Times	Class	Ages
MONDAY		
10:15-11:00 a.m.	Zumba Blast	13 & up
11:15-12:00 p.m.	Chase Fit Barre for Dancers	13 & up
5:30-6:00 p.m.	Mini Hip Hop	4-6
6:00-6:30 p.m.	Mini Pom	4-6
6:30-7:15 p.m.	Zumba Blast	13 & up
6:45-7:30 p.m.	Trick Class	11 & up
6:45-7:30 p.m.	Basic Ballet I w/ Jazz	4-6
7:30-8:15 p.m.	Int Coed Hip Hop	11 & up
TUESDAY		
11:15-12:00 p.m.	Chase Fit Barre for Dancers	13 & up
5:00-6:00 p.m.	Beg/Int Leaps & Turns	11-15
5:00-5:45 p.m.	Boys Hip Hop I	5-8
5:45-6:30 p.m.	Boys Tap	8-12
6:30-7:15 p.m.	Int. Adult Tap Blast	13 & up
7:15-8:00 p.m.	Int/Adv. Coed Tap Jam	12 & up
7:30-8:15 p.m.	Zumba Blast	13 & up
8:00-9:30 p.m.	Adv. Contemporary/Jazz	13 & up
WEDNESDAY		
9:15-10:15 a.m.	Adult Tap Blast	13 & up
10:15-11:00 a.m.	Zumba Blast	13 & up
4:30-5:45 p.m.	Young Int. Ballet	10-12
4:45-5:30 p.m.	Creative Movement	3-4
5:45-6:30 p.m.	Musical Theatre II	11 & up
6:30-7:15 p.m.	Zumba Blast	13 & up
7:00-7:45 p.m.	Ballet 4 Jazz Dancers	10 & up
7:30-8:15 p.m.	H_2O Ballet Barre	13 & up
8:30-9:15 p.m.	Int/Adv. Coed Hip Hop	13 & up
THURSDAY		
11:15-12:30 p.m.	Adv. Ballet	12 & up
12:30-1:15 p.m.	Pointe Variations	12 & up
4:30-5:30 p.m.	Basic Ballet II w/ Hip Hop	5-8
5:30-6:30 p.m.	Beg/Int Hip Hop	9-12
5:45-6:30 p.m.	Beg. Adult Tap Blast	13 & up
6:00-6:45 p.m.	Aqua Zumba Blast	13 & up
6:30-7:15 p.m.	Int. Adult Tap Blast	13 & up
6:30-7:30 p.m.	Beg/Int Lyrical/Jazz	9-12
7:30-8:15 p.m.	Zumba Blast	13 & up
7:45-8:45 p.m.	Adv. Leaps & Turns	13 & up
8:45-9:45 p.m.	Adv. Lyrical/Contemporary	13 & up
FRIDAY		
10:15-11:00 a.m.	Zumba Blast	13 & up
SATURDAY		
8:30-9:15 a.m.	Zumba Blast	13 & up
11:30-12:15 p.m.	Zumba Blast	13 & up
SUNDAY		
4:30-5:15 p.m.	Hip Hop Blast	13 & up
5:30-6:30 p.m.	Zumba Blast	13 & up

ProActive Dance & Fitness classes feature stellar faculty conducting classes for all levels, beginner to professional.

Outstanding guest faculty, including:

- Erynn Nicholson, UNL Spirit Squad Coach and former Denver Broncos Cheerleader.
- Sydney Chase, University of Oklahoma Dance Team, studied with OU Professor of Dance Lynn Cramer and Pilates with OU Dance Faculty
- Other Guest, TBA

"Just Dancers"
Teen & Junior Troupe
Auditions

Monday, Aug. 26, 5:00-6:30 p.m.
Studio 1, for ages 9-15

NEW THIS SUMMER

BRING A FRIEND
Students can invite friends to dance with them the last week of each session!

ProActive Chase Dance

Summer 2013

Session II July 8-July 26

PROACTIVE
Medically Based Health and Fitness

7111 Stephanie Lane (56th & Pine Lake)
402-413-4018 www.madonnaproactive.org

Class Descriptions

BALLET — Learn the traditional methods of ballet, starting with barre work & continuing into correct placement of the body & other techniques.

