

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

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.

Directors


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

gibbons@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!

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

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 Dance 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.

Tango & Cha-cha 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!

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.

"Argentine Tango is not in the feet, it is in the heart." Learn the most romantic, elegant and popular dance style today, which emphasizes the connection between partners like a harmonious and beautiful conversation.

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.

Traditional Egyptian Belly Dance

Classes are designed as both a cultural enrichment and physical exercise program, and will include background information on the history of this ancient art and a series of dances will be taught. Focus on simple movements and steps will also allow students to create their own personal dance.

Diana Shahein's career as instructor and performer of Egyptian dance spans over thirty years and three continents. A master teacher, Diana has developed a very distinct and accessible teaching method based on the dance movements of the people of Egypt. Her company, Beledi Dance Theatre Inc., has been awarded grants from the National Council on the Arts. She holds a bachelor of science degree in education from East Stroudsburg University.

To REGISTER: by mail, follow instructions on reverse side or apply online at:
<http://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: _____