

Spring & Summer 2009

Dance Theatre Studio

Open Monday, April 20, 2009 through Sunday, July 12, 2009.
Spring Session only classes held April 20, 2009 Through May 31, 2009
 Studio Closed Thursday, May 7 and Monday, May 25 for Memorial Day

12 Week Session

Monday	Tuesday	Wednesday	Thursday	Friday
Youth Arts Program 3:30-6:00	Youth Arts Program 3:30-6:00	Youth Arts Program 3:30-6:00	Youth Arts Program 3:30-6:00	Dance Exercise Anne K. Durbin Studio A 10:15-11:15 <i>Spring Session Only</i>
Cardio Barre Anne K. Durbin 6:00-6:45	Beg. II Ballet John J. Durbin Studio A 6:00-7:15	Int. Ballet Belen Guzman Studio A 6:00-7:15		Int. Pilates Anne K. Durbin Studio A 11:15-12:15 <i>Spring Session Only</i>
Beg. I Ballet John J. Durbin Studio A 6:45-8:00	Int. Jazz Michelle Millard Studio A 7:15-8:30	Mat Pilates Linn Sandberg Studio C 6:00-7:00	Cardio Latin Anne K. Durbin Studio A 6:45-7:30	Int. Ballet Belen Guzman Studio A 12:15-1:30 <i>Spring Session Only</i>
Beg. I Jazz Anne K. Durbin Studio A 8:00-9:15	Int. Hip Hop Michelle Millard Studio A 8:30-9:30	Beg. II Tap John J. Durbin Studio A 7:15-8:15	Int. Tap Anne K. Durbin Studio A 7:30-8:30	
		Beg. I Tap Anne K. Durbin Studio A 7:15-8:15	Beg. II Jazz Michelle Millard Studio A 7:30-8:45	
UM Ballroom Team	UM Ballroom Team	UM Ballroom Team	Beg. I/II Hip Hop Michelle Millard Studio A 8:45-9:45	UM Ballroom Team

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Adult Schedule

John J. Durbin, Director
711 N. University Ave. (Near State Street, above Moe Sport Shop)
Studio: (734) 995-4242
Residence: (810) 229-5140

Correspondence to:
Dance Theatre Studio
P.O. Box 4249
Ann Arbor, MI 48106-4249
dancetheatrestudio@att.net
Website: www.dancetheatrestudio.com

Class Levels

Beginning I. The student has had little or no dance training or it has been a long time since the student has studied dance. Beginning I level classes introduce the vocabulary of dance technique and build a basic foundation. Students usually take 2-3 terms at this level.

Beginning II. The student has achieved a working knowledge of dance technique fundamentals introduced in Beg. I level classes and has achieved strength and flexibility.

Intermediate. The student is ready to work on all facets of dance technique, having achieved a considerable amount of strength and flexibility.

Spring/Summer Punch Cards

6 Class Card	\$ 60.00
12 Class Card	\$100.00
24 Class Card	\$180.00

Students are welcome to take any combination of classes with their punch card. One punch per class. Punch cards can be used throughout the spring/summer term, but are non-refundable and non-transferable.

Classes

Ballet Technique is a highly disciplined training in which a fairly standard progression of exercises builds the strength and flexibility required for classical positions and steps.

Cardio Barre is a specialized workout class that combines the tenets of a ballet barre and an aerobic exercise program. Participants will enhance tone, flexibility, and agility while focusing on proper posturing and alignment.

Cardio Latin - Move your hips, burn calories, and sculpt your body to the rhythm of the Latin beat. Learn basic rumba, samba, cha-cha, merengue, and salsa moves.

Jazz/Hip Hop dance utilizes the various rhythms of music combined with isolations of the body. Classes consist of center and floor work, across the floor techniques and varied stylistic combinations.

Pilates is designed to improve core strength and flexibility through resistance training and broad stretching. Primarily utilizing the mat, band and ball are added to increase movement accuracy. Please bring a towel to class.

Stretch & Strengthen increases flexibility, core strength and enhances your range of motion. It will also improve circulation, posture and coordination.

Tap dance is the use of both feet as a musical instrument. The object of this form of dance is to master the use of the body and feet in playing melodic patterns and drumming out rhythms.

Private lessons are available in all disciplines upon request. Pilates private lessons are also available using the reformer.

Dance Theatre Studio has an excellent 30 year reputation, is a member of Cecchetti Council of America, and is a strong supporter of the arts.

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