

joy of dance
inspiring young dancers



McLean
Community
Center
The Center of It All

Winter/Spring
2015

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About us

Joy of Dance is a progressive dance training program where students advance in a systematic manner. The Joy of Dance Staff are university degreed, internationally accredited and/or performing professionals. All our Hip Hop classes are taught by Washington's leading hip hop dance instructors who have performed both nationally and internationally.

Joy of Dance is a progressive dance training program where students advance in a systematic manner. The Joy of Dance staff members hold university degrees, are internationally accredited and/or are performing professionals. All fall classes conclude with a fun-filled parent watch day.

Optional Performances:

To view all optional events, performance, instructor qualifications and other information, click on to MCC's website at www.mcleancenter.org. Students who perform in optional events will incur a costume/performance fee (approximately \$65 per session for Frosty Follies, and Spring Performances).



Enrollment Information

To register on-line, visit www.mcleancenter.org and click on the New Online Registration link. To register by mail pick up a Winter/Spring 2015 Program Guide from MCC and send in a completed registration form and payment in the form of a check, money order, or credit card (Visa, MasterCard or American Express numbers are required, along with an expiration date) to:

McLean Community Center
1234 Ingleside Avenue
McLean, VA 22101

You may register in person at McLean Community Center with the registrar, Monday through Friday from 9 a.m.-1 p.m or with the front office staff Monday through Friday 9-5 p.m. The Center is located at 1234 Ingleside Ave.

If you have any questions for the Joy of Dance call 703-503-0783 or email info@joyofdance.org or visit www.joyofdance.org.



CLASSES FOR CHILDREN

Tutus for 2's™

Tiny ballerinas will be introduced to French ballet vocabulary, ballet warm-ups, creative movement, games and large motor skill development through our fun Tutu's for Twos ballet syllabus. Your baby ballerina will explore the excitement of ballet using costume accessories, props, ballet stories and puppets. The session will conclude with a parent watch day. Taught by Joy of Dance staff.

20 lessons @ 30 min., \$300/\$260 MCC District Residents

Age	Date	Time	Class No.
2 years	W, 1/7 - 5/27	12:00 - 12:30 p.m.	1571.315

**No lesson on 4/1

Fairytale Ballet™

Young dancers will enjoy dancing to their favorite cherished tunes from fairytales such as Cinderella, Sleeping Beauty, Beauty and The Beast, to name a few. They will learn ballet dances to popular classical ballets and perform in costumes. All Fairytale Ballet™ Classes concludes with a parent watch day every 4 weeks. Taught by Joy of Dance staff.

20 lessons @ 45 min., \$480/\$400 MCC District Residents

Age	Date	Time	Class No.
2.5 - 3.5 years	W, 1/7 - 5/27	1:30 - 2:15 p.m.	1572.315

**No lesson on 4/1



Ballet & Tap (Pre-Primary I)

Little dancers love this enchanting adventure in dance exploration. Children develop rhythm, grace, poise, coordination, and musicality through pre-primary classical ballet, beginning tap skills, tap routines, and improvisations with magical props and adorable costumes. Our dance class enriches your child in five areas of development: physical, creative, social, cognitive, and emotional. Taught by Joy of Dance staff.

20 lessons @ 45 min., \$480/\$400 MCC District Residents

Age	Date	Time	Class No.
3.5 - 4 years	W, 1/7 - 5/27	2:30 - 3:15 p.m.	1581.315

**No lesson on 4/1

Ballet/Tap (Pre-Primary II)

Young dancers are introduced to a beautiful pre-primary classical ballet syllabus which incorporates magical variations and dance class etiquette. Cognitive skills of counting, sequencing, spatial awareness, and immersion in a second language (French), are introduced in this class. Dancers learn tap technique and delightful song and tap routines which develop coordination, rhythm, timing and stage presence. Taught by Joy of Dance staff.

20 lessons @ 45 min., \$480/\$400 MCC District Residents

Age	Date	Time	Class No.
4 years	W, 1/7 - 5/27	3:30 - 4:15 p.m.	1582.315

** No lesson on 4/1

Ballet & Tap (Combination I)

Our classical ballet syllabus incorporates the methodology of the Royal Academy of Dance and trains children in execution of ballet skills. Children develop lovely technical ballet skills while learning French vocabulary; this enhances their artistic growth, as well as cultivates poise, grace, and musicality. Young dancers learn basic tap footwork and vocabulary using fun Broadway-style song and tap routines showcasing their fantastic stage presence. Children must be in kindergarten or first grade to attend this class. Taught by Joy of Dance staff.