CONTEMPORARY — A fusion of Ballet, Jazz & Modern along with hip hop, street dance & Musical Theatre.

CREATIVE MOVEMENT — Introduction to movement focusing on coordination, teamwork, dance etiquette & most importantly, learning the joy of movement.

HIP-HOP — Quick moves, isolation of arms, torso & legs, mixing jazz, rock & pop for unique & personal dance interpretations.

JAZZ — Contemporary style using modern music & freedom in arms, legs & torso. Emphasis on entire body usage, correct body placement, coordination & quickness.

LYRICAL — Poetic style of dancing fusing ballet & jazz techniques to create a flowing interpretation of music & express emotion.

POINTE — Correct placement & use of feet & legs developed through specific exercises & pointe shoe use.

POM — Dance style which uses pompons & emphasizes precise, synchronized motions along with technical dance skills. Routines encompass hip hop & jazz.

TAP — Precise rhythmical patterns of foot movement are part of this lively, rhythmic dance style. Learn syncopation, choreography & improvisation.

WATER BALLET BARRE — (must have at least one year of Ballet experience) An actual Ballet Barre done in the pool, focusing on resistance to the water.

YOGA — Strengthening & stretching fitness class.

Classes listed below are included with your ProActive membership:

BALLET BLAST — Movements at the ballet barre to enhance fitness. Focus is on abdominal work to stabilize the body & provide balance & core strength.

BALLROOM BLAST — Learn the Cha-Cha, Foxtrot, Rumba, & new steps each week in this total body workout class. No partner required.

TAP BLAST — Classic tap steps such as shuffle, flap, waltz, clog, time steps, riffs & rhythm tap.

ZUMBA BLAST — Aerobic dance workout with energizing Latin rhythms & moves.

How to Register

Call 402-420-0000 or stop by the ProActive Front Desk & fill out a registration form. Are you a Madonna ProActive member? Sign up today for discounts on dance classes and be on your way to becoming a healthier person in mind, body and spirit.

Schedule Subject to Change

Classes must have a minimum of five students to be held.

2013-2014 Fall Registration

Sunday, August 11, 1-4 p.m.

Sunday, August 18, 1-4 p.m.

Wednesday, August 28, 4:30-6:30 p.m.

2013-2014 Dance Season

Begins September 3, 2013

(Tuesday after Labor Day)

Class Prices

ProActive Members Prices per three week sessions

Total Hrs.	1st person	2nd in family	3rd+ in family
0.50	$24.00	$20.80	$19.20
0.75	$36.00	$31.60	$29.40
1.00	$36.00	$31.60	$29.40
1.25	$40.00	$35.20	$32.80
1.50	$48.00	$42.40	$39.60
1.75	$60.00	$53.20	$49.80
2.00	$68.00	$60.40	$56.60
2.25	$72.00	$64.00	$60.00
2.50	$84.00	$74.80	$70.20
2.75	$92.00	$82.00	$77.00
3.00	$104.00	$92.80	$87.20
3.25	$116.00	$103.60	$97.40
3.50	$128.00	$114.40	$107.60
3.75	$136.00	$121.60	$114.40
4.00-6.75	$152.00	$136.00	$128.00
7.00 & up	$176.00	$157.60	$148.40

Note: One-Time Dance Registration Fee for Summer Sessions

1st child: $10 2nd child: $5 Each addt'l: $5

Non-ProActive Members Prices per three week session

Total Hrs.	1st person	2nd in family	3rd+ in family
0.50	$32.00	$28.80	$27.20
0.75	$44.00	$39.60	$37.40
1.00	$44.00	$39.60	$37.40
1.25	$48.00	$43.20	$40.80
1.50	$56.00	$50.40	$47.60
1.75	$68.00	$61.20	$57.80
2.00	$76.00	$68.40	$64.60
2.25	$80.00	$72.00	$68.00
2.50	$92.00	$82.80	$78.20
2.75	$100.00	$90.00	$85.00
3.00	$112.00	$100.80	$95.20
3.25	$124.00	$111.60	$105.40
3.50	$136.00	$122.40	$115.60
3.75	$144.00	$129.60	$122.40
4.00-6.75	$160.00	$144.00	$136.00
7.00 & up	$184.00	$165.60	$156.40