

# CENTER GROVE DANCE PROGRAM

The CGDP has been created to strengthen the foundations of the visual arts programs in the Center Grove community through intense dance training.

- Weekly Classes held at Center Grove High School starting the week of **July 10, 2017** and ongoing through the school year.

**Classes Available:** Combined classes in: 1 hour Yoga, 30 minute Stretch & Strengthen (SS) for stamina

Leveled classes in: 1 hour Across the Floor (ATF) technique in turns & leaps, 1 hour Ballet, 1 hour Modern/Contemporary

Students will be placed in beginner/intermediate Level 1. Students must be invited to take a Level 2 class by a CGDP Instructor.

**Class Needs:** Yoga: yoga blocks, yoga mat; wear comfortable clothing, no midriffs showing.

Stretch & Strengthen, Ballet, modern/contemporary: dance paws or jazz shoes, black leggings or shorts, black or red tank or t-shirt, hair pulled back away from face. Across the Floor may use jazz or tennis shoes. Boys should wear shorts & t-shirt to all classes.

## Class Schedule

**Mondays:** 5:00-5:30 Stretch & Strengthen

5:30-6:30 Ballet levels 1 & 2

6:30-7:30 Modern/Contemp level 1 & ATF level 2

7:30-8:30 Yoga (all levels)

**Wednesdays:** 4:30-5:00 Stretch & Strengthen

5:00-6:00 Ballet levels 1 & 2

6:00-7:00 Modern/Contemp level 2 & ATF 1

7:00-8:00 Yoga (all levels)

**Location:** July 10 & 12 – CGHS West Gym (enter door #3); July 17, 19, 24 & 26 CGHS Vandy Gym (enter door #9). Starting month of August either Hall of Excellence or new Student Activity Center at CGHS.

- **Students MUST have a CGDP waiver turned in to participate in class – NO EXCEPTIONS!**
- **Fees are paid on a monthly basis. Payable to Hannah Mueller.**
- 30 min = \$20; 1 hour = \$40; 1:30 hours = \$60; 2 hours = \$80; 2:30 hours = \$100; 3 hours = \$120; 3:30 hours = \$140; 4 hours = \$160; 4:30 = \$180; \$5 hours = \$200; 5:30 = \$220;
- 6 hours or more = \$240 (not including private lessons)
- 30 minute Private lesson = \$60 Monthly (4 thirty min lessons) or \$20 per ½ hour session
- Monthly tuition must be paid by the 10<sup>th</sup> of each month.

**Contact for more Information:** Hannah Mueller [cgdanceteam@yahoo.com](mailto:cgdanceteam@yahoo.com)

- **CGDP Calendar & Information can be found on the CGHS Varsity Dance Team website (CGHS school website/Activities/Dance Team)**