

WELCOME BACK!

Our schedule is bigger and better than ever! Check out our new faculty and class offerings!

INTRODUCING!!



Dance Arts Academy is thrilled to welcome **MARIA WEST** to our faculty! Maria has her BFA Summa Cum-Laude in Dance Performance and Choreography with a minor in Dance Education from Marymount Manhattan College in New York City. Maria received more training as a scholarship student and teaching assistant at NYC's Broadway Dance Center, and as student at the Paul Taylor School in New York. As a gifted performer, Maria danced professionally throughout the US, and Japan, as well as for Carnival Cruise Lines. She has been teaching in New York City, and on Long Island for the past several years. She has also choreographed for several high school musical productions, and Long Island studios. Maria is a certified personal trainer specializing in core strength and flexibility coaching, as well as a licensed Zumba® teacher. Maria is looking forward to sharing her great knowledge and love of dance with all of our students at DAA.



The tradition continues...

Dance Arts Academy and Company Dance Traverse present the Nutcracker.

Performances are scheduled for December 3rd-5th, 2010. Dancers age 7 and up are eligible to be a part of this exciting production. All interested dancers should take the Ballet Workshop appropriate for their age and placement level/experience on Monday, August 16th. Tuesday, August 17th will be a continuation of the workshop on Monday as well as the final Nutcracker Audition.

AUGUST 16 & 17 NUTCRACKER WORKSHOP/AUDITION SCHEDULE ~

10:00-11:00 am	Ages 7-10 (Children's Continuing & Intermediate Level)
11:15-12:30 pm	Ages 10-12 (ITP 3 & Children's Advanced Level)
1:00-2:30 pm	Ages 12 & Up (ITP 3-7 & Teen Intermediate Level)
2:45-4:30 pm	Ages 13 & Up (ITP 11)

The cost for Monday/Tuesday Workshop's including the Audition is \$20 per dancer. Dancers that are appropriate for two workshop classes based on age/level may add an additional workshop class for \$10.

COMPANY DANCE TRAVERSE, Dance Arts Academy's resident pre-professional company, has just returned from an amazing European Tour with the Young Tanzsommer Stars of Tomorrow! The dancers performed for 8,000 people in Germany, Austria, and Italy. We are looking forward to more new and exciting opportunities in the coming year! Audition fee of \$20 due at time of audition.

CDT AUDITION SCHEDULE ~ AUGUST 18th

10:00-11:00	Ages 8-11 (ITP 1, Children's Continuing/Intermediate Levels)
11:15-12:30	Ages 11-13 (ITP 3)
1:00-- 2:30	Ages 11 & Up (ITP 3-7)
2:45-- 4:30	Ages 13 & Up (ITP 11)

RENEW

RENEW is Dance Arts Academy's program of Pilates, ZUMBA®, and Cardio Hip-Hop for our adult clients who would like to improve their quality of life through strength, balancing, exercise, and fun. Our professional faculty offers classes daily to enrich your experience. A 10-class card is available for \$100, 20-class card for \$190, or drop in at \$12 per class.

NEW ADULT CLASSES

ZUMBA® fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out and to love it! Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®! Recently certified in Zumba Technique, Melissa Ray will teach our wonderful Zumba classes.

ZUMBA GOLD® is designed for the active older adult population or the true beginner. Zumba Gold addresses the anatomical, physiological and psychological needs specific to these populations and allows for variations from the Zumba Basic workout. It may also include a Zumba Chair Workout. Maria West will teach our wonderful Zumba Gold classes.

CARDIO HIP-HOP is a great, high energy, non stop fitness class to Hip-Hop Music, with movements based on current popular Hip-Hop moves. At the end of each class, students will have mastered a dance routine that they can take home for more enjoyment. Maria West brings her great fitness knowledge and Hip-Hop style to this class, providing our grown ups with an exciting and fun way to stay in shape.

BALLET FOR ADULTS (from young adults to seniors) Have you always dreamed of taking ballet classes but now feel like it's too late? Do you feel like you are too old to get into a leotard and ballet slippers? Are a former dancer and want to return to ballet after several years? Although professional ballerinas start at an early age, it's never too late to learn ballet. Adult ballet classes offer a fun way to tone and tighten your body while learning the fundamental techniques of ballet.

STOTT PILATES exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints, placing more emphasis on scapular stabilization. There are exercises and modifications to cater to many different body types and abilities, making it applicable to everyday life.

- longer, leaner muscles (less bulk, more freedom of movement)
- improve postural problems
- increase core strength, stability and peripheral mobility
- help prevent injury
- enhance functional fitness, ease of movement
- balance strength & flexibility
- heightens body awareness
- no-impact, easy on the joints
- improves performance in sports (golf, skiing, skating etc.)
- improves balance, coordination & circulation

Pilates helps the dancer gain a better understanding of their body and the unique alignment issues they may have. This empowers them to embrace finding solutions through strengthening and balancing muscles. We will apply these ideas directly to the movements they practice daily in their dance classes. Rachel James and Melissa Maury are Level 2 Stott Pilates Certified, and look forward to opening new doors for our Pilates Students. You may choose group or private pilates sessions.

