

Dance



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.



Acrobatics and Tumbling (Ages 6-10 years)

A great introduction to body awareness, music and movement for the young and active dancer. We will work on increased upper body strength and moving and balancing in a variety of different ways. Class will incorporate props and obstacle courses in a way that makes it fun to get stronger. This class is designed to teach acrobatics skills including rolls, back bends, walk overs, cartwheels and progressing to more difficult skills such as handsprings, aerials and intricate balances. The focus will be on safely executing basic acrobatic tricks and creating acrobatic dance combinations to music and well as becoming stronger, more flexible, more confident and healthy!

Location: CC Gymnasium
Time: 10:30 a.m.-11:15 a.m.
Dates: Sun., April 12- June 7 (8 classes) *no class 5/10
Fee: \$76 for residents, \$86 for non-residents
Activity #: 420044-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: 11:15 a.m.- 12:00 p.m.
Dates: Sun., April 12- June 7 (8 classes) *no class 5/10
Fee: \$76 for residents, \$86 for non-residents
Activity #: 420047-A

Pre-Ballet (Ages 3-5)

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
Time: 12:10 a.m.-12:55 p.m.
Dates: Sun., April 12- June 7 (8 classes) *no class 5/10
Fee: \$76 for residents, \$86 for non-residents
Activity #: 420045-A

Ballet 1 (Ages 6-10)

Children will learn basic ballet positions and movements while exploring music and dance. Themes, props and creative dance will be incorporated to make learning steps and terminology exciting and fun.

Location: CC Dance/Fitness Studio
Time: 1:00-1:45 p.m.
Dates: Sun., April 12- June 7 (8 classes) *no class 5/10
Fee: \$76 for residents, \$86 for non-residents
Activity #: 420046-A





Adult & Teen Dance



Photo by Milton Levin of Levin Aerial Works, LLC.

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: Shannon Malone
Location: Senior Center
Dates: Tues. April 7-May 26 (8 classes)
Times: 6-7:30 p.m.
Fee: \$96 for residents, \$106 for non-residents
Activity #: 410040-A

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. Beginner classes are for true beginners, come start with the basics and have fun! Advanced classes are for those with experience, start putting the pieces together into routines as we work with zils, veils, and fanveils. **Socks or slipper-like dance shoes are required.**



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, 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 fourteen years.

Location: CC Fitness/Dance Studio

BEGINNER

Session 1

Dates: April 6-May 11 (6 classes)
Times: 5:15-6:15 p.m.
Fee: \$78 for residents, \$88 for non-residents
Activity #: 410046-A

Session 2

Dates: Mon., May 18-June 29 *no class 2/25 (6 classes)
Times: 5:15-6:15 p.m.
Fee: \$78 for residents, \$88 for non-residents
Activity #: 410046-B

ADVANCED

Session 1

Dates: April 6-May 11_ (6 classes)
Times: 6:20-7:20 p.m.
Fee: \$78 for residents, \$88 for non-residents
Activity #: 410046-C

Session 2

Dates: Mon., May 18-June 29 *no class 2/25 (6 classes)
Times: 6:20-7:20 p.m.
Fee: \$78 for residents, \$88 for non-residents
Activity #: 410046-D

FIND US ON FACEBOOK



and INSTAGRAM!



@MansfieldCommunityCenter