latin American & Salsa

Rumba and cha cha are two of the most popular Latin American dances being done today. If class wishes, the tango will be included.

**Level 1**

**14220-01** 1/17-2/7, W, 9:00-10:00 PM, 4 wks, \$27 ★

## VI. Workshops & Dances

Participate in a dance workshop and then stay and practice all those great moves you've learned!

**First Dance of New Year & Workshop**

Workshop

**14230-01** Date 1/10, W, 6:30-8:00 PM, 1 day, \$10

Dance

**14230-02** Date 1/10, W, 8:10-10:00 PM, 1 day, \$4 (workshop participants)/\$5 (general public)

**Valentine Day Dance & Workshop**

Workshop

**14231-01** Date 2/14, W, 6:30-8:00 PM, 1 day, \$10

Dance

**14231-02** Date 2/14, W, 8:10-10:00 PM, 1 day, \$4 (workshop participants)/\$5 (general public)

**Spring Break Dance & Workshop**

Workshop

**14232-01** Date 3/14, W, 6:30-8:00 PM, 1 day, \$10

Dance

**14232-02** Date 3/14, W, 8:10-10:00 PM, 1 day, \$4 (workshop participants)/\$5 (general public)

**Spring Dance & Workshop**

Workshop

**14233-01** Date 4/25, W, 6:30-8:00 PM, 1 day, \$10

Dance

**14233-02** Date 4/25, W, 8:10-10:00 PM, 1 day, \$4 (workshop participants)/\$5 (general public)

**DANCE/MOVEMENT – YOUTH & TEEN**

**BALLET & MODERN**

This ongoing class features live musical accompaniment and offers ballet and modern dance techniques with improvisation. Each child builds technical skills at an individual level while engaging in creative work that is ever changing.

INSTRUCTOR: Sarah Manno

AGE: Grades K, 1, and 2

LOCATION: Club Tico

**15642-01** 1/18-2/22, Th, 3:55-4:55 PM, 6 wks, \$33

**15642-02** 3/22-4/26, Th, 3:55-4:55 PM, 6 wks, \$33

**DANCIN' DUMPLIN'S**

This class for preschoolers will introduce your child to dance rhythms, movement, tumbling and creativity. Confidence will result from this fun-filled class. Appropriate attire is required for all classes - leotards/tights for girls and T-shirt/shorts for boys. All long hair needs to be pulled back. No jeans or jewelry please.

INSTRUCTOR: Marsha Portelance

LOCATION: Youth Activity Center

**INERTIA PERFORMANCE**

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**I. Age 3**

**15640-01** 1/10-2/7, W, 10:00-10:45 AM, 5 wks, \$28

**15640-02** 1/10-2/7, W, 11:00-11:45 AM, 5 wks, \$28

**15640-03** 1/12-2/9, F, 10:00-10:45 AM, 5 wks, \$28

**15640-04** 2/14-3/7, W, 10:00-10:45 AM, 4 wks, \$23

**15640-05** 2/14-3/7, W, 11:00-11:45 AM, 4 wks, \$23

**15640-06** 2/16-3/9, F, 10:00-10:45 AM, 4 wks, \$23

**15640-07** 3/21-4/18, W, 10:00-10:45 AM, 5 wks, \$28

**15640-08** 3/21-4/18, W, 11:00-11:45 AM, 5 wks, \$28

**15640-09** 3/23-4/20, F, 10:00-10:45 AM, 5 wks, \$28

**15640-10** 4/25-5/23, W, 10:00-10:45 AM, 5 wks, \$28

**15640-11** 4/25-5/23, W, 11:00-11:45 AM, 5 wks, \$28

**15640-12** 4/27-5/18, F, 10:00-10:45 AM, 4 wks, \$23

**II. Age 4-5**

**15640-13** 1/10-2/7, W, 9:00-9:45 AM, 5 wks, \$28

**15640-14** 1/12-2/9, F, 9:00-9:45 AM, 5 wks, \$28

**15640-15** 2/14-3/7, W, 9:00-9:45 AM, 4 wks, \$23

**15640-16** 2/16-3/9, F, 9:00-9:45 AM, 4 wks, \$23

**15640-17** 3/21-4/18, W, 9:00-9:45 AM, 5 wks, \$28

**15640-18** 3/23-4/20, F, 9:00-9:45 AM, 5 wks, \$28

**15640-19** 4/25-5/23, W, 9:00-9:45 AM, 5 wks, \$28

**15640-20** 4/27-5/18, F, 9:00-9:45 AM, 4 wks, \$23

**III. Age 5-7**

**15640-21** 1/9-2/20, T, 4:30-5:15 PM, 7 wks, \$38

**15640-22** 2/27-4/10 (skip 3/13), T, 4:30-5:15 PM, 6 wks, \$33

**15640-23** 4/17-5/22, T, 4:30-5:15 PM, 6 wks, \$33

**TAPPIN' DUMPLIN'S**

In this variation of our traditional Dancin' Dumplin's, participants will explore a little tap dancing as well as dance steps, movement, tumbling and creativity. Appropriate attire is required for all classes - leotard/tights for girls and T-shirt/shorts or sweatpants for boys. All long hair needs to be pulled back. No jeans or jewelry please.

INSTRUCTOR: Marsha Portelance

NOTE: Tap shoes are required.

