



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHOOL OF DANCE

UPPER MAIN LINE YMCA
2010-2011 Program Information



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Mission

The Upper Main Line YMCA Dance Program offers instruction for boys and girls, ages 2 through adult, beginners through advance. You can be assured that you and your child will receive a quality dance education through our trained and competent staff. Enjoy our large state of the art dance studio and our family YMCA values. The UMLY dance program is based on a 9 month curriculum that encourages progression of skills and provides consistent instruction at each level. Much like an academic school, students build on what they learn from week to week. For this reason we encourage parents to register their children for classes in the fall and remain in the same class for the duration of the year. New students are welcome to enroll throughout the school year if space is available but may be asked to attend a lower level class. **No new students may enroll after November 29th 2010.**

Performance Opportunities

Because students enroll in dance classes for various reasons, the YMCA strives to not only provide quality instruction but also build self-confidence and character. Participants will have an opportunity to showcase their progress in our Annual Spring Recital as well as other performance opportunities throughout the year. Participation is not required.

Attendance

Students are expected to attend class on a regular basis. If absent from class, the student has the option to attend a makeup class. No refunds or credits will be issued for missed classes. Check with the instructor for makeup class recommendations if you need them. In the case of inclement weather makeup classes will be offered. We expect students to be on time, as late arrivals disrupt not only the teacher but the other students as well. There are no refunds for missed classes.

Registration

Students and parents can register online for the full nine month program. Those choosing to register online can pay in full or set up monthly payments. If you have multiple classes to register for and/or discounts to apply you will need to register in person. Registration for the fall 2010 season will begin on Wednesday, August 11, 2010. If you have any questions regarding registration or the upcoming season please contact the dance coordinator at (610) 647-9622 ext. 2510 or umlydance@umly.org.

Recital/Costume Fee

A \$80 costume fee per class will be due by **December 1, 2010**. Participation in the annual spring dance recital is completely optional. This fee includes the cost of the costume and recital fee - this covers all expenses related to the recital - we do not require parents to purchase tickets to the recital because the cost is covered by the recital fee. **Registration MUST be completed in person and a SIGNED recital agreement must be handed in at this time in order to participate in the annual recital.**

Financial Assistance

The Upper Main Line YMCA is proud to be a part of a 150 year old organization which includes, as part of its mission, responsibility through its fundraising efforts. We ensure that no one is turned away based on the inability to pay. Financial assistance is available on the basis of need. Applications are available at the Welcome Center.

Emergency Closing

In case of an emergency closing, a phone tree will be set in motion and a class representative will contact parents and students. There will also be a message at (610) 647-9622 ext. 2510 and on the UMLY website listing any cancellations.

Tuition

We do not require contracts, and tuition is on a month-to-month basis. Tuition is based on the class length and a 5% discount is given for multiple classes per student or other family members.

Full Year Payment Option: Students and parents can register online or in person for our nine month dance program. To register online please visit www.umly.org and click on the EZ link to set up your account and select the pay in full option. If you cancel a class after paying in full for the year you will be credited or refunded for the remaining months of tuition. Cancellations must be received by written notification or an email (umlydance@umly.org) to The Upper Main Line YMCA Dance Department 15 days prior to the next month's start. You will not receive a refund for paid classes that you did not attend if you discontinue in the middle of the month. A \$15.00 administration fee will be applied to each program you are requesting a credit or refund for.

Installment Payment Options: Families who prefer to pay tuition in monthly installments will be set up on our automatic payment system. This can be set up in person or online at www.umly.org by clicking on the EZ link and selecting the EFT option. Payments will be submitted on the first (1st) of each month from September through May. Your MasterCard, Visa, Discover or Debit card will be charged each month or you may provide us with a voided check and we will automatically deduct your tuition payment from your checking account. A \$20 service charge and/or NSF charge will be assessed for any returned or declined payment transaction.

If you agree to the Installment Payment Option, you must notify the Upper Main Line YMCA of any changes to your credit card, debit card or checking account, including email address, expiration date, etc. These changes must be made in writing to the business office. If for any reason you choose to cease your tuition obligation, or your child drops a class, written notification or an email (UMLYDance@umly.org) must be given to The Upper Main Line YMCA Dance Department 15 days prior to the next month's billing date. Once we have been notified, we will inactivate or adjust the automatic payment. You will not receive a refund for paid classes that you did not attend if you discontinue in the middle of the month. A \$15 administrative fee will be applied for all canceled classes.

