

# THE MOVEMENT CENTER

“Creating good people through excellent education in the performing arts.”

A variety of Dance and Performing Arts classes are available afternoon, evening and weekends for students ages toddler through adult. TMC welcomes individuals with developmental challenges. Scholarships are available to families with financial challenges. Please call for a scholarship application.

TMC is committed to providing a rewarding education in dance, music and drama, with an emphasis on body control and musicality, in a disciplined learning environment. Students gain physical strength and self confidence while learning fun performing arts skills.

An introduction to a variety of dance and performing arts forms is important for a well-rounded education. For those students who go on to professional or community theatre, cross-training in the performing arts is a must!

TMC has an awesome facility that houses three state-of-the-art dance studios with sprung wood floors, mirrors, and dance barres.

Tuition is non-refundable after the first week of class. Adult classes may be paid by the semester or at our drop-in rates. We offer multi-class discounts for families!! Students who missed a lesson may make up that lesson in any other age appropriate class with the instructor's permission. All missed classes must be made up in the semester in which they were missed. TMC reserves the right to cancel a class for any reason. If we do, you will be given notice.

Private lessons available by appointment in the discipline you are enrolled in.

## TMC Dress Code

Hair for all classes hair should be secure in a high bun.

### **Ballet**

Women / Girls: pink tights and leotard (color optional), skirt optional, pink ballet shoes

Men / Boys: black dance pants or tights, TMC t-shirt, black ballet shoes

**Jazz, Musical Theatre, and Song & Dance** tights or jazz pants, leotard, black jazz shoes

**Hip Hop & Street Dance** jazz pants or sweatpants (below the knee in length), TMC T-shirt (no bare midriffs), black jazz sneakers, knee pads

### **Tumbling/Rhythmic Gymnastics**

Girls - dance shorts, leotard, barefoot;

boys - long sweat pants, fitted T-shirt

**Tap** jazz pants, sweatpants or tights, TMC t-shirt or leotard (no bare midriffs), black tap shoes (children's shoe ribbons must be replaced with black elastic)

**Performing arts classes, Cheer, and camps** shorts, TMC t-shirt, black jazz shoes or sneakers

If you have any questions about which class is appropriate, please call!

Fall Semester 2 runs October 13- December 20, 2009.

TMC will be closed October 12, November 11, 24-29 and December 5.



The Movement Center

Class prices and hours subject to change. Enrollment limited.

**Call to Register! (808) 735-8641**

# Performing Arts

## Vocal Performance

Students will focus on pitch, tone, harmonizing, breath control and projecting, while learning numerous Broadway and contemporary songs and medleys.

| Level | Day | Time        | Tuition  | Code | Age Group | Teacher |
|-------|-----|-------------|----------|------|-----------|---------|
| BEG   | SAT | 11:00-12:00 | \$120.00 | V-1A | Age 8+    | JENN    |



## Musical Theatre

Learn songs and dance routines from Broadway shows. With an emphasis on dance and vocal skills, students will learn basics of pronunciation, projection and breath control as well as footwork, jumps, spins, floor patterns and character presentation used in stage choreography.

| Level | Day | Time       | Tuition  | Code  | Age Group | Teacher      |
|-------|-----|------------|----------|-------|-----------|--------------|
| BEG   | TUE | 5:00-6:00  | \$110.00 | MT-1A | Age 7+    | JENN/TRAVERS |
| INT   | SAT | 12:30-1:30 | \$135.00 | MT-2A | Age 7+    | JENN/TRAVERS |

## Performing Arts Experience

One of our most popular classes, combining Singing, Dancing, and Acting, into a complete musical show experience. Students will create their own musical production and perform the last class. Plan to attend every class!

| Level | Day | Time      | Tuition  | Code   | Age Group | Teacher  |
|-------|-----|-----------|----------|--------|-----------|----------|
| BEG   | SAT | 3:00-4:00 | \$120.00 | PAE-1A | Age 7+    | JONATHAN |

## Song And Dance

Students will learn choreography to popular keiki songs (i.e. Disney songs, musicals). This class will teach stage presence and will devote equal time to singing and dancing.

