

The Town of Cary Dance Program offers a wide variety of classes for participants of all skill levels and ages. All of our dance programs build strength, flexibility, musicality and coordination, and are a fun way to exercise and increase physical and mental well-being as well as passion for the arts.

## Preschool Dance

### 2's Ballet Too! (age 2)

Introduce the art of dance to your child. The princess songs and classical music complement ballet moves and techniques. Ballerinas will dance, sway, swing, leap, pirouette and play! Parents are welcome at certain points in the class to dance with their child.

<b>Location:</b>	Herbert C. Young Community Center		
<b>Instructor:</b>	Khadija ElMcPherson		
<b>Fees:</b>	\$33(R)	\$43(N)	(3 classes)
<b>59339</b>	Mon	Jul 16-30	4-4:45 p.m.
<b>Fees:</b>	\$44(R)	\$57(N)	(4 classes)
<b>59340</b>	Mon	Aug 6-27	4-4:45 p.m.

### Dance Ballerinas (age 3-5)

Enjoy the beauty and grace of ballet. Perform dance movements such as leaps, jumps, slides, crossovers, lifts, passe, turns, spins, and more! Dress up in your beautiful dance wear for a beautiful time!

<b>Location:</b>	Herbert C. Young Community Center		
<b>Instructor:</b>	Khadija ElMcPherson		
<b>Fees:</b>	\$33(R)	\$43(N)	(3 classes)
<b>59343</b>	Mon	Jul 16-30	5-5:45 p.m.
<b>Fees:</b>	\$44(R)	\$57(N)	(4 classes)
<b>59344</b>	Mon	Aug 6-27	5-5:45 p.m.



At the barre

### Pre-Ballet (age 4-5)

This beginning ballet class introduces children to ballet basics. Children will learn the discipline of ballet through traditional ballet techniques and creative movement. This is definitely a fun and creative introduction to ballet training! Please wear a leotard and ballet shoes (tights optional).

<b>Location:</b>	Cary Senior Center		
<b>Instructor:</b>	Cristina Bradley		
<b>Fees:</b>	\$53(R)	\$69(N)	(5 classes)
<b>60221</b>	Mon	Jun 11-Jul 16	5-5:40 p.m.
		<i>(no class Jul 2)</i>	
<b>Fees:</b>	\$42(R)	\$55(N)	(4 classes)
<b>60222</b>	Mon	Jul 30-Aug 20	5-5:40 p.m.

## Youth Dance

### Dance Fusion Mini Camp (age 5-12)

**NEW**

A fun filled dance/tumbling camp where children will learn hip hop, Zumba, Salsa, lyrical/ballet, Broadway style jazz, and basic tumbling moves.

<b>Location:</b>	Middle Creek Community Center		
<b>Instructor:</b>	Stacy Smith		
<b>Fees:</b>	\$105(R)	\$137(N)	(5 classes)
<b>59551</b>	Mon-Fri	Aug 20-24	1-4 p.m.

### Ballet I (age 6-8)

This beginning ballet class introduces children to ballet basics. Children will learn the discipline of ballet through traditional ballet techniques and activities. This class introduces a theatrical inspired ballet class taught through imagery. Please wear a leotard, tights and ballet shoes.

<b>Location:</b>	Cary Senior Center		
<b>Instructor:</b>	Cristina Bradley		
<b>Fees:</b>	\$53(R)	\$69(N)	(5 classes)
<b>60219</b>	Mon	Jun 11-Jul 16	6-7 p.m.
		<i>(no class Jul 2)</i>	
<b>Fees:</b>	\$42(R)	\$55(N)	(4 classes)
<b>60220</b>	Mon	Jul 30-Aug 20	6-7 p.m.

## DON'T WAIT!

Please register early. Early registration allows us time to plan appropriately. Often times we are able to accommodate those on waiting lists by adding additional spots in the class or adding additional classes. Classes that do not meet their minimum enrollment are generally cancelled, you could make the difference.

## Dance Workshop (age 10-17)

**NEW**

Join us for a 3-hour workshop intended to introduce beginners to the styles of ballet, jazz, hip hop and contemporary. Each class is designed to initiate the next, or may be taken individually. Participants have the option of taking one class, a combination of two, or all three classes. At the end of the workshop, we will conclude with a small showing of all choreography explored.

**Location:** Cary Senior Center

**Instructor:** Michelle DiRuzza

**Fees:** \$12(R) \$16(N) (1 class)

### Ballet/Jazz

This hour of instruction will include a ballet warm up paired with jazz technique and choreography. Ballet technique and terminology will be introduced followed by simple jazz choreography.

