



Studio Located at:
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 info@intuitdance.org
 www.intuitdance.org

Diane VanDerhei, Director

FALL SESSION II (7 WKS) OCTOBER 25–DECEMBER 12

THE NUTTY NUTCRACKER
DECEMBER 10 + 11, 7:30 PM / DECEMBER 12, 4:00 PM
 1000 N. Ridgeland Ave, Hatch School Auditorium / Tickets: \$10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:15 AM Dancing TOTS ages 2-3 (lv. 1) (NR)	9-9:45 AM Dancing TOTS ages 2-3 (lv. 1) (NR)	3-3:45 PM Contemporary Ballet I ages 5-7 (lv. 1) (DV) New Ballet Students	3:30-4:10 PM Movement for Boys ages 4-6 (lv. 1+2) (DV)	9-9:50 AM Beginning/Intermediate Pilates Teens/Adults (KW)	8-9 AM Dance Fitness with Diane	10:30-11:45 AM Yoga Teens/Adults (AL)
10:15-11 AM Dance for Children ages 3-5 (lv. 1) (NR)	9:45-10:30 AM Dance for Children ages 3-5 (lv. 1) (NR)	3:45-4:30 PM Contemporary Ballet II ages 6-9 (lv. 2) (DV) Continuing Students	4:15-4:55 PM Boys+Girls Jazz/Tap ages 5-7 (lv. 1+2) (DV)	10-11 AM Restorative, Post-Operative Pilates Training for Breast Cancer Survivors (KW)	9-9:45 AM Dance for Children ages 3-5 (lv. 1) (DV)	2:45-4:15 PM Beginning Bellydance 10-Teens/Adults (SB)
3:30-4:10 PM Pre-Ballet/Pre-Tap ages 4-5 (lv. 1+2) (DV)	4-5 PM Contemporary (Modern) Dance for Boys+Girls ages 5-7 (lv. 1+2) (NR)	4:30-5:30 PM Performance Workshop ages 8-12* (lv. 3) (DV) *Consent of Director	5-6 PM Performance Workshop ages 8-12* (lv. 3) (DV) *Consent of Director	4-5 PM Hip Hop 9-12 (lv. 2+3) (EM)	10-10:45 AM Contemporary Ballet I ages 5-6 (lv. 2) (DV) New Ballet Students	4:15-5:15 PM Bellydance II Teens/Adults (SB)
4:15-5:00 PM Boys+Girls Hip Hop ages 6-8 (lv. 1) (DV)	5-6 PM Dance 8-12 ages 8-12 (lv. 3) (DV)	NEW! 5:30-6:30 PM Contemporary (Modern) Dance ages 8-12 (lv. 1+2) (MS)	6-7 PM L.A. Jazz Teens (JH)	5-6:15 PM Intermediate/Advanced Contemporary (Modern) Dance Teens/Adults (EM)	10:45-11:30 AM Contemporary Ballet II ages 6-9 (lv. 3) (DV) Continuing Students	
5-6 PM Dance 8-12 ages 8-12 (lv. 3) (DV)	6-7 PM Beginning/Intermediate Pilates Mat Class Teens/Adults (KW)	6:30-7:30 PM Beginning Ballet Teens/Adults (MS)	7-8 PM Hip Hop Teens/Adults (DB)	6:15-7:15 PM Tap 12-Teens/Adults (EM)	NEW! 11:30-1:30 PM 2 Hr Teen Choreography Workshop* (DV) *Consent of Director	
6:30-7:45 PM Yoga Teens/Adults (AL)	7-8 PM Intermediate/Advanced Ballet Teens/Adults (YL)	7:30-8:30 PM Zumba® Teens/Adults (MHP)	8-9 PM Zumba® Teens/Adults (MHP)	7:15-8:15 PM Adv. Beginning/Intermediate Ballet 12-Teens/Adults (EM)	1:30-2:30 PM Hip Hop ages 9-12 (lv. 1+2) (CK)	
8:00-9:00 PM Adv. Beginning/Intermediate Contemporary (Modern) Dance Teens/Adults (NR)	8-9 PM Adult Repertoire (DV)	+ 8:30-9 PM Dance Stretch Teens/Adults (MS)	+ 9-9:30 PM Pilates Workout Teens/Adults (KW)			

INSTRUCTOR CODE: Diane VanDerhei, Director (DV); Da'Boris Bradley (DB); Samantha Brennehan (SB); Ian Eastwood (IE); Jessica Hallam (JH); Claire Kissinger (CK); Mariana Howard-Paez (MHP); Anna Leonard (AL); Yael Levitin (YL); Elisa Montalvo (EM); Nikki Richardson (NR); Michelle Scurlock (MS); Kelley Watson (KW); Ethan Zimmermann (EZ).

