

# 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 (adults may wear close fitting sweat pants over their tights.)

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!

Winter Semester runs January 4 - March 14, 2010.

TMC will be closed January 18 and February 13-15.

Spring Break will be March 15-21.



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	\$135.00	VA-1	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	SAT	11:00-12:00	\$135.00	MTA-1	Age 7+	TRIVERS
INT	SAT	12:00-1:00	\$135.00	MTB-1	Age 7+	TRIVERS

**New Day & Time**  
**New Time**

## 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! Now class will be 1.5 hours to allow more time for creative exploration!

Level	Day	Time	Tuition	Code	Age Group	Teacher
BEG	SAT	4:30-6:00	\$180.00	PAEA-1	Age 7+	JONATHAN

**New Time**

## 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	SAT	10:00-10:45	\$99.00	SDA-1	Age 4-6	TRIVERS
INT	SAT	9:00-10:00	\$135.00	SDB-1	Age 4-6	TRIVERS



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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	2:30-4:00	\$203.00	AA-1	Age 5-7	STAFF
INT	SUN	4:30-6:00	\$203.00	AB-1	Age 5-7	CHANSRI
INT	SAT	3:00-4:30	\$203.00	AB-2	Age 5-7	STAFF
ADV	TUE/THR	3:00-4:00	\$220.00	AC-1	Age 5-7	LISA
ADV	SAT	4:30-6:00	\$203.00	AC-2	Age 5-7	STAFF

**New Time**

## Cheerleading Basics

Students will learn motions, cheers, dances and easy stunts. A fun way to prepare for future peepsquad tryouts! (Check out our tumbling class, too, to work on the skills every cheerleader needs!)

Level	Day	Time	Tuition	Code	Age Group	Teacher
	THR	4:00-5:00	\$110.00	CB-1	Age 7+	TRAVERS

**New Time**

## 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	\$88.00	AHH	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	2:00-3:00	\$135.00	JA-1	Age 7+	ERIN
LO/INT	TUE	4:00-5:00	\$110.00	JB-1	Age 7+	LISA
HI/INT	TUE	5:00-6:30	\$150.00	JC-1	Age 7+	ERIN
ADV	TUE	6:30-8:00	\$150.00	JD-1	Age 10+	ERIN
ADULT	WED	7:00-8:15	\$124.00	AJB-1	teen/adult	ERIN

**New Time**  
**New Time**  
**New Time**



The Movement Center

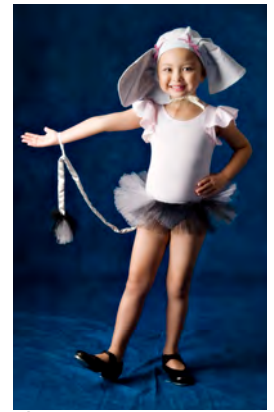
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# Dance

## 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	\$144.00	LAA-1	Age 3-5	LISA/ERIN
BEG	SAT	10:00-11:00	\$144.00	LAA-2	Age 3-5	LISA/ERIN
BEG	SUN	3:30-4:30	\$144.00	LAA-3	Age 3-5	CHANSRI
BEG	MON/WED	3:00-4:00	\$228.00	LAA-4	Age 3-5	CHANSRI/LISA
INT	SAT	9:00-10:00	\$144.00	LAB-1	Age 3-5	LISA/ERIN
INT	SAT	10:00-11:00	\$144.00	LAB-2	Age 3-5	LISA/ERIN

**New Day & Time**

## Lyrical Jazz

Lyrical dance is a contemporary 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	TUE	6:30-8:00	\$150.00	JLB-1	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	LWA-1	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	\$110.00	MEA-1	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	\$135.00	RGA-1	Age 7+	SHINOBU
INT	SAT	5:00-6:00	\$135.00	RGB-1	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	SUN	3:30-4:30	\$135.00	STA-1	Age 8-teen	JONATHAN
INT	SAT	12:00-1:00	\$135.00	STB-1	Age 8-teen	JONATHAN
ADV	SAT	1:00-2:00	\$135.00	STC-1	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.

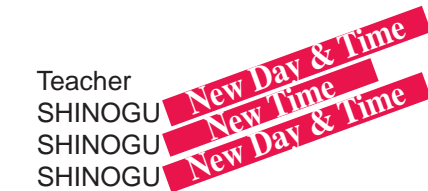
Level	Day	Time	Tuition	Code	Age Group	Teacher
BEG	THR	4:00-5:00	\$110.00	TA-1	Age 7+	LISA
ADULT	SAT	11:00-12:00	\$135.00	ATB-1	teen/adult	LISA
INT	THR	5:00-6:00	\$110.00	TB-1	Age 7+	TRAVERS
ADV	THR	6:00-7:00	\$110.00	TC-1	Age 7+	TRAVERS



## Tumbling / Acrobatics

Learn basic tumbling and acrobatic tricks.

