

**Winter and Spring  
Dance and Pilates Classes  
Week of January 4 – Week of February 27  
Week of March 1 – Week of April 24  
8 week sessions**

<b>Day</b>	<b>Time</b>	<b>Class</b>	<b>Where</b>
Mondays*	10:30am – 11:30am	Pilates Mat	Karate Studio
Wednesdays	6pm – 7pm	Beginning Dance	Little Gym
	7pm – 8:30pm	Intro to Aerial Fabric	Big Gym
Saturdays	9am – 10am	Pilates Mat	Karate Studio
	10am – 11am	Beginning Dance	Little Gym
	11am – 12:30pm	Intermediate Aerial Dance	Big Gym

**Fees for All Classes (no registration fee, but must pay in advance to reserve your spot)**

\$80.00 = 1 Session per Student (1 class per week)

\$12.00 = 2 or more classes in 1 session

\$15.00 = Single Class

\*Pay for a Full Session with this class and your first child is **FREE** for Playtime at Carolina Stars

**Class Descriptions**

**Beginning Dance (min. 4 / max. 12 students ages 6 – 12 yrs.):**

- **Ballet:** Poise, long lines and correct alignment are the focus of this class. Students will begin class at the barre and then proceed onto centre floor with combinations to improve their balance, strength and minds. Since ballet's terminology is in French, students will begin early learning a second language.
- **Modern Dance:** In this class, students will learn technical modern dance skills from various techniques such as Graham, Cunningham and Limon. Modern Dance focuses on abdominal contractions, rolling, handstands and large jumps. Students will also have the opportunity to create their own dances during the last class of every month that will focus on improvisation and choreography.



**Aerial Fabric Dance Class (min. 3 / max. 10 students):** Students will learn the correct technique for aerial fabric dance as well as build strength in their upper bodies and coordination in the lower. In the Intermediate Level, students will focus on endurance and creating a short solo work.

\*Intermediate students must be approved by Caroline before signing up.



**Pilates (min. 3 / max. 10 students):** Created by German-born Joseph Pilates, the main focus of the Pilates method is the development of balance, breathing, concentration, control, coordination, efficiency, flow, harmony and precision. With these ideas in mind, each exercise is centered on working the whole body by using the mind to control every action of the body.

**To sign-up for classes, email Caroline Calouche at**

**[info@carolinecalouche.org](mailto:info@carolinecalouche.org).**

**First come. First served.**