Make-up in any class during the session or pay accordingly. Studio closed Labor Day Sept. 6 and Thanksgiving Day Nov. 25.

NAME:	CLASS #1:
CHILD'S NAME:	DAY:
DOB:	TIME:
ADDRESS:	CLASS #2:
CITY, STATE, ZIP:	DAY:
PHONE:	TIME:
EMAIL:	CLASS #3:
CREDIT CARD #:	DAY:
EXPIRES:	TIME:
SIGNATURE:	AMOUNT ENCLOSED: \$

Please make checks payable to: **INTUIT Dance**
 Mail to: **INTUIT Dance**
P.O. 614
Oak Park, IL 60303-0614

STUDIO PHILOSOPHY FOR CHILDREN'S CLASSES:

Dance technique, improvisation and choreography are the building blocks of contemporary dance education. At INTUIT, students study dance technique, learn to develop a movement vocabulary, make their own dances and dance in the compositions of others. Dance provides a vehicle for children to grow emotionally, to interact socially, and to develop physically and mentally.

(Children's classes are grouped appropriately by age and level.)

LEVEL 1 (LV.1) - is a joyful introduction to the dance form and elements of body, space, time and energy. Children learn, explore, create and share.

LEVEL 2 (LV. 2) - is for the student who has demonstrated a readiness for a higher level of work and exploration. Children will explore the element of the day and work on this element through technical exercises and movement across the floor. Improvisation and composition will remain an integral part of this class.

LEVEL 3 (LV. 3) - is a continuation of level two and is for the student interested in the technical, creative and performing aspects of the dance form.

CLASS GROUPING GUIDELINES:

AGES 2-3 — means the child is two in September and will be turning 3 sometime before June. This applies for 3-4 (pre-school child); 4-5 (pre-school child); 5-6 (kindergarten)

AGES 4-6 — means they are four turning 5 or 5 turning 6 during the school year (pre-school or kindergarten)

AGES 5-7 — means they are five and will be turning 6 (kindergarten) or 6 turning 7 (first grade).

INTUIT Dance is flexible on these ages and will work with you to find the most appropriate class for your child.

(Summer Placement)

Children should be placed in the class that they are going into in September. Example: if your child is going to be in Kindergarten in the Fall, then they should attend a 4-6 year-old class or a 5-7 year-old class. The 4-6 is a little bit lower level than a 5-7 year-old.

CLASSES**BALLET****Boys+Girls Contemporary Ballet (lv. 1) ages 4-6**

[CURRENTLY NOT OFFERED] See "Movement for Boys" ages 4-6. Thursdays 3:30PM. / Ballet, 4-6 year olds, offers an introduction to the theme of the day – plus the use of ballet terminology, exercises at the barre, movement across the floor, ballet positions and ballet steps.

Contemporary Ballet I (lv. 1) ages 5-7 Ballet students will be introduced to the theme of the day and explore this theme through ballet terminology, exercises at the barre, movement across the floor, ballet positions and ballet steps. Ballet I is for the new ballet student.

Contemporary Ballet II (lv. 2) ages 6-9 Ballet II is for the student who has had Ballet I and/or Dance for Children or prior ballet experience. (Contact the studio for placement questions.)

Pre-Ballet/Pre-Tap (lv. 1+2) ages 4-5 This class is for the pre-school student. Vocabulary and movement skills will be developed using Rhythm, Rhymes and Stories.

CONTEMPORARY DANCE

Dancing TOTS (lv. 1) ages 2-3 Children will bounce, shake and roar through a morning of dance, movement and play. Dancing tots can be a drop off class if you feel your child is ready.

Dance for Children (lv. 1) ages 3-5 These very popular level one classes are grouped according to your child's age. The Dance for Children classes are designed to capture your child's imagination and love of movement. They will enter the world of dance and never want to leave.

Movement for Boys (lv.1+2) ages 4-6 An athletic class designed for boys. Your son will run, roll and leap into creative expression as they explore the elements of dance.

Contemporary (Modern) Dance (lv. 1+2) ages 5-7, 8-12

For boys and girls. Students will learn dance technique while learning about Body, Energy, Space and Time. Students will improvise and create dances. Great class for students new to INTUIT or new to dance.

