

The Spirit of Dance...

We are starting our 8th season here at MMUMC. As always, we strive to offer quality dance instruction with an emphasis on Christian principals. We will address the needs of each individual student, and give them knowledge and appreciation for the Art of Dance.



Our classes will begin August 22nd* and continue with weekly classes throughout the school year. We top the year off with a themed recital at Hillgrove High School's beautiful Fine Arts Theatre in May 19, 2012.

LISA O'SULLIVAN, Owner/Director
678-522-3233
lisa@thespiritofdance.com

***We will not begin to pick up your child from pre-school until the week of September 12th.** Prior to that you will need to personally bring your child to dance class. This will be a good way for your child to get acclimated to the routine.

"IN HIS STEPS" is a new performance troupe in construction this year. See details on our website-www.thespiritofdance.com.

Classes Offered:

PRE-BALLET & INTRO TO TAP CLASS

(Ages 2-1/2 & young 3's) A perfect starter class for your budding ballerina. We do a lot of creative movement & following directions all while introducing ballet & tap to the mix. Fun music, lots of entertaining props and very low pressure. (30-45 minute class time depending on the group)

COMBINATION TAP & BALLET CLASS (Ages 3 & up)

We will tap dance for half the class and work on ballet for the rest of the class. There will be fun music, wands, wings, fans, feather boas and more for the young ones to encourage their best participation. (1 hour class time) **If your child is in a pre-school class at MMUMC,** we can take your child directly from class to dance, change their clothes and you will not pick them up until after class. (1 hour/15 minute class time applies)



BALLET/JAZZ CLASSES

(Ages 5 – 14 yrs old/5 yr olds must have had at least one year of dance prior to this class.)

These classes are a natural progression for those who have taken prior dance classes or gymnastics and feel they are ready for quicker and more challenging steps, dances & combinations. (1 hour class time)

HIP HOP

(Ages 6 & up) Several classes with various age groups & skill levels are offered for this popular street jazz. Rest easy knowing that your child is being taught in a Christian environment and the dance music will be safe.

BALLET/TAP/JAZZ COMBO CLASS

(Ages 8-12, must have previous dance experience) Love it all, but only have one day, this class will start with ballet and alternate jazz and tap every two weeks. (60 minute class time)

LYRICAL CLASSES

(Ages 7 & up)

Find the right age group and try this beautiful flowing combination of ballet, jazz & modern dance. (1 hour class time)



IRISH STEP CLASS (NEW)

(Ages 7 & up) Irish Step Dance is a type of performance dance that originates from ancient Ireland. It is characterized by a stiff upper body and lightning fast footwork like that seen in "Riverdance" or "Lord of the Dance". Dancers will learn a variety of steps and choreography in soft shoe ghillies to begin and then, once soft shoe is mastered, will move on to the more challenging hard shoe. (45-60 minute class time)

ZUMBA FITNESS CLASS (NEW)

Moving the World to a new beat. Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about.

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Ditch the workout and join the party! (1 hour class time)



TUMBLING CLASSES

(Ages 3 & up) Learn the proper technique and progression of tumbling with the appropriate age group & skill level for your child.



Learning how to maximize flexibility & balance through weekly classes will lead to rolls, cartwheels, hand & head stands, round-offs, walkovers and much more. (45 minute-1hour/15 minute class times) **If your child is in a pre-school class at MMUMC,** we can take your child directly from class to tumbling And you will not pick them up until after class. (1 hour/15 minute class time applies)

HOW TO REGISTER:

Fill out a registration form and mail or bring it with the registration fee to McEachern-Memorial United Methodist Church, 4075 Macland Rd., Powder Springs, GA 30127, Attn: Recreation Dept. You can also go our website at www.thespiritofdance.com, go to Classes & Tuition to pull up a registration form to print out and mail in. **The annual registration fee is \$25.00 per family. \$20 for our returning families.**

Class is limited to 12 students, with a minimum of 6 registered to begin the program.



*Dance & Tumbling classes
Ages 2-Adult*



McEachern Memorial
A United Methodist Church

4075 Macland Road, Powder Springs, GA 30127
770-943-3008 ext. 1240, 678-567-5036(fax)
www.mceachernumc.org

The Spirit of Dance 2011-2012 Schedule at MMUMC

CLC DANCE STUDIO		LULA DOBBS DANCE STUDIO	
Preschool Ballet/Tap 3-5yr olds (Ms. Kasey)	Monday 1:05-2:05		
Monday 4:00 - 5:00	4-6yr olds Ballet Tap (Ms. Lisa)	Monday 4:00 - 5:00	Monday 4:00 - 5:00
Monday 5:00 - 6:30	*Ballet Technique & Performance Class (Ms. Lisa, Ms. Ashley & Ms. Bethany Y)	Monday 5:00 - 6:00	8-12 yr old Tumbling (Ms. Janelle)
Monday 6:30-7:30	7-9 yr olds Ballet/Tap/Jazz (Ms. Bethany Y)	Monday 6:30-7:15	10 yrs olds & up Hip/Hop (Ms. Ashley)
Tuesday 1:05 - 2:05	Preschool Ballet/Tap 3-5yr. (Ms. Lisa)	Tuesday 1:05 - 2:05 (Ms. Sam)	Preschool Tumble 3-5yr olds
Tuesday 3:45-4:45	5-8yr olds Ballet/Jazz (Ms. Ashley)	Tuesday 4:00-5:00	6-10yr olds Tumbling (Ms. Katie)
Tuesday 5:15-6:15	*Performance Level Lyrical & Jazz(Ms. Ashley)	Tuesday 5:15-6:15	4-6 yr olds Ballet/Tap (Ms. Lisa & Ms. Katie)
Wednesday 10-10:45am	2-3yr olds- Pre-Ballet (Ms. Lisa)	Tuesday 6:15-7:15	*Performance Level Tap & Hip Hop(Ms.Katie)
Wednesday 1:05 - 2:05	Preschool Ballet/Tap 3 - 5yr olds (Ms. Lisa)	Wednesday 1:05 - 2:05 (Ms. Sam)	Preschool Tumble 3-5yr olds
Wednesday 3:45-4:45	6-8yr olds Ballet/Tap (Ms. Ashley)	Wednesday 4:45-5:45 (In CLC Studio)	7-9 yr olds Ballet/Jazz (Ms. Ashley)
Thursday 1:05—2:05	Preschool Ballet/Tap 3-5yr olds (Ms. Kasey)	Wednesday 5:45-6:30 (In CLC Studio)	7-10 yr olds Hip/Hop (Ms. Ashley)
Thursday 3:45-4:45	5-8yr olds Ballet/Jazz (Ms. Kasey)	Thursday 4:30-5:30 (Ms. Lauryn)	Irish Step Dance 5-9 yr olds(NEW)
Thursday 4:45-5:30	6-9yr olds Hip/Hop (Ms. Kasey)	Thursday 5:30-6:30	5-8yr olds Ballet/Jazz (Bethany Y)
Thursday 5:30-6:45	9-14yr olds Ballet/Tap/Jazz (Ms. Bethany)		
Saturday 10:00-10:45	2-3 yr olds Pre-Ballet (Ms. Bethany Y)	ADULT ZUMBA (NEW)	
Saturday 10:45-11:45	3-5 yr olds Ballet/Tap (Ms. Bethany Y)	10:45-11:45 (Ms. Bethany)	
11:45-12:45	5-8 yr olds Ballet/Jazz (Ms. Bethany Y)		

*Performance Level classes are for those interested in dancing with our performance group

“In His Steps”. See details on our website-
www.theSPIRITofDance.com.