

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Adult/Teen classes

- Swing & Jitterbug, session 1
- Salsa, Merengue & Tango session 2
- Waltz & Foxtrot, session 3
- Tai Chi/Qigong, session 1 session 2
- Gentle/Restorative Yoga, session 1 session 2

Children's classes

- 9:30-10:15 Creative Dance, New 4-5 yr. olds
- 10:15-11:00 Creative Dance, Returning 4-5 yr. olds
- 11:00-11:45 Lyrical Jazz, 6-8 yr. olds
- 11:45-12:45 Musical Theatre Dance, 9-12 yr. olds

Total Amount: _____

- Check (Payable to East Stroudsburg University)
- Money Order
- Visa/Mastercard

Please charge my account: (circle one)

 Visa MasterCard

 in the amount of \$ _____

Credit Card #: _____

Expiration Date: _____

Name of Cardholder: _____

Address: _____

Authorized Signature: _____

Date: _____

Please return registration form and payment to:
ESU Office of Continuing Education
200 Prospect Street
East Stroudsburg, PA
18301-2999

Children's Dance

FALL 2009: Saturdays

9:30-10:15..... Creative Dance 4-5 yr. olds (new)
10:15-11:00..... Creative Dance 4-5 yr. olds (returning)
11:00-11:45..... Lyrical Jazz 6-8 yr. olds
11:45-12:45..... Musical Theatre Dance 9-12 yr. olds

Session 1: September 12 – October 10

Session 2: October 17 – November 14

Cost: \$50 per 5-week session

SPRING 2010: Saturdays

9:30-10:15..... Creative Dance 4-5 yr. olds (new)
10:15-11:00..... Creative Dance 4-5 yr. olds (return)
11:00-11:45..... Lyrical Jazz 6-8 yr. olds
11:45-12:45..... Musical Theatre Dance 9-12 yr. olds

Session 1: January 25 – February 27

Session 2: March 20 – April 24

Cost: \$60 per 6-week session

Adult Social & Ballroom Dance

FALL 2009: Mondays 7:00 – 8:00 PM

Session 1: Swing & Jitterbug: September 14, 21 & 28

Session 2: Latin Flair; Salsa, Merengue & Tango: October 5,
12 & 19

Session 3: Smooth Rhythms; Waltz & Foxtrot: October 26 &
November 2 & 9

Cost: \$60 per couple per 3-week session:

SPRING 2010: Mondays 7:00 – 8:00 PM

Session 1: Swing & Jitterbug: January 25 – February 8

Session 2: Latin Flair; Salsa, Merengue & Tango:
February 15 – March 1

Session 3: Smooth Rhythms; Waltz & Foxtrot:
March 15 – 29

Cost: \$60 per couple per 3-week session:

Gentle/Restorative Yoga

FALL 2009: Mondays 5:30 – 6:30 PM

Session 1: September 14 – October 12

Session 2: October 19 – November 16

Cost: \$55 per 5-week session.

SPRING 2010: Mondays 5:30 – 6:30 PM

Session 1: January 25 – March 1

Session 2: March 15 – April 19

Cost: \$66 per 6-week session.

Tai Chi/Qigong

FALL 2009: Thursdays 7:00 – 8:00 PM

Session 1: September 10 – October 8

Session 2: October 15 – November 12

Cost: \$55 per 5-week session

SPRING 2010: Thursdays 7:00 – 8:00 PM

Session 1: January 21 – February 25

Session 2: March 18 – April 22

Cost: \$66 per 6-week session

NON PROFIT ORG.
US POSTAGE PAID
EAST STROUDSBURG
UNIVERSITY

Dr. Elizabeth Gibbons
Dance Studio, Koehler Fieldhouse
East Stroudsburg University
200 Prospect Street
East Stroudsburg, PA 18301-2999



September 2009 – May 2010

Schedule of Classes & Information

Times and days of classes subject to change.

Registration Information:

Dept. of Continuing Education 570-422-2872

Classes taught by members of the

University Dance Company

(under the supervision of

Elizabeth Gibbons, Ph.D. and

Catherine Culnane, M.Ed.)

dian fitzpatrick and

Richi Roche

East Stroudsburg University
of Pennsylvania

A member of the Pennsylvania
State System of Higher Education



Children's Dance

Classes incorporate two concepts:

1. Learning concepts and skills of dance technique enhances a child's body awareness, alignment, control, and appreciation for line, design, and rhythm.
2. Children develop self-awareness and self-expression with guidance through the magic of dance in exploring motion and emotions.

The 4-5 year-olds class focuses on body awareness, spatial concepts such as shape, size and level, and qualities of motion such as strength and lightness. Children in this class will also begin learning age-appropriate dance phrases.

The 6-8 year-olds class includes creative and lyrical dance designed for the greater ability to control movement appropriate for this developmental level.

The Musical Theatre Dance Classes (ages 9-12) focus on proper body alignment, line and design in dance, and typical steps for musical theatre.

A Note About Our Classes and Our Teachers

Our teachers and assistants are students at East Stroudsburg University. All have a background in dance and teaching experience. Students are under the supervision of Elizabeth Gibbons, Ph.D., and Catherine Culnane, M.Ed., both of whom have extensive experience teaching a wide variety of dance forms.

Our "No Recital" Policy

The focus of our program is on dance education; we do not have a complicated recital with showy costumes. Rather than spending most of the class preparing "routines" for a year-end recital, class time is spent in dance education emphasizing creativity, skill development, control, discipline, learning to work with others, enjoyment of movement and love for dance and the arts.