Dance 8-12 [NEW!] Diane has created a curriculum perfect for this age group. Students will have the opportunity to study the major dance forms (Modern, Ballet, Jazz/Tap) in 4-6 week units throughout the semester.

Performance Workshop (lv. 3) ages 8-12 By invitation. This is INTUIT's student performing group. If you are interested in being a part of the group contact the director.

Family Dance Jam! [CURRENTLY NOT OFFERED] Special Event: Bring the family to INTUIT for an afternoon of movement and fun.

HIP HOP

Boys+Girls Hip Hop (lv. 1) ages 6-8 You will learn basic rhythms and technique while you practice Hip Hop dances. Students improvise and make up their own dances as well.

Hip Hop (lv. 2+3) ages 9-12 You will learn basic rhythms and technique while you practice Hip Hop dances. Students improvise and make up their own dances as well.

JAZZ

Boy+Girls Jazz/Tap (lv. 1+2) ages 5-7 A fusion class to keep the fun in dance technique.

Jazz/Tap (lv. 2+3) ages 7+ [CURRENTLY NOT OFFERED] See "Dance 8-12" as a good alternative. Mon or Tues 5-6PM. / Jazz/Tap is a fusion class to keep the fun in dance technique.

Jazz/Modern (lv. 2+3) ages 10+ [CURRENTLY NOT OFFERED] See "Dance 8-12" as a good alternative. Mon or Tues 5-6PM. / Jazz/Modern is designed to prepare students for summer musicals. Many dance forms will be explored and student's interests and needs will be addressed.

TAP

Pre-Ballet/Pre-Tap (lv. 1+2) ages 4-5 This class is for the pre-school student. Vocabulary and movement skills will be developed using Rhythm, Rhymes and Stories.

Tap – 12-Teens This is a three tiered class for the beginner, intermediate or advanced tappers. Everyone is given time and space to drill their skills.

ALL CLASSES INCLUDE

A warm-up that patterns the body; introduction and exploration of the dance theme of the day; application of the theme through technical skill development, dancemaking and interpreting children's literature; cool down and reflection

STUDIO PHILOSOPHY FOR TEEN & ADULT CLASSES:

INTUIT Dance Teen and Adult division offers classes in jazz, hip hop, fitness, modern, ballet, musical theater, yoga and belly dancing in a noncompetitive environment. INTUIT's instructors are here to nurture your individual artist. Classes are for beginners through professionals. The choreographic process is taught and teen and adult students are active participants in creating choreography for studio performances.

TEENS

Ballet INTUIT offers Beginning and Intermediate/Advanced ballet technique. This class will help you get a strong body and quick mind needed to pick up combinations.

Beginning Bellydance and Bellydance II Bring your mom! Get a strong belly and back, better flexibility, more range of motion and a wonderful time dancing to world music! Bellydance II will teach you how to dance with partners, layer movements and exchange leadership – instructor's consent.

Beginning Pointe [CURRENTLY NOT OFFERED] A beginning pointe class is offered to ballet students who have developed a solid technique.

Choreography Workshop (2 Hrs) Learn ways to create exciting choreography – make your own dances or dance in the compositions of others. This is INTUIT's teen performing group. If you are interested in performing contact the director, Diane VanDerhei.

Contemporary (Modern) Dance Modern dance is for the new or continuing student. This class will help you with your dance technique and fitness level as well as your creativity and expressivity. Two levels offered: Basic/Advanced Beginner and Intermediate/Advanced.

Dance Stretch Get a limber lean dancer's body.

Hip Hop Learn and create really cool dances. A fun way to work out.

Jazz Learn fast paced, contemporary jazz choreography.

L.A. Jazz Learn all the latest hot styles that you see on popular dance shows. Learn how to dance for the camera!

Latin Dance Technique [CURRENTLY NOT OFFERED] Learn basic Latin Dances. Fun and a great workout.

PILATES

Beginning/Intermediate Pilates Mat Class Tuesday 6 PM Designed for runners but open to anybody specifically interested in strengthening the core, improving spinal stability and increasing range of motion in the hips, legs and back.

Pilates Workout Thursday 9 PM Stay after Zumba and get a dancer's posture. A classical Pilates class incorporating bosu, balance cushion, balance and wobble boards, and magic circle to encourage stability and balance.

Beginning/Intermediate Pilates Friday 9 AM Incorporating barre, ball and bands into the classical Pilates method. 50 minute class.

Tap Learn the basics of tap dance.

Yoga Connect, focus and shine in a positive and supportive environment students will explore the dynamic connection between body and spirit.