<b>60248</b>	Sat	Jun 23	1-2 p.m.
<b>60251</b>	Sat	Aug 11	1-2 p.m.

### Hip Hop

Instruction will combine modern day hip hop with jazz funk, introducing new and refreshing choreography. Exercises will focus in body isolations and pop and lock techniques.

<b>60249</b>	Sat	Jun 23	2-3 p.m.
<b>60252</b>	Sat	Aug 11	2-3 p.m.

### Contemporary

Instruction will creatively introduce basic dance techniques and explore connections with the mind and body. This class will focus on introducing choreography based on the newest styles of contemporary dance, as seen on the latest television shows.

<b>60250</b>	Sat	Jun 23	3-4 p.m.
<b>60253</b>	Sat	Aug 11	3-4 p.m.




## Teen Dance

### Show Everyone You Can Dance...

**NEW**

#### Learn to Break Dance Level 1 (age 11-17)

 Do you LOVE the tv show 'So You Think You Can Dance?' Well here's your chance to show it! Step by step instruction provided by instructor with over nine years experience. Students will be challenged to develop their own style based on core break dance moves. Dancers are welcome to join in this fun, challenging, and relaxed environment where they can let loose and get a great workout! Come Join Us!

**Location:** Herbert C. Young Community Center

**Instructor:** Grigoriy Mirzoev


**Fees:** \$44(R) \$57(N) (5 classes)

**59362** Fri Jun 1-29 6:30-8 p.m.

### Show Everyone You Can Dance...

**NEW**

#### Learn to Break Dance Level 2 (age 11-17)

 Previous break dance experience or completion of Level 1 classes required. Continue to show everyone how you can dance in Level 2! Students will be challenged to develop their own style based on core break dance moves.

**Location:** Herbert C. Young Community Center

**Instructor:** Grigoriy Mirzoev

**Fees:** \$44(R) \$57(N) (5 classes)

**59363** Fri Jul 13-Aug 17 6:30-8 p.m.  
(no class Jul 27)

## Performance Dance

### BEGINNER LEVEL

Beginner programs are designed for dancers looking to expand skills in specific dance styles. Participants will learn proper body alignment, learn terminology, and gain strength and technique through a short warm-up, basic exercises and simple choreography.

**Location:** Cary Arts Center

**Fees:** \$36(R) \$47(N) (5 classes)

#### Beginning Ballet (with Cristina Bradley)

**(age 8-11)**

**59708** Tue Jul 10-Aug 7 6-7 p.m.

**(age 12-15)**

**59709** Tue Jul 10-Aug 7 7:15-8:15 p.m.

#### Beginning Jazz (with Aaron Edwards)

**(age 8-11)**

**59710** Thu Jul 12-Aug 9 6-7 p.m.

**(age 12-15)**

**59711** Thu Jul 12-Aug 9 7:15- 8:15 p.m.

## Adult Performance Dance

### Adult Dance (all levels; age 16+)

Learn dance terminology, technique and choreography in various dance styles. Build strength, flexibility, musicality and coordination, and increase your physical and mental well-being!

**Location:** Cary Arts Center

**Fees:** \$29(R) \$38(N) (4 classes)

#### Ballet (instructor TBA)

59712 Mon Jul 9-30 7-8 p.m.

#### Jazz (with Aaron Edwards)

59714 Wed Jul 11-Aug 1 6:15-7:15 p.m.

**Fees:** \$36(R) \$47(N) (5 classes)

#### Tap (with Cristina Bradley)

59713 Wed Jun 20-Jul 25 7:30-8:30 p.m.  
(no class Jul 4)

### Registration Dates:

- Apr 30** Cary Resident – EZ Reg Web, EZ Reg Mail-In, EZ Reg Phone
- May 7** Cary Resident – EZ Reg Walk-In
- May 14** Nonresident – Any EZ Reg Method

## Adult Recreational Dance

### Shag Beginner (age 16 & up)

Living in North Carolina and you still don't know about shagging? Learn the basic shag step as you dance to beach music, giving you the confidence to get on the dance floor!

**Location:** Bond Park Community Center

**Instructor:** Sam Sparks

**Fees:** \$36(R) \$47(N) (4 classes)

59404 Mon Jun 4-25 6:45-7:45 p.m.

59405 Mon Jul 9-30 6:45-7:45 p.m.

59406 Mon Aug 6-27 6:45-7:45 p.m.

### Salsa & Latin Dance (age 14 & up)

Join your friends and neighbors in a casual and fun environment and learn the basics of latin dance. Emphasis will be on learning to 'feel' the rhythms, lead and follow, and basic level footwork.