20 lessons @ 45 min., \$480/\$400 MCC District Residents

Age	Date	Time	Class No.
5 - 6 years	Th, 1/8 - 5/28	4:15 - 5:00 p.m.	1583.315
5 - 6 years	W, 1/7 - 5/27	4:30 - 5:15 p.m.	1584.315

** No lesson on 4/1 and 4/2

CLASSES FOR CHILDREN

Ballet, Tap & Jazz (Combination II)

Students in this program must have previous dance training in the Combination I level or equivalent experience. Students are trained in the Joy of Dance classical ballet syllabus and gain knowledge of tap technique through tap barre, progressions, combinations and stylized Broadway tap routines. Students love learning our contemporary and jazz routines. These dancers are members of Joy of Dance's "SHOW BIZ KIDZ" performance troupe.

20 lessons @ 1 hr., \$580/\$500 MCC District Residents

Age	Date	Time	Class No.
7 - 8 years	W, 1/7 - 5/27	5:15 - 6:15 p.m.	1585.315
** No lesson on 4/1			

Ballet, Tap & Jazz (Combination III)

Students in this program must have previous dance training in the Combination II level or equivalent experience. Students are introduced to the Royal Academy of Dance syllabus through center work, adagio and allegro variations. Students learn the fundamentals of tap to Broadway style songs and study fun jazz/ contemporary routines set to the music of Carly Rae Jepsen, etc. These dancers are members of Joy of Dance's "SHOW BIZ KIDZ" performance troupe.

20 lessons @ 1 hr. 15 min., \$680/\$580 MCC District Residents

Age	Date	Time	Class No.
7 - 9 years	Tu, 1/6 - 5/26	4:15 - 5:30 p.m.	1586.315
** No lesson on 3/31			



Ballet, Tap & Jazz (Combination IV)

Students in this program must have previous dance training in the Combination III level or equivalent experience. Students develop further in the Joy of Dance syllabus by training in the three dance forms: classical ballet, tap, and jazz/contemporary. Classical ballet training includes ballet barre, stretching/strengthening exercises, and adagio and allegro combinations. These students are members of Joy of Dance's "SHOW BIZ KIDZ" performance troupe.

20 lessons @ 1 hr. 30 min., \$720/\$620 MCC District Residents

Age	Date	Time	Class No.
8 - 10 years	Tu, 1/6 - 5/26	5:30 – 7:00 p.m.	1587.315

** No lesson on 3/31

Ballet, Tap & Jazz (Combination V)

Students in this program must have previous dance training in the Combination IV level or equivalent experience. Students further develop training in four dance forms: classical ballet, tap, jazz, and contemporary. Classical ballet training in this class emphasizes epaulement, fluidity and strength in adagio, and precision in allegro steps. These students are members of Joy of Dance's "SHOW BIZ KIDZ" performance troupe.

17 lessons @ 1 hr. 30 min., \$612/\$527 MCC District Residents

Age	Date	Time	Class No.
9 - 11 years	M, 1/5 - 5/18	4:45 – 6:15 p.m.	1588.315

Ballet, Tap & Jazz (Junior Company Class)

Students in this program must have previous dance training in the Combination VI + level or equivalent experience. New students may have to audition for this class. Students further develop training in four dance forms: Classical ballet, focusing on coordination, musicality and performance quality; intermediate tap, jazz and contemporary. These students are members of Joy of Dance's "SHOW BIZ KIDZ" performance troupe.

20 lessons @ 2 hr., \$960/\$720 MCC District Residents

Age	Date	Time	Class No.
11 - 13 years	Th, 1/8 - 5/12	5:00 – 7:00 p.m.	1589.315

** No lesson on 4/2

ROYAL ACADEMY OF DANCE

Pre Primary Ballet Performance Exam Class

At Joy of Dance, a student's journey through classical ballet begins with an introduction to the Pre-Primary Grade of the Royal Academy of Dance curriculum. This ballet class will introduce traditional ballet warm-ups, across the floor progressions and dances designed especially for young children. At the end of the year, the students are assessed and awarded a performance certificate that provides proof that candidates have attained an international standard classical ballet appropriate to their age. Taught by Joy of Dance staff.