Level	Day	Time	Tuition	Code	Age Group	Teacher
BEG	THR	4:00-5:00	\$110.00	TUMA-1	Age 7+	SHINOBU
INT	THR	6:00-7:00	\$110.00	TUMB-1	Age 7+	SHINOBU
ADV	THR	5:00-6:00	\$110.00	TUMC-1	Age 7+	SHINOBU



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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	\$83.00	BA-1A	Age 5-7	ERIN
BEG	FRI	3:15-4:00	\$83.00	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	WED	5:00-6:00	\$110.00	BB-1A	Age 7+	ERIN
HI/BEG	WED	6:00-7:00	\$110.00	BB-2A	Age 7+	ERIN
HI/BEG	THR	5:30-6:30	\$110.00	BB-2B	Age 7+	ERIN
LO/INT	FRI	4:00-5:00	\$110.00	BB-3A	Age 7+	ERIN

**New Day & Time**  
**New Time**  
**New Time**

## 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 and WED	4:00-5:30 4:00-5:00	\$260.00	BC-1A	Age 7+	CAROLYN CHANSRI
HI/INT	MON and WED and SAT	4:00-5:30 4:00-5:00 1:00-2:30	\$440.00	BC-2A	Age 7+	CHANSRI CHANSRI CAROLYN
HI/INT	MON and WED and SAT	4:00-5:30 4:00-6:00 1:00-2:30	\$550.00	BC-3A	Age 7+	CHANSRI CHANSRI CAROLYN

**New Time**  
**New Time**  
**New Time**



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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 and WED and FRI	5:30-7:30 5:00-7:00 4:00-7:00	\$720.00	BD-1A	Age 11+	ERIN CAROLYN CHANSRI
ADV	MON and WED and FRI	5:30-7:30 5:00-7:00 4:00-7:00	\$720.00	BD-2A	Age 11+	CHANSRI CAROLYN CHANSRI

## Teen Ballet

Beginning/Intermediate Ballet for the dancer/athlete who wants to improve their technique, flexibility and core strength in order to improve their skills for other dance forms or athletic endeavors. Basic through intermediate level of positions, placement and skills will be taught. Perfect for gymnast, hip hop, jazz, tap and musical theatre dancers, ice skaters, football players and others who want a great ballet workout.

Level	Day	Time	Tuition	Code	Age Group	Teacher
	THR	7:00-8:00	\$110.00	TBB-1	teen	ERIN

**New Class!**

## 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	\$79.00	ABA-1	adult	ERIN
LO/INT	MON	11:00-12:30	\$108.00	ABB-1	adult	CHANSRI
INT	WED	11:00-12:30	\$135.00	ABB-2	adult	CHANSRI
INT	FRI	11:00-12:30	\$135.00	ABB-3	adult	CHANSRI
HI/INT	THR	7:00-8:30	\$135.00	ABC-1	adult	CHANSRI

**New Time**



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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 A	
3:30 PM			
4:00 PM	C1 Ballet	C2 Ballet	
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 C		
3:30 PM			
4:00 PM	Jazz B		
4:30 PM			
5:00 PM	Jazz C		
5:30 PM			
6:00 PM			
6:30 PM	JAZZ D	Lyrical Jazz	
7:00 PM			
7:30 PM			

WEDNESD	211	205	201
11:00 AM	Ballet - CG		
11:30 AM	AB-2B		
12:00 PM	"		
12:30 PM			
===			
3:00 PM	Little Angels A	Move 4 Boys	
3:30 PM			
4:00 PM	C1 Ballet	C2 Ballet	
4:30 PM			
5:00 PM	B1 Ballet	D1/2 Ballet	C3 Ballet
5:30 PM			
6:00 PM	B2 Ballet		
6:30 PM			
7:00 PM	Teen Jazz		
7:30 PM			
8:00 PM			
8:30 PM			

THURSDAY	211	205	204
3:00 PM	Angel C		
3:30 PM			
4:00 PM	Tap A	Tumb A	Cheer
4:30 PM			
5:00 PM	Tap B	Tumb C	B2 Ballet
5:30 PM			
6:00 PM	Tap C	Tumb B	
6:30 PM			
7:00 PM	Adult Ballet	Ballet for Teens	
7:30 PM			
8:00 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			

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

SUNDAY	211	205
3:00 PM		
3:30 PM	Little Angels A	Street Dance A
4:00 PM		
4:30 PM	Angel B	Little Warriors
5:00 PM		
5:30 PM		