

Jazz

Jazz

Class includes jazz technique: warm up, body isolations, progressions across the floor, and fun rhythmic combinations. Build strength and coordination, while listening to a variety of music.

Jazz I/II (ages 7-10)

Th 5:30-6:30 pm 9/12-1/23 R\$221 N\$237

Th 5:30-6:30 pm 9/12-6/11 R\$416 N\$451

Jazz III (ages 9+)

M 4:45-6:00 pm 9/9-1/13 R\$261 N\$281

M 4:45-6:00 pm 9/9-6/8 R\$478 N\$519

Jazz IV/V (ages 11+)

W 6:00-7:30 pm 9/11-1/22 R\$317 N\$342

W 6:00-7:30 pm 9/11-6/10 R\$606 N\$660



Pre Jazz

Funky Kids - Pre-Jazz (ages 5-7)

This fun class is for kindergarten and first graders who want to get funky! Jazz technique and funky routines are the focus of this class. Dancers will learn body coordination and isolations. Basic foot work and work on strength and flexibility to prepare them for Jazz, Hip Hop or any other dance form they want to explore as they progress and grow.

T 5:30-6:30 pm 9/10-1/21 R\$242 N\$260

T 5:30-6:30 pm 9/10-6/9 R\$437 N\$474

We also offer Adult dance classes in
Ballet, Jazz, Tap,
Flamenco
and ballroom styles.

Check out the programs in our Craze brochure.
www.mltrec.com

Hip Hop

Hip Hop

Come with a good attitude and willingness to groove because that's what this class is about. Enjoy a funky beat while practicing your coordination and body isolations.

Hip Hop Beginning (ages 8+)

Sat 10:30-11:30 am 9/14-1/25 R\$242 N\$260

Sat 10:30-11:30 am 9/14-6/13 R\$406 N\$440

Hip Hop Intermediate (ages 11+)

Sat 11:30-12:30 pm 9/14-1/25 R\$242 N\$260

Sat 11:30-12:30 pm 9/14-6/13 R\$406 N\$440



Please take off your street shoes and
change into your appropriate clean, dance shoes
before going into class. Or go barefoot if you
don't have the appropriate shoes yet.

Irish Step

Irish Step Dance

Boys & girls will be instructed in the correct technique, carriage, steps and timing of Irish step dancing while sharing the joy of dance and fostering a love for this beautiful art form.



Irish Step I/II (ages 7-12)

T 5:15-6:15 pm

9/10-1/21 R\$242 N\$260

9/10-6/9 R\$437 N\$474

Irish Step III-V (ages 11+)

T 6:15-7:30 pm

9/10-1/21 R\$287 N\$309

9/10-6/9 R\$529 N\$575

Lyrical

Lyrical

Lyrical is a popular free flowing dance form that uses elements of ballet, contemporary and Jazz to express the words to the music. It's often seen in music videos and TV dance competitions.

Lyrical I / II (Ages 8-12)

M 6:00-7:00 pm 9/9-1/13 R\$221 N\$237

M 6:00-7:00 pm 9/9-6/8 R\$396 N\$429

Lyrical III / IV (Ages 11+)

T 5:00-6:15 pm 9/10-1/21 R\$287 N\$309

T 5:00-6:15 pm 9/10-6/9 R\$529 N\$575



MLT Dance Academy Fall Semester 2019



Our excellent instructors provide a
structured approach to dance, with an
emphasis on technique, healthy
alignment, creativity, and building self
esteem.

For student placement call:

Dance Program Director

Chloe E Davenport

Tel: 425-640-3107

cdavenport@ci.mt.wa.us



Mountlake Terrace Recreation Pavilion

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Mountlake Terrace 98043

www.mltrec.com

425-776-9173

MLT Dance Academy School-Year Classes

1st Semester September 9th - January 25th
2nd Semester January 27th - June 13th

Our yearly Dance Academy program is based on a full school years curriculum. Dancers must meet the age requirements by Sept. 1st 2019. Students dancing in the fall have the opportunity to perform in the semi-produced Winter Dance Concert. Second Semester dancers are invited to dance in the fully produced Spring Dance Recital. Dancers can join any time in the year and all dancers may be placed in a different level by the teacher or director after their first or second class.

Creative Dance

Creative Dance (Ages 3.5 -5)

Boys & girls dance and play with scarves, instruments and other props. Kids develop strength, coordination, and flexibility while experiencing the joy of dancing. Children must meet the age requirement by September 1st 2019.

M 4:15-5:00 pm 9/9-1/13 R\$201 N\$217
M 4:15-5:00 pm 9/9-6/8 R\$354 N\$387

Creative Pre Ballet (Ages 5-7)

Boys & girls learn basic ballet positions and preparatory steps in an enjoyable manner. Ballet terminology is incorporated into creative explorations. Musicality and classroom etiquette are emphasized in a friendly encouraging environment. Children must be of age as of September 1st 2019.

