

# East Memphis Dance

## Winter / Spring 2022 for adults & teens age 15 up

We welcome the beginner to advanced, the teen or college student, and the professional to take classes in an upbeat atmosphere with Memphis's best instructors. For those that would love to add dance back into your fitness regime, we guarantee this is the fun workout you have been looking for!

Teen Student Fees: Contact Administrator [Kendra@ChildrensBalletTheater.com](mailto:Kendra@ChildrensBalletTheater.com) for price list.

**Adults & Professionals: Special pricing**

**\$15 per class Drop in**

In-Studio Trial Class \$15

**3 Classes \$40**

(Must be used within 3 consecutive weeks unless one of the weeks is a Holiday week)

**5 Classes \$60**

(Must be used within 5 consecutive weeks unless one of the weeks is a Holiday week)

**Monthly \$115 unlimited class card** - Valid for all daytime classes ( There are minimum spaces available for Saturday and evening classes. Registration required. See info below. )

## Spring Semester

**January 3rd - April 30th ( 4 Months)**

Closed: Jan 17 - 21, Mar 12 - 18 and Apr 15 - 18

(Limited Classes offered during closed dates TBA)

### Morning / Lunch Hour Classes

#### Mondays

11:15-12:30pm Beg/ Int Ballet - Alyssa Abbas

#### Tuesday

2:00-3:00pm Adv Modern - Erin Walter

#### Wednesdays

11:15 - 12:30pm Intermediate Ballet - Alyssa Abbas

#### Thursdays

2:00-3:00pm Advanced Modern - Erin Walter

#### Fridays

10:10 to 11:10 Beginner Ballet - Alyssa Abbas

11:15 to 12:30pm Beg/ Int Ballet- Alyssa Abbas

## Evening Class Schedule Starts Monday, September 27th

There is a limit on evening classes sizes. Please email [eastmemphisdanceandfitness@gmail.com](mailto:eastmemphisdanceandfitness@gmail.com) 24 hours in advance to attend - no exceptions. Evening classes will include Intermediate / Advanced Level CBT teen dancers.

### Mondays

6:35 to 7:45pm Intermediate/Advanced Ballet- Erin teens and adults)  
Limit 8

### Wednesdays

6:30 to 7:45pm Intermediate / Advanced Ballet- Nora  
This class is advanced, high degree of difficulty (teens may join with permission)  
Limit 8

### Thursdays

5:00-6:30 Intermediate/Advanced Ballet- Alyssa  
7:30-8:30 Int/adv Jazz dance- Stephen Prince Tate  
Limit 6

### Saturday

12:00 to 1:30pm Intermediate/Advanced- Nora Limit 8

## Class Descriptions

*Please bring a hand towel for sweat and a mask to all classes. Dance socks or jazz shoes are required in all contemporary dance classes, in order to protect the floor for pointework.*

Beginner to advanced levels of French and Russian style Ballet - All levels of dancer from the beginner to the professional love learning the secrets to Russian ballet training including the elegant hands and arms, combre, strength, elongation, high jumps, and strong turns, in the upbeat atmosphere of Tennessee Ballet Theater/Children's Ballet Theater.

Beg/int and advanced Modern - Modern class will incorporate the many foundations of modern technique, including suspension and release; fall and recovery; the use of momentum and connecting breath with movement; Contract and release; and organic movement. Students will learn a variety of techniques including Horton, Graham, Limon, and Duncan.

## IMPORTANT AND REQUIRED INFORMATION

Dress for class information for adults is available on our dress code page. Have fun and be safe in our large airy studio! *For private lessons, please contact [kendragarner0@gmail.com](mailto:kendragarner0@gmail.com)* Safety rules include limited class sizes, social distancing at all times, huge studio with very tall ceilings, daily studio air out, wipe down of equipment, and individual markings for students. Teachers wear a face mask when in proximity of any dancer. Masks are

recommended.. Please remove your shoes, and put your bag on one of the shelves when you enter the studio area. Park in the lot near the building, **excepting if there are children's classes occurring.** In this case park in the lot across the street. Dancers are asked to change at home when possible so that the bathroom is not taken up. There is no dressing room at this time.