



Youth Dance

Instructors: Mia (John) Pomeranke and professional dance instructors from Mansfield Academy of Dance. Instructors at the Mansfield Academy of Dance pride themselves on being lifelong learners who continually educate themselves through certification programs, teacher-training schools, conferences, and other learning opportunities. They are certified by test to teach dance through Dance Masters of America. Mansfield Academy of Dance instructors offer high-level dance education with focus on age appropriate physical and mental development as well as proper dance technique and terminology. Our goal is to prepare young dancers for any path they wish to pursue in life. Our dancers are inspired, confident, healthy, passionate, disciplined, focused, and proud.

☺ Tumble and Twirl (Ages 3-5)

Get your body moving on Sunday morning! Allow your little one to explore the fundamentals of tumbling, acrobatic movements, gross motor skills, dance and basic stretching skills. Each day will start with a warm up dance, basic stretching to warm up the body and then children will move through a series of combination on the floor, mats, wedges, balance beam and other tumbling equipment. Tumblers will focus on balance and body awareness while improving their strength and coordination. **Parent involvement is highly encouraged to assist their child in class.**

Location: CC Gymnasium
Dates: Sun. July 10-Aug. 14 (6 classes)
Time: 10:50-11:35 a.m.
Fee: \$39 for residents, \$49 for non-residents
Activity #: 120047-A

Pre-Ballet (Ages 5-6)

Skip, march, gallop and more in this introduction to ballet dance! Active young dancers learn through basic movement and dance-along songs, developing motor skills and learning basic ballet positions. Leotard, tights, and leather ballet shoes recommended. Please contact instructor for help ordering: miapomeranke@gmail.com

Location: CC Dance/Fitness Studio
Dates: Sun. July 10-Aug. 14 (6 classes)
Time: 11:45 a.m.-12:25 p.m.
Fee: \$39 for residents, \$49 for non-residents
Activity #: 120045-A

NEW! Dance Explorers (Ages 6-10)

A discovery dance-zone to keep your child active and engaged! Each week will cover a different dance form or focus within jazz, hip-hop, ballet, and more! Children will learn basic positions and movements while exploring music and dance. Themes, props, and creative dance make learning steps and terminology exciting and fun. Allow our child to realize their favorite dance type in the explorative and educational program. Leotard, tights, and leather ballet shoes recommended.

Please contact instructor for help ordering;
miapomeranke@gmail.com

Location: CC Dance/Fitness Studio
Dates: Sun. July 10-Aug. 14 (6 classes)
Time: 12:35-1:35 p.m.
Fee: \$39 for residents, \$49 for non-residents
Activity #: 120046-A



Adult/Teen Ballet

(Beg/Adv. Beg.) (Ages 14-Adult)

Ballet is a great way to develop flexibility, strength and body awareness. This class is designed to introduce new students to ballet and technique. The class will include ballet positions and movements. The level of difficulty will be adjusted to suit the experience of the students. All ability levels welcome!

Instructor: Arlene Albert, grew up in New Orleans and studied ballet for 15 years under Lelia Haller, the first American dancer appointed premiere danseuse of the Paris Opera Ballet. A lifelong lover of ballet, Arlene enjoys sharing her love through teaching, and has been teaching in Mansfield for over 15 years.

Location: Mansfield Senior Center
Dates: Tues., July 5-Aug. 30 (9 classes)
Times: 6-7:30 p.m.
Fee: \$98 for residents, \$108 for non-residents
Activity #: 110040-A



☺ Beginner Line Dancing (Ages 16-Adult)

Come dance with us! This class is all about line dancing and having fun. We will dance to a variety of music—not just country, but also to pop, big band, oldies, Latin and R&B. This is a BEGINNER level line dance class and the dances taught in class will reflect that. We will start with basic steps and patterns and build on those each week. If you have never line danced before, or if you have some dance experience but want to continue to work on your basic skills, this class is for you!

Instructor: Sarah Preston Britto, has been line dancing for almost 30 years, and has been teaching almost as long!
Location: CC Fitness/Dance Studio
Dates: Tues., July 12-Aug. 16 (6 classes)
Times: 6-7:15 p.m.
Fee: \$66 for residents, \$76 for non-residents
Activity #: 110043-A