| Level | Day | Time        | Tuition  | Code  | Age Group | Teacher      |
|-------|-----|-------------|----------|-------|-----------|--------------|
| BEG   | MON | 4:00-4:45   | \$81.00  | SD-1A | Age 4-6   | JENN         |
| BEG   | SAT | 10:00-10:45 | \$96.00  | SD-1B | Age 4-6   | JENN/TRAVERS |
| INT   | SAT | 9:00-10:00  | \$128.00 | SD-2B | Age 4-6   | JENN/TRAVERS |



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# Dance

## Angels (Ballet, Jazz, Tap, Tumbling)

Students learn the fundamentals of tap, ballet, jazz and tumbling – strengthen bodies, while gaining flexibility and agility. Angels is great way to introduce young movers to a variety of dance forms.

| Level | Day     | Time        | Tuition  | Code | Age Group | Teacher     |
|-------|---------|-------------|----------|------|-----------|-------------|
| BEG   | SAT     | 10:00-11:30 | \$180.00 | A-1A | Age 5-7   | LISA/NICOLE |
| BEG   | SUN     | 4:30-6:00   | \$203.00 | A-1B | Age 5-7   | CHANSRI     |
| INT   | TUE/THR | 3:00-4:00   | \$209.00 | A-2A | Age 5-7   | LISA/NICOLE |
| INT   | SAT     | 3:00-4:30   | \$180.00 | A-2B | Age 5-7   | STAFF       |
| ADV   | SAT     | 4:30-6:00   | \$203.00 | A-3A | Age 5-7   | STAFF       |

## Cheerleading Basics

Students will learn motions, cheers, dances and easy stunts. A fun way to prepare for future pepsquad tryouts! (Check out our *Tumbling for Cheerleaders* class, too!)

| Level | Day | Time      | Tuition | Code  | Age Group | Teacher |
|-------|-----|-----------|---------|-------|-----------|---------|
| BEG   | THR | 5:00-6:00 | \$99.00 | CB-1A | Age 7+    | NICOLE  |
| INT   | WED | 6:00-7:00 | \$99.00 | CB-2A | Age 7+    | NICOLE  |

## Hip Hop

With elements of jazz and funk, this dance form has roots in traditional and experimental styles and pushes the evolution of dance through choreography for contemporary and pop music.

| Level | Day | Time      | Tuition | Code  | Age Group  | Teacher  |
|-------|-----|-----------|---------|-------|------------|----------|
| BEG   | MON | 7:30-8:30 | \$99.00 | HH-1A | teen/adult | JONATHAN |

## Jazz

A rhythmic, percussive dance form seen primarily in commercial venues such as Broadway shows with a rhythmic propulsion and percussive style.

| Level        | Day | Time        | Tuition  | Code  | Age Group  | Teacher |
|--------------|-----|-------------|----------|-------|------------|---------|
| BEG          | SAT | 11:30-12:30 | \$120.00 | JA-1A | Age 7+     | NICOLE  |
| LO/INT       | TUE | 4:00-5:00   | \$110.00 | JB-1A | Age 7+     | LISA    |
| INT          | WED | 5:00-6:00   | \$99.00  | JB-2A | Age 7+     | NICOLE  |
| HI/INT       | TUE | 4:00-5:30   | \$150.00 | JB-3A | Age 7+     | NICOLE  |
| ADV          | TUE | 5:30-7:00   | \$150.00 | JC-1A | Age 10+    | NICOLE  |
| HI/BEG adult | WED | 7:00-8:15   | \$124.00 | AJ-2A | teen/adult | NICOLE  |



The Movement Center

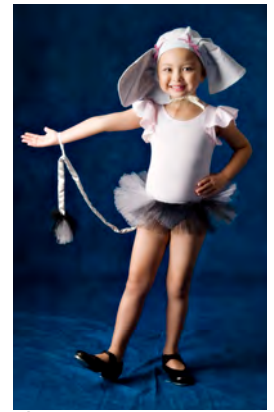
Class prices and hours subject to change. Enrollment limited.