FEE SCHEDULE (monthly rates due September through May)

Classroom Hours	Full Member	Program Member
30 minutes	\$30.00	\$50.00
45 minutes	\$35.00	\$60.00
1 hour	\$38.00	\$65.00

DANCE PROGRAMS

Session Classes – Youth

Baby Dance *Ages 2 –3 years old (30 minutes)*

This class introduces your child (along with a parent or caregiver) to various free movement exercises and simple ballet steps. It is taught in a fun-loving, safe and nurturing atmosphere where every child is treated like a prince or princess! The instructor will incorporate simple dance exercises, stretches, and easy routines while helping to emphasize body awareness and creativity.

This class is run by the session. Check YMCA program guide for current dates.

- Monday 10:30am – TBD
- Tuesday 10:30am – TBD
- Friday 10:30am – TBD
- Saturday 9:30am – TBD

Creative Movers *Ages 3-5 years old (45 minutes)*

This class offers an introduction for young children to the wonderful world of movement. Experienced staff will lead students through fun and exciting activities geared to inspire creativity and promote independent thinking. Think modern dance for the very young. Boys and girls welcome.

This class is run by the session. Check YMCA program guide for current dates.

- Monday 11:00am – TBD
- Thursday 11:00am - TBD
- Friday 11:00am -TBD

Session Classes – Adult

Belly Dance Classes

Belly Dance I *Ages 17+ (60 minutes)*

Every woman has a goddess inside. This ancient dance is your key to happiness, improved self-esteem, and self acceptance. Having a positive body image through empowering feminine movements can change your life. This is an introductory level class.

This class is run by the session. Check YMCA program guide for current dates.

- Friday 7:00pm – Amar

Belly Dance II *Ages 17+ (60 minutes)*

Just like Belly Dance I, this ancient dance is your key to happiness, improved self-esteem, and self acceptance. Having a positive body image through empowering feminine movements can change your life. This is an intermediate level class.

This class is run by the session. Check YMCA program guide for current dates.

- Tuesday 7:15pm – Amar

Ballroom Classes

Ballroom *Ages 17+ (60 minutes)*

Enjoy a night out while learning dances like the Waltz, Foxtrot, Cha-Cha and more.

- Saturday 7:00pm –TBD

YOUTH CLASSES

Tiny Dancers *Ages 3-4 years old (30 minutes)*

This class introduces 3 and 4 year olds to dance and movement on their own. Children develop coordination, balance and self-esteem while discovering the fun of movement.

(Must be 3 years of age as of September 2010)

- Tuesday 11:00am – TBD
- Tuesday 1:00pm – TBD
- Wednesday 1:00pm – Miss Mary-Anne
- Thursday 10:30am - TBD
- Saturday 10:00am – TBD

Preschool Dancers *Ages 4-5 years old (45 Minutes)*

This class introduces students to movement music and rhythm as well as body discipline and awareness that are natural to their stage of development.

(Must be 4 as of September 2010)

- Tuesday 1:30pm – TBD
- Wednesday 1:30pm – Miss Mary-Anne
- Thursday 1:45pm – Miss Bette
- Saturday 10:30am – TBD

Pre-Ballet/Tap *Ages 5 and 6 (45 minutes)*

This class introduces young dancers to the fundamentals of Ballet and Tap movement. Students learn ballet barre, technique, floorwork as well as basic tap steps

(Must be 5 as of September 2010)

- Tuesday 2:15pm – Miss Mary-Anne
- Wednesday 10:30am – TBD
- Thursday 1:00pm – Miss Bette
- Saturday 11:30am – TBD

Ballet/Tap 1 *Ages 6 through 9 (60 minutes)*

Learn the fundamentals of Ballet and Tap technique. This class combines 30 minutes of Tap 1 with 30 minutes of Ballet 1

- Tuesday 4:15pm – Miss Mary-Anne
- Saturday 12:15pm – TBD

Ballet Classes

While registering please keep in mind that ballet is the foundation in dance. Ballet teaches technique, discipline, structure and etiquette. These are tools that help students learn the forms of dance easier. It is always recommended that students take Ballet in conjunction with any other classes.

Ballet 1 *Ages 6-9 years old (60 minutes)*

Ballet improves grace, coordination and confidence and is the foundation for all other forms of dance. This class teaches the discipline, exercises and combinations for the barre and center floor. Beautiful posture, flexibility, strength and grace are just a few of the wonderful benefits of ballet.

- Friday 4:15pm – TBD

Ballet 2 *Ages 7-10 years old (60 minutes)*

This class is designed for the student who has mastered Ballet 1

- Tuesday 6:15pm – Miss Christina

Ballet 3 *Ages 11-13 years old (60 minutes)*

This class is designed for the student who has mastered Ballet 2

- Thursday 6:15pm – Miss Christina

Ballet 2/3 *Ages 7-13 years old (45 minutes)*

This is an optional class for those students currently enrolled in ballet 2 or 3. For the Ballet dancer wishing to further develop their technique. **MUST BE TAKEN WITH BALLET 2 OR 3.**

- Friday 5:15pm – TBD

Tap Classes

Tap 1 *Ages 6-9 years old (60 minutes)*

This class is designed for the beginner tap student or those students who have taken Ballet/Tap 1 or Tap 1.

