

**The City's Dance Program is titled "Rhythm in Motion" and encompasses dance and gymnastic classes.**

**Lanore Hensley is the Director for the program, and has begun her 37th year with Rhythm in Motion!**

Summer classes run June 19 through July 28, once a week on the days listed for each class below. Registration deadline is Friday, June 16. Classes may be subject to cancellation if the minimum number of enrolled students is not met.

\*Classes held on Tues, July 4 will be made up on Fri, July 7\*

*All classes are held at the DRS Community Center.*

**Acrobatics** Teaching emphasizes flexibility, balance and strength while using various apparatus.

Level	Ages	Day	Times	Inst.	Cost	Course #
2	8-11yrs	Thurs	6:00-7:00pm	Erik	\$68	0050
2-3	10yrs-up	Tues	6:15-7:15pm	Erik	\$68	0051

**Ballet, Tap & Tumbling** Dancers are taught the basics of ballet and enjoy learning to tap and to tumble on the mat.

Level	Ages	Day	Times	Inst.	Cost	Course #
1-2	3-5yrs	Mon	5:15-6:15pm	Nicole	\$68	0030
1-2	3-5yrs	Tues	10-11am	TBA	\$68	0031
1-2	3-5yrs	Wed	10-11am	Toni	\$68	0032
1-2	3-5yrs	Wed	5:15-6:15pm	Toni	\$68	0033

**Ballet** The foundation of dance, teaching poise, grace and coordination.

Level	Ages	Day	Times	Inst.	Cost	Course #
1	6-10yrs	Mon	3:00-3:45pm	TBA	\$51	0010
2	9-12yrs	Tues	4:45-5:45pm	Terry	\$68	0011
2	9-13yrs	Wed	3:00-4:00pm	TBA	\$68	0012
2	9-12yrs	Thurs	3:00-4:00pm	Terry	\$68	0013
3-4	12yrs-up	Tues	2:00-3:15pm	Terry	\$85	0014
3-4	13yrs-up	Thurs	4:00-5:15pm	Terry	\$85	0015
2	Adult	Thurs	6:15-7:15pm	Terry	\$68	0016

**Pre-Gymnastics** Preschool equipment is used to teach basic gymnastics skills, coordination and strength.

Level	Ages	Day	Times	Inst.	Cost	Course #
1-2	3-5yrs	Mon	2:30-3:15pm	Nicole/Mollie	\$51	0055
1-2	3-5yrs	Wed	11:15-12pm	Toni	\$51	0056

**Gymnastics** Equipment is used to teach progression gymnastic skills, coordination and strength.

Level	Ages	Day	Times	Inst.	Cost	Course #
1-2	5-8yrs	Mon	3:15-4:15pm	Nicole/Mollie	\$68	0057
1-2	9-11yrs	Mon	4:15-5:15pm	Nicole/Mollie	\$68	0058
2-3	12yrs-up	Mon	5:15-6:15pm	Nicole/Mollie	\$68	0059

**Hip Hop** Stylized rhythmic dance movements.

Level	Ages	Day	Times	Inst.	Cost	Course #
1-2	8-11yrs	Tues	3:45-4:45pm	Erik	\$68	0070
2-3	Teen	Thurs	3:00-4:00pm	Erik	\$68	0071

**Hip Hop/Tumbling** Both hip hop and tumbling techniques will be taught.

Level	Ages	Day	Times	Inst.	Cost	Course #
1-2	6-10yrs	Wed	4:15-5:15pm	Toni	\$68	0072

**Stretch & Conditioning** Building core strength & increasing endurance and flexibility through a variety of exercises.

Level	Ages	Day	Times	Inst.	Cost	Course #
1-2	9yrs-up	Thurs	5:15-6:00	Erik	\$51	0086

**Lyrical/Jazz** A combination of ballet, modern and jazz with emphasis on emotion.

Level	Ages	Day	Times	Inst.	Cost	Course #
1-2	8-11yrs	Mon	3:45-4:45pm	Nicole	\$68	0080

**Pointe** Ballet performed with toe shoes. Previous knowledge and experience of ballet required.

Level	Ages	Day	Times	Inst.	Cost	Course #
1	13yrs-up	Tues	4-4:45pm	Terry	\$51	0110
1-2	13yrs-yrs	Thurs	2:15-3pm	Terry	\$51	0111
3	13yrs-up	Tues	3:15-4pm	Terry	\$51	0112
3	13yrs-up	Thurs	5:15-6pm	Terry	\$51	0113

**Tap** Refine tap skills learning new steps, rhythms, patterns and combinations.

Level	Ages	Day	Times	Inst.	Cost	Course #
2	9-12yrs	Tues	7:15-8pm	Erik	\$51	0060

**Improv/Leaps & Turns** A combination of ballet, modern and jazz, with development of improvised movement.

Level	Ages	Day	Times	Inst.	Cost	Course #
2	9-12yrs	Thurs	4:00-5:15pm	Erik	\$85	0090
3-4	12yrs-up	Tues	4:45-6:15pm	Erik	\$102	0091

**Intermediate Combo** Class includes stretching and conditioning, lyrical, and jazz combination.

Level	Ages	Day	Times	Inst.	Cost	Course #
2	8-11yrs	Wed	4-5:30pm	Penny	\$102	0160

**Advanced Combo** Must have at least 4 years dance experience. Class includes stretching and conditioning, leaps and turns, and a dance combination.

Level	Ages	Day	Times	Inst.	Cost	Course #
3-4	12yrs-up	Wed	5:30-8pm	Penny	\$170	0161

**Unlimited Price** is offered for dance students 6 years and older at \$240 per student. This includes all summer RIM classes except the Fun Dance, Gymnastics, and Combo Camps or Intensive Dance Camps. (Course # 0107)

**Intensive Dance Camps**

The summer Intensive Dance Camps cater to any dancer who has at least 3 years of dance experience. Dancers wishing to try out for the RIM competition team are required to take this camp which will include tap, jazz, ballet variations, musical theatre, lyrical, leaps and turns, stretch and conditioning, hip hop, and modern dance. Instructors include Penny Conwell and guest teachers from throughout the state.

*PETITE INTENSIVE DANCERS:*

6-9yrs Mon-Wed July 31-Aug 2 10am-1pm \$90 #0152

*JUNIOR/SENIOR INTENSIVE DANCERS:*

10-18yrs Mon-Fri June 12-16 12pm-5pm\* \$235 #0151

\*Friday class is 10am-1pm

**SAVE THE DATE! Rhythm In Motion Fall Dance Registration**

Returning Rhythm in Motion students can sign up during a special registration on Monday, August 7, 3-6pm at the DRS Community Center. Beginning Tuesday, August 8, sign ups for any RIM dance or gymnastic class is done during Rec office hours. RIM fall classes begin the week of August 14.