



**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.



## NEW! Discover Dance (Ages 3-5)

This program is meant as an introduction to dance education. Concepts are taught through movement, music, structure and play. The goal is to reinforce and stimulate the developmental patterns of the child. This creative dance program helps children develop rhythm, motion, coordination and self-expression, and prepares them for future study in the many styles of dance.

**Location:** CC Dance/Fitness Studio  
**Time:** 11:25 a.m.-12:10 p.m.  
**Dates:** Sun., Sept. 18-Dec. 4 (10 classes)  
 \*no class 10/9 & 11/27  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity #:** 220041-A

## 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  
**Time:** 10:30-11:15 a.m.  
**Dates:** Sun., Sept. 18-Dec. 4 (10 classes)  
 \*no class 10/9 & 11/27  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity #:** 220047-A

## 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; [themansfielddance@gmail.com](mailto:themansfielddance@gmail.com)

**Location:** CC Dance/Fitness Studio  
**Time:** 12:20-1:15 p.m.  
**Dates:** Sun., Sept. 18-Dec. 4 (10 classes)  
 \*no class 10/9 & 11/27  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity #:** 220046-A

## Hip Hop/Jazz Funk (Ages 7-10)

This energetic and exciting class will incorporate some of the latest styles of dance featured in music videos and on television with popular music in an age appropriate manner. Students will focus on building strength and stamina while working on such skills as body awareness, isolation and musicality. Creativity and self-expression will be encouraged through free dance and student choreography.

**Location:** CC Dance/Fitness Studio  
**Time:** 1:25-2:10 p.m.  
**Dates:** Sun., Sept. 18-Dec. 4 (10 classes)  
 \*no class 10/9 & 11/27  
**Fee:** \$67 for residents, \$77 for non-residents  
**Activity #:** 220049-A



# Dance



## 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., Sept. 13-Nov. 29 (10 classes)  
\*no class 11/1 or 11/15  
**Times:** 6-7:30 p.m.  
**Fee:** \$112 for residents, \$122 for non-residents  
**Activity #:** 210040-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:** TBD  
**Location:** CC Fitness/Dance Studio  
**Dates:** Tues., Sept. 13-Dec. 20 (14 classes)  
**Times:** 6:45-7:45 p.m.  
**Fee:** \$152 for residents, \$162 for non-residents  
**Activity #:** 210043-A

## NEW! Beginner Hula Dance (Ages 16-Adult) ☺

Hula dancing is a great way to tone your body and burn calories. This Hawaiian dance combines hip movements, footwork and hand motions while telling a story in a graceful style. So, kick off your shoes, put on some comfortable clothes, and feel the island breeze! Please wear comfortable clothes, no sneakers or street shoes.

**Instructor:**



*Ann Kozikowski* has been a dancer all of her adult life. She trained with Arts in Motion School of Dance and Dramatic Arts, Trinity College, Lebanon School of Dance, Mansfield Academy of Dance, Fred Astaire and Arthur Murray Dance Schools, and Vermont Ballroom Dance Camp. She has performed dance all over Connecticut and Massachusetts and received her Medal Standard Bronze II at Arthur Murray Dance School, along with her work as a choreographer. Her eighteen year study of the Art of Belly dance, Veil, and Zil work began with second-generation belly dancer, Nerine Avital. She has been teaching for eleven years.

**Location:** CC Fitness/Dance Studio  
**Times:** 5:15-6:15 p.m.  
**Per Session Fee:** \$68 for residents, \$78 for non-residents

**SESSION 1 Dates:** Mon., Sept. 12-Oct. 24 (6 classes) \*no class 10/10  
**Activity #:** 210048-A

**SESSION 2 Dates:** Mon., Nov. 7-Dec. 12 (6 classes) \*no class 11/21  
**Activity #:** 210048-B

## Advanced Belly Dance (Ages 16-Adult)

Belly dancing, a mystical dance form emphasizing expressive movements, is a fun way to tone your body from head to toe! Participants will move through a warm-up series, classic belly-dance moves, and a cool-down period, engaging your mind and muscle as you learn isolation techniques of this dance. Tuesday's classes are for true beginners, come start with the basics and have fun! Thursday's classes are for those with experience, start putting the pieces together into routines. Socks or slipper-like dance shoes are required.

**Instructor:** *Ann Kozikowski* see bio under Beginner Hula Dance  
**Location:** CC Fitness/Dance Studio  
**Times:** 7-8 p.m.  
**Per Session Fee:** \$68 for residents, \$78 for non-residents

### ADVANCED CLASS

**Session 1 Dates:** Tues., Sept. 13-Oct. 18 (6 classes)  
**Activity #:** 210046-A

**Session 2 Dates:** Tues., Oct. 25-Dec. 6 (6 classes) \*no class 11/24  
**Activity #:** 210046-B

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