STOTT PILATES REFORMER glides forward and backward on rollers and uses springs for resistance, along with other attachments, for a wide variety of exercises and positions (i.e. lying down, seated, and standing). The Reformer facilitates hundreds of exercise variations, is no-impact (and therefore easy on the joints), allows for modifications for those with injuries or conditions, allows for three-dimensional movement and conditioning, and is suitable for a wide variety of clients (from rehab to pro athlete). It also facilitates muscle contraction (resistance on the in and out moves), total musculoskeletal conditioning (muscles and postural alignment), and facilitates core conditioning and peripheral mobility. Reformer instruction is available by private lesson.

NEW CLASSES

MUSICAL THEATRE FOR GUYS ONLY! (ages 14 & up) An energy filled class will help our guys improve their musical theater dance, technique, and strength building for partnering. We can't wait to share our Musical Theater knowledge with you!

HIP-HOP FOR GUYS (AGES 12 AND UP) & BOYS (AGES 7-11) No experience necessary...just come expecting to get a good workout. Learn some moves that will even impress your friends! Hip-Hop, one of the most popular dance styles in recent years due to its popularity on television shows, movies, music videos and commercials, is fun and energetic. People enjoy watching Hip-Hop dancers. Hip-Hop consists of unique moves, fancy footwork, and quick turns.

PRIVATE INSTRUCTION from DAA faculty is available for private instruction in technique development in all dance styles offered in our studio at \$50 per hour. Arrangements can be facilitated through the front desk.



CECCHETTI

CONGRATULATIONS to our students for passing their Cecchetti Examinations this past June. Our students earned high marks in each level! Special thanks to coach Marjorie Randazzo for all of her work with these dancers. Our students successfully demonstrated knowledge and understanding of their particular grade level, proper placements, physical knowledge of Barre and Center exercises, and the ability to perform them with ease and grace.

Grade I

Alison Fisher, Kimberly King, Cora Kinney, Rebekah Nickerson, Annie Botsford-Reznich, Holly Hinsenkamp, Ashley Hulet, Elise Miller, Isabelle Reamer, Madison Soupiset

Grade II

Grace Boyles, Corina Hurst, Erin Kiessling, Brittney Kurkowski, Mackenzie Larrance, Rachel Marchany, Micah Nelson, Emily Northway, Hyla Perillo, Lilah Singer, Kimberly Snodgrass, Abigale Vomastek, Hannah Witte, Amelia Zimmer

Grade III

Madeline Chung, Sarah Gottfried, Jessyca Judge, Megan Kiehle, Ellie LaPointe, Jane Lively, Olivia Oxholm, Julie Russel, Elizabeth Snodgrass, Madison Vomastek, Summer West, Amanda Zimmer

Grade IV

Caroline Bork, Selena Hurst, Casey Sutherland



The Cecchetti Council of America is an organization dedicated to maintaining the standards and method of ballet training established by Cav. Enrico Cecchetti. The organization uses his teaching and writings in a sequence of grades, carefully measured as to degree of difficulty and physical development, and provides a system of accredited examinations to test the student's proficiency within those grades. The Council holds examinations in classical ballet for students and teachers who are training in the Cecchetti method. The Syllabus tests the technical and artistic accomplishments of student candidates who have been prepared by member teachers. It offers students an opportunity to demonstrate their technical ability and understanding of the material. Each level provides attainable goals that build self-confidence in their developmental progress and successful achievements. Serious Ballet Students (age 9 and up) can sign up for these classes for the fall of 2010.

MASTER CLASSES

LAUREN ADAMS is coming back for the 8th time to work with you! She has trained with the finest contemporary teachers in the world, and danced with the Jason Parsons Dance Company, as well as with Dee Caspary, and Mia Michaels. Lauren is also on the faculty of the New York City Dance Alliance, and Steps on Broadway. She has produced a full length concert of her work, "Moving Still", choreographing for Travis Wall & Danny Tidwell, along with other famous dancers. Don't miss this amazing opportunity to train with a very inspiring teacher! The Lauren Adams Workshop is August 23-26 for ITP 1 Level and Up.

SUZI TAYLOR is coming back to Traverse City! Her classes will push you and make you a much stronger dancer, as well as inspire you! Suzi is internationally recognized for her passionate style of lyrical jazz. She teaches at Steps on Broadway in New York City, and throughout the world. She has trained and refined countless professional dancers. She has the ability to share her knowledge with her students to help them become the best dancer they can be. It will be an amazing experience for everyone! The Suzi Taylor Workshop is September 10-11 for ITP 4 Level and Up.