Zumba® Get hip get fit! A great Latin workout that is all the rage right now. Be prepared to sweat and have fun! Wednesdays: Zumba + Dance Stretch; Thursdays: Zumba + Pilates Workout!

ADULTS

Adult Repertoire This is INTUIT's adult performing group. If you are interested in performing, contact the director.

Ballet Beginning through advanced levels. Discover the meditative qualities of ballet as you focus on core strength, flexibility and endurance.

Beginning Bellydance and Bellydance II Samantha Brennehan is the founder and director of SMOKE belly dance troupe a Sister Studio of FatChanceBellyDance. She trained under master teacher Carolena Neruccio. She holds all certifications currently available in this format.

Beginning Yoga [CURRENTLY NOT OFFERED] Come see why millions have made yoga an essential part of their lives. This class will introduce you to fundamental yoga postures, breathing and relaxation techniques.

Contemporary (Modern) Dance Modern dance is for the new or continuing student. This class will help you with your dance technique and fitness level as well as your creativity and expressivity. Two levels offered: Basic/Advanced Beginner and Intermediate/Advanced.

Dance Fitness with Diane This is Intuit Dance director, Diane VanDerhei's workout. Let Diane move you with the spirit of dance.

Dance Stretch Get a limber lean dancer's body.

Hip Hop Learn and create really cool dances. A fun way to work out.

Jazz Learn fast paced, contemporary jazz choreography.

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Pilates Workout Thursday 9 PM Stay after Zumba and get a dancer's posture. A classical Pilates class incorporating bosu, balance cushion, balance and wobble boards, and magic circle to encourage stability and balance.

Beginning/Intermediate Pilates Friday 9 AM Incorporating barre, ball and bands into the classical Pilates method. 50 minute class.

Restorative, Post-Operative Pilates Training for Breast Cancer Survivors Friday 10 AM This class is designed to help regain strength and mobility and to improve the quality of life. From a survivor to a survivor. Instructor: Kelley Watson, Pilates Method Alliance (PMA) certified, Breast Cancer Survivor and Pink Ribbon Certified.

Stretch and Tone Work out and get a dancer's body.

Tap Learn the basics of tap dance.

Yoga Instruction suited to the unique individual drawing from a variety of Hatha Yoga styles. Open to all levels of ability.

Yoga Retreat (Yoga Experience Required) Stretch the entire body releasing muscular tension and opening blocked energy pathways using supportive and non-weight bearing postures. 2-Hour Yoga Retreat: \$25

Zumba® Get hip get fit! A great Latin workout that is all the rage right now. Be prepared to sweat and have fun! Wednesdays: Zumba + Dance Stretch; Thursdays: Zumba + Pilates Workout!

Visit us online for a listing of footwear and dress codes. Non-skid sneakers are required for Hip Hop and Fitness classes. No outside street shoes allowed on the dance floor.

PRICING: 1 HOUR ADULT/TEEN AND CHILDREN'S CLASSES

• 7 Wk Fall Session: **\$95** / Teen/Adult Single Class Drop-In: \$15

40-45 MINUTE CHILDREN'S CLASSES

• 7 Wk Fall Session: **\$91**

DANCING TOTS

• 7 Wk Fall Session: **\$78**

• [NEW!] By popular demand, INTUIT has added another 8-12 year old class: Contemporary (Modern) Dance Wednesdays from 5:30-6:30 PM (*level 1 students accepted*)

• [NEW!] Teen Choreography Workshop* now meets a full two hours: Saturdays from 11:30-1:30 PM (**Consent of Director*)

• Zumba®+Pilates Workout (Wednes) **OR** Zumba®+Dance Stretch (Thurs) = \$140 /7 Wks

• FAMILY DANCE PASS: A monthly enrollment pass for dance enthusiasts taking 5 or more classes per week! \$840 (5 classes/wk); \$1,008 (6 classes/wk); \$1,050 (7+ classes/wk). Can be paid in two installments.

• Punch Cards, Teens/Adults (*Expire Dec 12, '10*): 28 for \$350 (12.5/class); 14 for \$189 (13.5/class); 7 for \$102 (14.5/class)

• THE NUTTY NUTCRACKER: This new and expanded version will kick your holiday season into high gear. Join us at Hatch School Auditorium for a festive evening of dance. The concert will also feature a ballet by Yael Levitin and a new contemporary work by Diane VanDerhei in collaboration with INTUIT's teen company. (\$10) Dec. 10 + 11, 7:30PM / Dec. 12, 4PM