- Monday 4:15pm – Miss Maggie

Tap 2 *Ages 8-12 years old (60 minutes)*

This class is designed for the tap student who has taken at least 3 years of Tap and has mastered time steps and other fundamentals of tap.

- Tuesday 5:15pm – Miss Mary-Anne

Tap 3 *Ages 13-16 years old (60 minutes)*

This class is designed for our teenaged tap students who have taken at least 3 years of Tap and have mastered time steps and other fundamentals of tap.

- Wednesday 6:15pm – Miss Mary-Anne

Jazz Classes

Jazz *Ages 8-12 years old (60 minutes)*

Students learn the basic warm-ups and fundamentals of jazz and incorporate them into a routine.

- Monday 5:15pm – Miss Maggie

Modern Classes

Creative Modern Dance *Ages 6-8 years old (60 minutes)*

An introduction to modern dance combining basic dance technique with expressive contemporary movement and structured improvisations.

- Wednesday 4:15pm – Miss Brenda

Creative Modern Dance and Choreography *Ages 9 – 12 years old (60 minutes)*

The next level of modern dance, including compositional activities that give dancers the opportunity to explore the art of choreography.

- Wednesday 5:15pm – Miss Brenda

Hip-Hop Classes

Pre Hip-Hop *Ages 5-7 years old (45 minutes)*

Children move and groove while being introduced to age appropriate hip-hop steps and technique. (Must be 5 as of September 2010)

- Thursday 4:15pm – Miss Coleen

Hip-Hop *Ages 8-13 years old (60 minutes)*

Learn the latest dance steps to pop and hip hop music. All music is screened for age appropriate lyrics.

- Thursday 5:00pm – Miss Coleen

ADULT CLASSES

No Dance experience necessary!

Ages 17 + (All classes 60 minutes in length)

Tap Classes

Beginner Tap

This class is designed for the beginner tap student or those have only a few years of tap experience. Learn basic tap technique.

- Monday 7:15pm – Coleen

Intermediate Tap

This class is designed for the tap student who has mastered basic tap technique. This class covers more advanced tap steps. Should have a strong knowledge of times steps and other basic tap technique.

- Wednesday 7:15pm – Mary-Anne

Ballet

Ballet improves grace, coordination and confidence and is the foundation for all other forms of dance. This class teaches the discipline, exercises and combinations for the barre and center floor. Beautiful posture, flexibility, strength and grace are just a few of the wonderful benefits of ballet.

- Monday 6:15pm – Coleen

DRESS CODE

Attire & Shoes

- Tiny Dancers & Preschool Dancers – Leotard, tights, Pink Ballet slippers – black for boys (please do not purchase satin slippers – they can be very slippery for young dancers)
- Pre-Ballet/Tap – Leotard, tights, ballet slippers and tap shoes
- Ballet – tights and leotard, pink ballet slippers, hair pulled back
- Tap – leotard, tights, jazz pants or shorts and tap shoes
- Creative Modern – bare feet, jazz pants or leggings and leotard
- Pre Hip-Hop & Hip-Hop – any appropriate fitting workout clothes and dance sneakers **
- Jazz – jazz shoes, jazz pants or leggings and leotard
- Adult Classes - any appropriate fitting workout clothes and appropriate shoes for class (see above)

****Inclement weather** – Please wear a different pair of shoes for outside then for hip hop classes. No street shoes should be worn in the dance studio.

- **Etiquette:**
- Please arrive on time to class
- No gum chewing or food in the dance studio
- Please advise your teachers of any health concerns.
- Personal items should be stored in the cubbies provided outside the dance studio or locked in the locker rooms
- Parents are not allowed to stay during dance classes. It is fun to watch your child's progress but can be very distracting. Focus is extremely important in the learning process. A list of parent observation weeks will be provided.

About Us

Maggie Carlino

Maggie Carlino grew up dancing in the Philadelphia area studying tap, jazz, and ballet. Maggie earned her BFA in Dance Theatre from Emerson College in Boston, MA where she was first introduced to modern dance. She had the privilege to study and work with numerous Boston based choreographers. Maggie has choreographed works seen in the Boston area including a collaborative piece with a composer from Berklee College of Music. Maggie's travels took her to Boulder, Colorado where she trained briefly with Katie Elliot of 3rd Law Dance/Theater. After returning to the east coast Maggie joined the staff of the Upper Main Line YMCA Dance Department in 2007.