M 5:00-6:00 pm 9/9-1/13 R\$221 N\$237
M 5:00-6:00 pm 9/9-6/8 R\$396 N\$429



Ballet

Ballet I -VI (ages 8+)

Danseurs & Ballerinas build strength, flexibility and grace in a non-competitive, encouraging environment. These traditional classes focus on ballet vocabulary, correct alignment, and finding personal expression within the form. Barre-work, center floor exercises and movement across the room will all be included in an appropriate way for each level.



Ballet I (Ages 6-9)

M 5:00-6:00 pm 9/9-1/13 R\$221 N\$237
M 5:00-6:00 pm 9/9-6/8 R\$396 N\$429

Ballet II (Ages 7-12)

Th 4:30-5:30 pm 9/12-1/23 R\$221 N\$237
Th 4:30-5:30 pm 9/12-6/11 R\$416 N\$451

Ballet III (ages 9+) - 2x per week

T 6:15-7:15 pm, Th 6:00-7:00 pm
9/10 1/23 R\$406 N\$440
9/10-6/11 R\$795 N\$867

Ballet IV (ages 10+) - 2x per week

M 6:00-7:30 pm, W 4:30-6:00 pm
9/9-1/22 R\$536 N\$583
9/9-6/10 R\$1057 N\$1155

Ballet V-VI (ages 12+) - 2x per week

M 6:00-7:30 pm, W 4:30-6:00 pm
9/9-1/22 R\$536 N\$583
9/9-6/10 R\$1057 N\$1155

Pre-Pointe (level IV +)

This class is for serious dancers who want to begin their drills and understanding of how to work in pointe shoes. Dancers must be in Level IV or higher to be eligible and ask the instructor to join.

W 6:00-6:30 pm 9/11-1/22 R\$113 N\$129
W 6:00-6:30 pm 9/11-6/10 R\$240 N\$274

Tap

Tap and Ballet (ages 4-6)

Boys & girls are introduced to the preliminary steps of ballet and the fundamentals of rhythm through tap techniques. Creative games and fun songs are a great way to introduce the joy of dancing to the inquisitive beginner. Children must be of age as of 9/1/19.

Th 5:30-6:30 pm 9/12-1/23 R\$205 N\$221
Th 5:30-6:30 pm 9/12-6/11 R\$394 N\$429



Tap

Boys & girls will focus on fundamental tap vocabulary, build coordination, musicality and have a great opportunity for self-expression.

Tap I (Ages 6-9)

Th 6:30-7:30 pm 9/10-1/21 R\$242 N\$260
Th 6:30-7:30 pm 9/10-6/9 R\$437 N\$474

Tap II - III (ages 8+)

W 5:00-6:00 pm 9/11-1/22 R\$232 N\$249
W 5:00-6:00 pm 9/11-6/10 R\$426 N\$462

Ballet

Additional Ballet Technique (Ages 10+)

This intermediate class is open to all dancers who want to increase their grace, flexibility and strength. Work on your turns, extensions and por de corps. A complete ballet barre, center floor, progressions and variations will be taught to help dancers learn common ballet sequences and understand their bodies better for a more fulfilling experience in other ballet, jazz or lyrical classes. All students will be coached to their level.

Th 4:30-6:00 pm 9/12-1/23 R\$244 N\$268
Th 4:30-6:00 pm 9/12-6/11 R\$534 N\$587

ROCKSTARS

Performing Company

Season Opening and Audition (Ages 11-19)

Saturday August 24th 10:00 - 1:00 pm
R\$30 N\$33

This workshop is the first, required day for all dancers participating in the 2019-2020 season of ROCKSTARS. It's also an open workshop for anyone wishing to audition for the company or if you just want to see what the company is about. Warm up, learn some upcoming choreography and get back into the groove before classes start. If you're new to the group please register for this workshop. If you're already accepted into the company (through last season's open audition) this workshop is included in your semester or yearly enrollment in ROCKSTARS.

ROCKSTARS weekly rehearsal (Ages 11-19)

The ROCKSTARS performing company provides dancers with performance experiences outside of the MLT Academy recitals in a fun and safe environment. Come fine tune your showmanship with multiple choreographies each season. The company's repertoire includes Lyrical & Jazz with other styles thrown in for variety each year. To be eligible dancers must take at least two other dance classes a week: Jazz, Lyrical and/or Ballet. Don't forget the season opening workshop/audition on August 24th is part of the commitment and included in your registration.

Th 6:30-8:00 pm 9/12-1/23 R\$289 N\$312
Th 6:30-8:00 pm 9/12-6/11 R\$565 N\$615