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# Dance

## Little Angels (Creative Movement, Tap, Tumbling)

In a fun yet disciplined learning environment, students develop coordination and balance, rhythm, strength and agility. The class will joyfully explore movement through music, develop physical skills, channel energy, stimulate imagination and promote creativity.



| Level | Day     | Time        | Tuition  | Code  | Age Group | Teacher     |
|-------|---------|-------------|----------|-------|-----------|-------------|
| BEG   | SAT     | 9:00-10:00  | \$128.00 | LA-1A | Age 3-5   | LISA/NICOLE |
| BEG   | SAT     | 10:00-11:00 | \$128.00 | LA-1B | Age 3-5   | LISA/NICOLE |
| BEG   | SUN     | 3:30-4:30   | \$144.00 | LA-1C | Age 3-5   | CHANSRI     |
| BEG   | MON/WED | 3:00-4:00   | \$228.00 | LA-1D | Age 3-5   | STAFF       |
| INT   | SAT     | 9:00-10:00  | \$128.00 | LA-2B | Age 3-5   | LISA/NICOLE |

## Lyrical Jazz

Lyrical dance is a modern dance form which fuses modern dance, jazz, and ballet. Lyrical dance (AKA contemporary dance) requires excellent technique to perform, as the moves are often challenging and precise. This class will excite both intermediate and advanced dancers.

| Level | Day | Time      | Tuition  | Code  | Age Group  | Teacher |
|-------|-----|-----------|----------|-------|------------|---------|
| INT   | THR | 6:00-7:30 | \$135.00 | JL-2A | teen/adult | TRAVERS |

## Little Warriors (Intro to dance for boys)

Boys develop coordination and balance, rhythm, strength and agility. The class will develop physical skills, channel energy, stimulate imagination and promote creativity. Our young boys will learn tap, creative movement and tumbling in a masculine class.



| Level | Day | Time      | Tuition  | Code  | Age Group | Teacher  |
|-------|-----|-----------|----------|-------|-----------|----------|
| BEG   | SUN | 4:30-5:30 | \$144.00 | LW-1A | Age 4-6   | JONATHAN |

## Movement Exploration for Boys

Older boys learn basic coordination, timing and exercise intuitive musical sense in an eclectic class that helps to develop motor skills and social interaction.

*Designed for boys with developmental challenges.*

| Level | Day | Time      | Tuition | Code  | Age Group    | Teacher |
|-------|-----|-----------|---------|-------|--------------|---------|
| BEG   | WED | 3:00-4:00 | \$99.00 | ME-1A | Age 10+ boys | CHANSRI |



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# Dance

## Rhythmic Gymnastic

Rhythmic Gymnasts use props like ribbons, hoops, ropes and clubs while tumbling. Imagine doing a forward roll while tossing a ball in the air and catching the ball as you finish! Ballet and tumbling experience required.

| Level | Day | Time      | Tuition  | Code   | Age Group | Teacher |
|-------|-----|-----------|----------|--------|-----------|---------|
| BEG   | SAT | 4:00-5:00 | \$120.00 | RMG-1A | Age 7+    | SHINOBU |
| INT   | SAT | 5:00-6:00 | \$135.00 | RMG-2A | Age 7+    | SHINOBU |

## Street Dance

With elements of jazz and funk, this dance form has roots in traditional and experimental styles and pushes the evolution of dance through choreography for contemporary and pop music.

| Level | Day | Time       | Tuition  | Code   | Age Group  | Teacher  |
|-------|-----|------------|----------|--------|------------|----------|
| BEG   | SAT | 12:00-1:00 | \$120.00 | STA-1A | Age 8-teen | JONATHAN |
| BEG   | SUN | 3:30-4:30  | \$135.00 | STA-1B | Age 8-teen | JONATHAN |
| INT   | SAT | 1:00-2:00  | \$135.00 | STB-1A | Age 8-teen | JONATHAN |
| ADV   | SAT | 2:00-3:00  | \$135.00 | STC-1A | Age 8-teen | JONATHAN |