Nina Costanza (Amar)

Amar is one of New York City's finest Egyptian-style Middle Eastern dancers. She has over 20 years experience as a soloist and folkloric dancer, both in cabaret settings with live Arabic bands and on the theatre stage on an international scale. Amar's artistry ranges from classical and folkloric dance to contemporary and fusion musical genres. Her professional career encompasses extensive work as performer, instructor, producer, and journalist. She was editor in chief of the renowned *Arabesque: A Journal of International Dance* published by Ibrahim Farrah. Studying intensively with her mentor, Yousry Sharif, she was a longtime member of the original *Yousry Sharif Dance Ensemble*. In 2003, she formed the *Amarain Dance Company* who performs her original choreography within the tri-state area. She started the belly dance program at New York Sports Clubs (1998) and has previously been on staff at Ballet Hispanico and Trisha Brown Studios (NYC). She currently teaches at Ripley-Grier Studios (NYC) and now proudly at the Upper Main Line YMCA. For more details: www.amardance.com.

Mary-Anne Dieckhaus

Mary-Anne Dieckhaus has been teaching dance at the Upper Main Line YMCA since 1996. She has been teaching both fitness and dance classes since 1972. Her classes span the ages from three to ninety -three. She has studied dance with Gloria Christie, Novak and Kovalska, Mc Henry Dance Centre and Broadway Dance Center. She recently danced in National Competition with the McHenry Dancers in Baltimore, MD, where her group was awarded first place platinum awards in both their tap and jazz numbers. She has also performed in many community theatre productions.

Bette Dobbin

Bette Dobbin has a Bachelor of Arts degree in Health and Physical Education with a Dance Concentration from William Paterson University. She has taught and performed throughout the Chester County Area for more than thirty years and was one of the original members of West Chester Dance Works. Bette is currently teaching dance for the Downingtown Area School District. In addition to this, she has shared her passion and knowledge of dance with many Upper Main Line YMCA families for the last eighteen years. She continues to broaden her dance spectrum by participating in various classes and workshops.

Christina Lindsay

Christina Lindsay is a graduate of Muhlenberg College in Allentown, PA with a dual degree in Dance and Psychology. She recently earned a Master of Arts degree in Dance/Movement Therapy from Drexel University and is currently working as a clinical therapist in the Philadelphia area. Christina has performed, choreographed and taught various dance styles, including multiple modern dance techniques, ballet, tap, jazz, and West African in the Philadelphia and Lehigh Valley Areas. Christina has been teaching dance at the YMCA since 2008.

Coleen Scheb

Coleen Scheb received her Bachelor's Degree in Elementary Education from Cabrini College. While teaching, she has directed and choreographed Broadway Jr. Musicals for 7 years and has coached/choreographed competitive cheerleading placing 1st for dance. Coleen has studied dance and competed in Dance Nationals in Pennsylvania, New Jersey, Maryland, and Disney World with McHenry Dance Centre (14yrs.), as well as Touch of Class Dance Studio (12yrs.) where she presently teaches and continues to participate in classes such as jazz, tap, hip-hop, and theatre jazz.

Brenda Smith

Brenda Smith received her BFA and MFA in dance and choreography from Temple University. As a graduate student, she held a teaching assistantship and taught modern and jazz dance, as well as composition and choreography. She has been a member of several Philadelphia based modern dance companies, and has worked as an independent dancer/choreographer on the east and west coasts. Since starting a family in 1995, she has focused on teaching dance to children and youth. Brenda has been teaching dance at the Upper Main Line YMCA since 2003.

2010-2011 Dance Year Schedule

Classes begin Tuesday September 7, 2010

There are no classes on the following days

- November 24 – 27 (Wednesday through Saturday of Thanksgiving weekend)
- December 23 – January 2 (Winter Break)
- April 18 – April 23 (Spring Break)

Dress Rehearsal – Date and times will be distributed in September

Recital – Date and times will be distributed in September

(Exact schedules will be given out to all dancers a few months prior to the recital)

Classes can be made up due to illness, injury, the weather or holidays. Please check with your teacher for an appropriate class. Tuition is non-refundable.

Parent Observation weeks

These weeks are established to allow students the opportunity to demonstrate their progress to their parents/guardians and to distribute important information.

Dates of Parent Observation Weeks

- December 6 – December 11
- April 11 – April 16

Please make every effort to attend. Due to the nature of observation, we discourage bringing younger siblings to class.

(The dress rehearsal and the recital will be the final parent observation)

Our Mission:

To enrich our community by building a healthy Spirit, Mind and Body for all.

Upper Main Line YMCA

1416 Berwyn-Paoli Road • Berwyn

610-647-YMCA

www.umly.org