The last class day of the second session is for showing and sharing so that family and friends can see what children have been learning. Bring a camera, applause and hugs for your little dancer!

Location

The Community Dance Program is taught in the Dance Studio on the ESU Campus, located on the 2nd floor of Koehler Fieldhouse, on the corner of Smith

and Normal Streets. From Interstate 80 East or West, take Exit 308; turn right at the stop sign at the end of the exit ramp, turn right at the next stop light, and the first left turn onto Smith Street. Park along Smith Street or Normal Street.

Payment

Payment is due at registration. You may register with a credit card by calling the Office of Continuing Education at 570-422-2872; you may also request a registration form and bring or mail it to the Office of Continuing Education, East Stroudsburg University, East Stroudsburg, PA 18301-2999. You may also download a registration form at our website,

www.esu.edu/dance

Gentle/Restorative Yoga

Yoga is a holistic approach to managing your physical, mental and spiritual health. Using our breath and physical postures we stretch and strengthen muscles, improve circulation and mental acuity, and we learn to quiet the mind. In this gentle/restorative class, this is done using props and honoring the limitations of our bodies. Namaste.

In addition to being a Sociologist and Health Educator dian is also the founder and owner of Honor Your Body Yoga (TM). She has been teaching for two years and is a registered certified yoga instructor. She received her certification from Yoga Synthesis with Raji Thron. dian specializes in round bodies, chronic conditions and age related challenges, thus the major focus on gentle and restorative yoga.

Directors

Elizabeth Gibbons, Ph.D.
570-422-3331

lgibbons@po-box.esu.edu

Catherine Culnane, M.Ed.
570-422-3761

cculnane@po-box.esu.edu

If you have any questions, concerns or feedback please feel free to contact us!

Adult Ballroom Dance

What Should I Wear?

Our only rule is that no street shoes are allowed in the dance studio. If you want to wear a pair of soft-soled shoes for class, please clean the soles of the shoes and carry them to class.

What Kind of Dance Will I Learn?

Swing and Jitterbug is done to music from the '40s (Swing), '50s (Jitterbug, Lindy), '60s (Rock & Roll), as well as many contemporary Swing bands such as the Brian Setzer Orchestra.

"Latin Flair" Salsa, Merengue & Tango are the sizzling, flirtatious and lively Latin styles. The fun, glamour and mystique of these dances make them a rare treat to do. Indulge yourself!

"Smooth Rhythms" Waltz & Foxtrot are the smooth, graceful American dances that are a must for every couple who wants to get out on the dance floor at weddings, receptions, and other special events.

Each session starts with basic steps for that style, plus the basics of leading and following. Smooth transfer of weight, flow, non-verbal communication, "floorcraft" or maneuvering around the floor, which are common to all forms of ballroom dance, are covered in each session.

Whether you want to stop sitting out when the music starts at social events, amaze your friends or just have a good time, learning ballroom dance is fun!

Inclement Weather

If classes must be canceled due to snow, a message will be put on the Dance Information Line at 570-422-3761. If the University is closed due to snow, there will be no class.

Notice of Nondiscrimination—

East Stroudsburg University of Pennsylvania does not discriminate on the basis of race, color, religion, national origin, sex, veteran status, disability or age in its programs and activities in accordance with state and federal laws. The following person has been designated to handle inquiries regarding this policy: Director of Diversity/Ombudsperson, 200 Prospect Street, 115 Reibman Building, East Stroudsburg, PA 18301, 570-422-3656.



For more information, assistance or special accommodations, please call 570-422-3331.

Tai chi / Qigong

The practice of tai chi and qigong can help to calm the mind reduce stress, improve posture, balance and coordination as well as working in many other ways to improve life. This class is open to all and we will emphasize the basic principles of these wonderful arts.

Richie Roche has been practicing the arts of Tai Chi and Qigong for over ten years, and has directed the Tai Chi and Qigong programs at Deerfield Spa, the Totts Gap Art Institute and Church of the Mountain. His classes incorporate not only the physical practice but also the underlying concepts and philosophy which makes it a truly holistic, mind/body/spirit activity.

To Register, complete the registration form on reverse and waiver below and mail or deliver it along with your payment to:
Continuing Education Office, Zimbar Hall
200 Prospect Street
East Stroudsburg University
East Stroudsburg, PA 18301-2999

Or you can register online at
www.esu.edu/dance

Every effort is made to provide quality and safe instruction; however, participation may lead to discomfort or risks which are normal for such dance activity; such injuries can range from the most insignificant to death. Neither the university, its students, nor supervising professor can be held liable for injury resulting from participation. In accepting this risk, I expressly and explicitly release and waive any and all responsibility and liability, and agree to indemnify and hold harmless East Stroudsburg University of Pennsylvania and its employees, officials or agents pursuant to participation. I verify participant coverage by health insurance. If I do not have health insurance, I agree to be totally responsible for any and all health costs associated with injury incurred. In case of injury, I give advance permission to obtain medical service, including but not limited to, paramedic treatment, transportation by emergency vehicle to a medical facility and treatment by emergency physicians.

East Stroudsburg University and its representatives take photographs for use in print and electronic publications; this serves as public notice of the University's intent to do so and as a release to the University of permission to use such images as it deems fit.

By my signature below, I hereby acknowledge that I understand and voluntarily accept the hazards, risks, rights and responsibilities noted in the release.

Name: _____

Date: _____