## Tap

The rhythmic sounds made by the movements of the feet helps to build musical timing, develops a quick and alert mind and gives related coordination to mind and body actions.

| Level  | Day | Time        | Tuition  | Code  | Age Group  | Teacher |
|--------|-----|-------------|----------|-------|------------|---------|
| BEG    | THR | 4:00-5:00   | \$99.00  | TA-1A | Age 7+     | LISA    |
| LO/INT | SAT | 11:00-12:00 | \$120.00 | TB-1A | teen/adult | LISA    |
| INT    | THR | 5:00-6:00   | \$99.00  | TB-2A | Age 7+     | TRAVERS |
| ADV    | TUE | 6:00-7:00   | \$110.00 | TC-1A | Age 7+     | TRAVERS |

## Tumbling / Acrobatics

Learn basic tumbling and acrobatic tricks.

| Level | Day | Time      | Tuition  | Code    | Age Group | Teacher |
|-------|-----|-----------|----------|---------|-----------|---------|
| BEG   | TUE | 3:00-4:00 | \$110.00 | TUMA-1A | Age 7+    | NICOLE  |
| INT   | THR | 4:00-5:00 | \$99.00  | TUMB-1A | Age 7+    | NICOLE  |

## Tumbling For Cheerleaders

Class will work specifically on tumbling for cheerleading and dance teams. We will build flexibility and strength and focus on skills such as front walkovers, aerials, and back handsprings.

| Level   | Day | Time      | Tuition  | Code    | Age Group | Teacher |
|---------|-----|-----------|----------|---------|-----------|---------|
| INT/ADV | TUE | 7:00-8:00 | \$110.00 | TUMB-1B | Age 10+   | NICOLE  |



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# Ballet Program

## Pre-Ballet Level A

Elements of dance, basic steps and vocabulary of classical ballet are introduced. A fun introduction to ballet for the young dancer.

| Level | Day | Time      | Tuition | Code  | Age Group | Teacher |
|-------|-----|-----------|---------|-------|-----------|---------|
| BEG   | FRI | 3:15-4:00 | \$75.00 | BA-1A | Age 5-7   | ERIN    |
| BEG   | FRI | 3:15-4:00 | \$75.00 | BA-1B | Age 5-7   | CHANSRI |

## Ballet Level B

For the beginning student, fundamentals of placement, basic steps and vocabulary of classical ballet are introduced. Students may take 1 to 3 classes per week. As students become more advanced they will be able to move from level BB1 to BB2 or BB3. Multiple class discounts are available.

| Level  | Day | Time      | Tuition  | Code  | Age Group | Teacher |
|--------|-----|-----------|----------|-------|-----------|---------|
| BEG    | THR | 6:00-7:00 | \$99.00  | BB-1A | Age 7+    | ERIN    |
| BEG    | SAT | 1:30-2:30 | \$120.00 | BB-1B | Age 7+    | CAROLYN |
| HI/BEG | WED | 4:00-5:00 | \$99.00  | BB-2A | Age 7+    | CAROLYN |
| HI/BEG | THR | 5:00-6:00 | \$99.00  | BB-2B | Age 7+    | ERIN    |
| LO/INT | FRI | 4:00-5:00 | \$88.00  | BB-3A | Age7+     | ERIN    |

## Ballet Level C By Audition

Intermediate students will expand their understanding of the basics. More intricate combinations are introduced. Placement is by audition. Students are encouraged to take other dance forms. As students become more advanced they will be able to move from 2 classes per week in level C1 (2.5 hours), to 3 classes per week in C2 (4 hours). C3 also includes pre-pointe training (5 hours).

| Level  | Day                       | Time                                | Tuition  | Code  | Age Group | Teacher                     |
|--------|---------------------------|-------------------------------------|----------|-------|-----------|-----------------------------|
| INT    | MON<br>and WED            | 4:00-5:30<br>4:00-5:00              | \$260.00 | BC-1A | Age 7+    | CAROLYN<br>CHANSRI          |
| HI/INT | MON<br>and WED<br>and SAT | 4:00-5:30<br>4:00-5:00<br>2:30-4:00 | \$440.00 | BC-2A | Age 7+    | CHANSRI<br>KELLY<br>CAROLYN |