LOCATION: Youth Activity Center

**I. Age 4-5**

**15650-01** 1/12-2/9, F, 11:00-11:45 AM, 5 wks, \$28

**15650-02** 2/16-3/9, F, 11:00-11:45 AM, 4 wks, \$23

**15650-03** 3/23-4/20, F, 11:00-11:45 AM, 5 wks, \$28

**15650-04** 4/27-5/18, F, 11:00-11:45 AM, 4 wks, \$23

**II. Age 5-7**

**15650-05** 1/10-2/14, W, 4:00-4:45 PM, 6 wks, \$33

**15650-06** 2/28-4/11 (skip 3/14), W, 4:00-4:45 PM, 6 wks, \$33

**15650-07** 4/18-5/23, W, 4:00-4:45 PM, 6 wks, \$33

**JAZZ I**

This beginning level class is for youth with little or no jazz dance experience and will include a warm-up, strengthening exercises, center and across-the-floor movement and beginning level dance combos. Appropriate attire is required for all classes - leotard/tights for girls and T-shirt/shorts or sweatpants for boys. All long hair needs to be pulled back. No jeans or jewelry please.

INSTRUCTOR: Marsha Portelance

AGE: 8-12

LOCATION: Youth Activity Center

**15646-01** 1/10-2/14, W, 5:00-6:00 PM, 6 wks, \$33

**15646-02** 2/28-4/11 (skip 3/14), W, 5:00-6:00 PM, 6 wks, \$33

**15646-03** 4/18-5/23, W, 5:00-6:00 PM, 6 wks, \$33

## PERFORMANCE DANCE

In this class, students will have the opportunity to learn basic choreography and movement. They will also explore spatial relationships and dimensions through music, culminating in a performance at a final class. Appropriate attire required for class - leotard/footless tights for girls and T-shirt/shorts or sweatpants for boys. All long hair needs to be pulled back. No jeans or jewelry please.

INSTRUCTOR: Marsha Portelance

AGE: 6-8

LOCATION: Youth Activity Center

**15647-01** 1/15-2/19, M, 5:15-6:15 PM, 6 wks, \$33

**15647-02** 2/26-4/9 (skip 3/12), M, 5:15-6:15 PM, 6 wks, \$33

**15647-03** 4/16-5/21, M, 5:15-6:15 PM, 6 wks, \$33

## LYRICAL JAZZ

This class combines the beauty and grace of ballet with the pulse and power of jazz. It is recommended that each participant have one year of jazz and one year of ballet experience. Appropriate attire is required for class - leotard/ tights/ lyrical shoes for girls and T-shirt/dance pants/ballet shoes for boys. All long hair needs to be pulled back. No jeans or jewelry please.

INSTRUCTOR: Marsha Portelance

AGE: 13-18

LOCATION: Youth Activity Center

**15641-01** 1/15-3/5, M, 6:30-7:45 PM, 8 wks, \$43

**15641-02** 3/19-5/14, M, 6:30-7:45 PM, 9 wks, \$48

## TUMBLE BUMBLES

Individual attention is paid to learning basic tumbling skills (somersault, cartwheel, and push-up bridge) and how to use the various pieces of equipment. As a result, flexibility, balance, coordination and self-confidence are developed. Age appropriate skills will be taught. Appropriate attire required for class - leotard/footless tights for girls and T-shirt/shorts for boys. Long hair needs to be pulled back. No jeans or jewelry please.

INSTRUCTOR: Marsha Portelance

LOCATION: Youth Activity Center

### I. Age 4

**15531-01** 1/15-2/5, M, 9:00-9:45 AM, 4 wks, \$23

**15531-02** 2/12-3/5, M, 9:00-9:45 AM, 4 wks, \$23

**15531-03** 3/19-4/16, M, 9:00-9:45 AM, 5 wks, \$28

**15531-04** 4/23-5/21, M, 9:00-9:45 AM, 5 wks, \$28

### II. Age 4-5

**15531-05** 1/15-2/19, M, 4:00-4:50 PM, 6 wks, \$33

**15531-06** 2/26-4/9 (skip 3/12), M, 4:00-4:50 PM, 6 wks, \$33

**15531-07** 4/16-5/21, M, 4:00-4:50 PM, 6 wks, \$33

### III. Age 5

**15531-08** 1/11-2/22, Th, 4:00-4:50 PM, 7 wks, \$38

**15531-09** 3/1-4/12 (skip 3/15), Th, 4:00-4:50 PM, 6 wks, \$33

**15531-10** 4/19-5/17, Th, 4:00-4:50 PM, 5 wks, \$28

### IV. Age 6-7

**15531-11** 1/11-2/22, Th, 5:10-6:00 PM, 7 wks, \$38

**15531-12** 3/1-4/12 (skip 3/15), Th, 5:10-6:00 PM, 6 wks, \$33

**15531-13** 4/19-5/17, Th, 5:10-6:00 PM, 5 wks, \$28

## JUST TUMBLING

The emphasis of this class will be on learning all the basic tumbling skills and then incorporating them in a mini floor exercise routine. Appropriate attire required for class - leotard/footless tights for girls and T-shirt/shorts for boys. Long hair needs to be pulled back. No jeans or jewelry please.

INSTRUCTOR: Marsha Portelance

AGE: 7-8

LOCATION: Youth Activity Center

**15581-01** 1/10-2/14, W, 6:30-7:30 PM, 6 wks, \$33

**15581-02** 2/28-4/11 (skip 3/14), W, 6:30-7:30 PM, 6 wks, \$33

**15581-03** 4/18-5/23, W, 6:30-7:30 PM, 6 wks, \$33

# MOUNTAIN CENTER

## AD# 122506

## 1/4 PG FULL PRO

# DEBUT THEATER

## AD 122427

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