

# NORTH SUBURBAN SCHOOL OF DANCE CLASSES & MORE

- BALLET
- JAZZ
- TAP
- MODERN
- HIP-HOP
- POMS
- CONTEMPORARY



The North Suburban School of Dance is a multi-disciplinary program offering classes in ballet, ballroom, belly dance, contemporary, hip hop, jazz, modern, pointe and tap. Classes are available for all ages; pre-school through adult, and all levels; beginning through advanced. We offer a quality dance education that is geared toward the positive enhancement and growth of your child, not just as a dancer, but as an individual as well.

- **BALLET** is the foundation for all dance forms. Emphasis is on placement, balance, control, discipline, clean lines, strength and flexibility.
- **JAZZ** is a technique based on ballet using contemporary and jazz music. Flexibility, placement, turns and leaps will be emphasized.
- **TAP** promotes coordination and an acute sense of rhythmic patterns. Tap encourages the retention of movement patterns.
- **MODERN** is a dance technique focusing on natural movement patterns, floor-work and creative expression.
- **HIP-HOP** is a fun, high energy dance form using the most recent popular music. Come dance to music by your favorite artists!
- **POMS** is class for middle school students interested in joining a POMS team or that want to learn high energy dance routines from a former Luvaball.
- **CONTEMPORARY** is expressive and incorporates jazz, ballet, and modern techniques.

## ANNUAL DANCE RECITAL iDance: JUNE 10, 2012

**Noon show:** All Ballet Rhythms, Beats, Designs, Preschool Tap, 4 & 5 year-old combo class, and 1st grade classes

**4:00pm show:** All 2nd grade classes and up

Glenbrook North High School, Sheely Center for the Performing Arts

**For more information:**

Contact Joni Goldstein, Performing Arts Director  
(847)272-7250, x1232 or [jgoldstein@nsymca.org](mailto:jgoldstein@nsymca.org)



## JANUARY MEMBERSHIP SPECIAL

**NO JOINER FEES**

NO joiner fee, up to a \$85 value and \$25 voucher good towards programs!!

## ATTENTION ARTISTS

Be A Part of Our 4th Annual Art Show By Signing Up for Winter I Art Classes

All Winter I students will be a part of our art show held at the Northbrook Public Library. Art will be on display the entire month of March.

**Jr. high students-** learn how to find your own style in art

**1st-5th graders-** learn how to draw with Drawing & Painting 101, or how to manipulate clay with Ceramics & Sculpture 101

**PreK/K-** experience many mediums at this age and enjoy the process of art with classes like Scribble into Drawing where you learn how to draw shapes and then turn them into something like a dog or cat

We also offer art classes for homeschooled children and special needs.

## NSYMCA AQUATICS FUN! WITH A SPLASH OF CONFIDENCE

Safe Swimming and having fun, that's what it's all about at the Y. Every day children learn the basics of swimming at the Y or enhance their skills with our lessons that turn beginners to experts. With our wide selection of classes and schedules, you're sure to find a class that fits your child's needs and schedule.

- Parent/Child Classes
- Clay and Swim
- Gym and Swim
- Preschool Block
- Youth Block
- Swim Club
- Snorkeling
- Synchronized Swimming



Bring your kids to the Y for swim lessons and watch them learn life lessons, too.



2705 Techy Road • Northbrook IL  
[www.nsymca.org](http://www.nsymca.org) • 847.272.7250