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# Ballet Program

## Ballet Level D By Audition

In level D1 pointe work is introduced and transitioning gradually to D2 with more intense pointe work 3 times a week. Each child transitions at their own pace based on individual readiness. When ready, students will receive pointe work, learn variations for actual ballets like Giselle, Swan Lake, and Nutcracker. Students who wish to pursue a professional classical ballet career have the opportunity to begin working one on one with their instructors to prepare for auditions, competitions and special performances. Students are required to take one elective technique class in another discipline (included in cost). Placement is by audition.

| Level | Day                       | Time                                | Tuition  | Code  | Age Group | Teacher                       |
|-------|---------------------------|-------------------------------------|----------|-------|-----------|-------------------------------|
| ADV   | MON<br>and WED<br>and FRI | 5:30-7:30<br>5:00-7:00<br>4:00-7:00 | \$720.00 | BD-1A | Age 11+   | ERIN<br>CAROLYN<br>CHANSRI    |
| ADV   | MON<br>and WED<br>and FRI | 5:30-7:30<br>5:00-7:00<br>4:00-7:00 | \$720.00 | BD-2A | Age 11+   | CHANSRI<br>CAROLYN<br>CHANSRI |

## Adult Ballet

Beginning Ballet is for the beginning dancer, with no prior dance experience. Basic positions, placement and skills will be taught. Intermediate students are expected to have a basic understanding of ballet technique.

| Level  | Day | Time        | Tuition  | Code  | Age Group  | Teacher |
|--------|-----|-------------|----------|-------|------------|---------|
| BEG    | MON | 7:30-8:30   | \$89.00  | AB-1A | teen/adult | ERIN    |
| LO/INT | MON | 11:00-12:30 | \$121.00 | AB-2A | teen/adult | CHANSRI |
| INT    | WED | 11:00-12:30 | \$121.00 | AB-2B | teen/adult | CHANSRI |
| INT    | FRI | 11:00-12:30 | \$121.00 | AB-2C | teen/adult | CHANSRI |
| HI/INT | THR | 7:30-9:00   | \$121.00 | AB-3A | teen/adult | CHANSRI |



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| MONDAY   | 211         | 205             | 201            |
|----------|-------------|-----------------|----------------|
| 11:00 AM | Ballet - CG |                 |                |
| 11:30 AM | AB-2B       |                 |                |
| 12:00 PM | "           |                 |                |
| 12:30 PM | ====        |                 |                |
| 3:00 PM  |             | Little Angels 1 |                |
| 3:30 PM  |             |                 |                |
| 4:00 PM  | C1 Ballet   | C2 Ballet       | Song & Dance 1 |
| 4:30 PM  |             |                 |                |
| 5:00 PM  |             |                 |                |
| 5:30 PM  | D1 Ballet   | D2 Ballet       |                |
| 6:00 PM  |             |                 |                |
| 6:30 PM  |             |                 |                |
| 7:00 PM  |             |                 |                |
| 7:30 PM  | Beg Ballet  | Hip Hop         |                |
| 8:00 PM  |             |                 |                |
| 8:30 PM  |             |                 |                |

| TUESDAY | 211                | 205         | 204 |
|---------|--------------------|-------------|-----|
| 3:00 PM | Angel 2            | Tumb Beg    |     |
| 3:30 PM |                    |             |     |
| 4:00 PM | LO INT JAZZ        | HI Int Jazz |     |
| 4:30 PM |                    |             |     |
| 5:00 PM | Mus Theat 1        |             |     |
| 5:30 PM |                    | Adv Jazz    |     |
| 6:00 PM | ADV. Tap 2         |             |     |
| 6:30 PM |                    |             |     |
| 7:00 PM | Tumbling for Cheer |             |     |
| 7:30 PM |                    |             |     |