**Location:** Bond Park Community Center

**Instructor:** Judith Analco

**Fees:** \$35(R) \$46(N) (3 classes)

#### Taste of Salsa

New to social dancing? Don't know where to start? This class caters to beginners! You will learn to identify the rhythms and execute basic steps in time to the music. Increase your confidence and join the fun on the dance floor. No partner or dance experience required. Please wear hard-soled shoes.

60051 Wed Jun 6-20 6:45-7:45 p.m.

## Drop-In Country Dancing



Join us for line dancing every Tuesday from 6:45-8:45 p.m. at the Bond Park Community Center and every Monday night from 7-8:30 p.m. at the Herbert C. Young Community Center. If you think you want to give it a try, the door will be open just come on by. We stomp our feet and tap our toes. What else we'll do, nobody knows. But we have fun each time we meet! So come on by and shuffle your feet. Time subject to change, please call (919) 462-3970 to confirm. Instruction is provided so no experience is necessary. Partners are welcome but not required. Fee is \$5 for Cary residents and \$6 for nonresidents. Herb Young classes are Jun 4-Aug 27 and there are no classes for the Herb Young Community Center on Jun 18 & 25.

Please call (919) 462-3970 or (919) 460-4965 to confirm.

## Shag Beginner II (age 16 & up)

Complement your basic shag knowledge with steps such as the belly roll, sugar foot and other favorites. A great and unique form of exercise!

<b>Location:</b>	Bond Park Community Center		
<b>Instructor:</b>	Sam Sparks		
<b>Fees:</b>	\$36(R)	\$47(N)	(4 classes)
<b>59407</b>	Mon	Jul 9-30	7:45-8:45 p.m.
<b>59408</b>	Mon	Aug 6-27	7:45-8:45 p.m.



## BELLY DANCE

Enjoy getting in shape while exploring your inner exoticness! Middle Eastern Dance, known as Belly Dance, has been around for thousands of years. While learning a traditional art form, students benefit from fun, low-impact aerobic exercise that tones, strengthens and promotes better posture and movement. With almost 30 years of experience teaching traditional Egyptian style, Aziza Fadwa is able to give personal attention while teaching good body mechanics and alignment.

<b>Location:</b>	Page-Walker Arts & History Center		
<b>Instructor:</b>	Aziza Fadwa		
<b>Fees:</b>	\$63(R)	\$82(N)	

### Mixed Level Beginner's Class (age 12 & up)

No experience necessary for this 8-week class divided into two sessions. Students may register for one or both sessions. The June class will focus primarily on Taqsem, the slower and more graceful movements in Belly Dance danced primarily to softer and gentler rhythms. The August class will focus primarily on dancing with veils and veil techniques. No dance experience required.

<b>60183</b>	Thu	Jun 7-28	6:30-7:30 p.m. (4 classes)
<b>60184</b>	Thu	Aug 2-23	6:30-7:30 p.m. (4 classes)

### Mixed Level Advanced Class (age 12 & up)

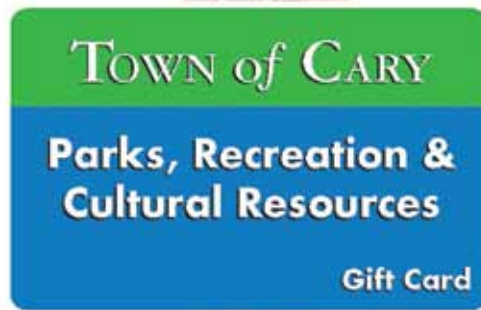
This 8 week class is designed for students who have at least one year of formal belly dance experience and is divided into two sessions. Students can register for one or both sessions. Classes will focus on Taqsem and veils, with the goal of progressing to solo dancing. Unique Taqsem combinations will be taught in June, while single and double veils will be the focus in August.

<b>60185</b>	Thu	Jun 7-28	7:45-8:45 p.m. (4 classes)
<b>60186</b>	Thu	Aug 2-23	7:45-8:45 p.m. (4 classes)

## Gift Cards Available!

Get yours today at any PRCR facility so you can laugh, learn, play with the Town of Cary.

- Birthdays
- Holidays
- Special Occasions
- Thank You



Get one today at any PRCR facility.  
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