| FRIDAY   | 211         | 205            | 204 |
|----------|-------------|----------------|-----|
| 11:00 AM | Ballet - CG |                |     |
| 11:30 AM | AB-2B       |                |     |
| 12:00 PM | "           |                |     |
| 12:30 PM | ====        |                |     |
| 3:00 PM  | A1 Ballet   | A1 Ballet      |     |
| 3:30 PM  |             |                |     |
| 4:00 PM  | B3 Ballet   | Ballet Pilates |     |
| 4:30 PM  |             | "              |     |
| 5:00 PM  | D1/2 Ballet |                |     |
| 5:30 PM  |             |                |     |
| 6:00 PM  |             |                |     |
| 6:30 PM  |             |                |     |

| SUNDAY  | 211             | 205             |
|---------|-----------------|-----------------|
| 3:00 PM |                 |                 |
| 3:30 PM | Little Angels 1 | Street Dance 1  |
| 4:00 PM |                 |                 |
| 4:30 PM | ANGELS 1        | Little Warriors |
| 5:00 PM |                 |                 |
| 5:30 PM |                 |                 |

| WEDNESDAY | 211             | 205         | 201       |
|-----------|-----------------|-------------|-----------|
| 11:00 AM  | Ballet - CG     |             |           |
| 11:30 AM  | AB-2B           |             |           |
| 12:00 PM  | "               |             |           |
| 12:30 PM  | ====            |             |           |
| 3:00 PM   | Little Angels 1 | Move 4 Boys |           |
| 3:30 PM   |                 |             |           |
| 4:00 PM   | C2 Ballet       | C1 Ballet   | B2 Ballet |
| 4:30 PM   |                 |             |           |
| 5:00 PM   | Int Jazz        | D1/2 Ballet |           |
| 5:30 PM   |                 |             |           |
| 6:00 PM   | CHEER 2         |             |           |
| 6:30 PM   |                 |             |           |
| 7:00 PM   | Adult Jazz      |             |           |
| 7:30 PM   |                 |             |           |
| 8:00 PM   |                 |             |           |
| 8:30 PM   |                 |             |           |

| THURSDAY | 211          | 205       | 204     |
|----------|--------------|-----------|---------|
| 3:00 PM  |              | Angel 2   |         |
| 3:30 PM  |              |           |         |
| 4:00 PM  | Beg Tap      | Tumb Int  |         |
| 4:30 PM  |              |           |         |
| 5:00 PM  | Int Tap      | B2 Ballet | Cheer 1 |
| 5:30 PM  |              |           |         |
| 6:00 PM  | Lyrical Jazz | B1 Ballet |         |
| 6:30 PM  |              |           |         |
| 7:00 PM  |              |           |         |
| 7:30 PM  | Adult Ballet |           |         |
| 8:00 PM  | 7:30-9:00    |           |         |

| SATURDAY | 211             | 205             | 204            |
|----------|-----------------|-----------------|----------------|
| 8:30 AM  |                 |                 |                |
| 9:00 AM  | Little Angels 1 | Little Angels 2 | Song & Dance 2 |
| 9:30 AM  |                 |                 |                |
| 10:00 AM | Little Angels 1 | Angel 1         | Song & Dance 1 |
| 10:30 AM |                 |                 |                |
| 11:00 AM | Adult Tap       |                 | Vocal Prod     |
| 11:30 AM |                 | Beg Jazz        |                |
| 12:00 PM | Street Dance 1  |                 |                |
| 12:30 PM |                 | Mus Theat 2     | GEMS           |
| 1:00 PM  | Street Dance 2  |                 |                |
| 1:30 PM  |                 | B1 Ballet       | GEMS           |
| 2:00 PM  | Street Dance 3  |                 |                |
| 2:30 PM  |                 | C2 Ballet       |                |
| 3:00 PM  | ANGELS 2        |                 | PAE            |
| 3:30 PM  |                 |                 |                |
| 4:00 PM  |                 | Rhy. Gymn 1     | GEMS           |
| 4:30 PM  | Angel 3         |                 |                |
| 5:00 PM  |                 | Rthm Gymn 2     |                |
| 5:30 PM  |                 |                 |                |