20 lessons @ 45 min., \$480/\$400 MCC District Residents

Age	Date	Time	Class No.
4.5 - 6 years	F, 1/9 - 5/29	3:30 – 4:15 p.m.	1573.315
** No lesson on 4/3			

Primary Ballet Performance Exam Class

The Royal Academy of Dance primary ballet graded syllabus is for ages 7+. This class will produce quality techniques, strength and flexibility. At the end of the year, the students are assessed and awarded a performance certificate that provides proof that candidates have attained an international standard classical ballet appropriate to their age. Taught by Joy of Dance staff.

17 lessons @ 45 min., \$408/\$340 MCC District Residents

Age	Date	Time	Class No.
7+ years	M, 1/5 - 5/18	4:00 – 4:45 p.m.	1574.315
** No lesson on 1/19, 2/16 and 3/30			



Grade I/II/IV Ballet Performance Exam Classes

The Royal Academy of Dance Grade I, II and IV classes are a graded ballet syllabus for ages 8-13. At the end of the year, the candidates are assessed and awarded a performance certificate that provides proof that candidates have attained an international standard of classical ballet appropriate to their age. Taught by Joy of Dance staff.

Grade I Ballet Performance Exam Class

20 lessons @ 1 hr., \$580/\$500 MCC District Residents

Age	Date	Time	Class No.
8+ years, by placement	F, 1/9 - 5/29	5:45 – 6:45 p.m.	1575.315

** No lesson on 4/3

Grade II Ballet Performance Exam Class

20 lessons @ 1 hr. 30 min., \$720/\$620 MCC District Residents

Age	Date	Time	Class No.
9 - 12 years, by placement	Th, 1/8 - 5/28	7:00 – 8:30 p.m.	1576.315

** No lesson on 4/2

Grade IV Ballet Performance Exam Class

20 lessons @ 1 hr. 45 min., \$720/\$620 MCC District Residents

Age	Date	Time	Class No.
10 - 13 years, by placement	F, 1/9 - 5/29	6:45 – 8:30 p.m.	1577.315

** No lesson on 4/3

CHEERLEADERS FOR CHARITY

Our cheer/tumbling program will introduce children to beginning tumbling skills, cheers, motion technique, chants, drills, stretches, jumps, and a high energy cheer dance. Our Joy of Dance Cheerleaders for Charity Mission is to grow young charitable hearts using team building cheer skills and tumbling at charity events where every child is always a star! Cheerleaders perform at an optional charity event. Taught by Joy of Dance staff.

20 lessons @ 45 min., \$480/\$400 MCC District Residents

Age	Date	Time	Class No.
5.5 - 7 years	F, 1/9 - 5/29	4:15 – 5:00 p.m.	1578.315
8 - 11 years	F, 1/9 - 5/29	5:00 – 5:45 p.m.	1579.315

** No lesson on 4/3

DANCE CLASSES AT THE OLD FIREHOUSE TEEN CENTER

OFTC Classes are held at the Old Firehouse Teen Center, located at 1440 Chain Bridge Road (next to the Giant Shopping Center).

Hip-Hop Kids (OFTC)

Young hip hop artists will begin with the building blocks of jazz technique. Students will learn hip, funky moves to the latest kids' rock and hip-hop tunes. The focus will be on hip hop choreography utilizing the latest hit music from Hip Hop stars and Pop Stars such as Carly Rae Jepsen, Taylor Swift, Katy Perry, Demi Levito, and Selina Gomez! Taught by Allie O'Hare.

20 lessons @ 45 min., \$480/\$400 MCC District Residents

Age	Date	Time	Class No.
6 - 7 years	W, 1/7 - 5/27	6:30 – 7:15 p.m.	1603.315
** No lesson on 4/1			

Pre-Teen Hip-Hop I (OFTC)

This fun, fast-paced, lively class will combine fundamentals of jazz technique, hip-hop, and urban style moves as seen in your favorite music videos and movies. Don't miss being a part of this dynamic dance craze! Taught by Joy of Dance Hip Hop Staff.

20 lessons @ 45 min., \$480/\$400 MCC District Residents

Age	Date	Time	Class No.
8 - 11 years	W, 1/7 - 5/27	7:15 – 8:00 p.m.	1604.315
** No lesson on 4/1			



Hip-Hop, Pre-Teen Intermediate (OFTC)

Intermediate Hip-Hop is designed for students with previous training. Dancers learn aspects of locking, popping, and breaking and incorporate them into exciting combinations. It is a fun and highly energetic dance form! You will learn the most current and up to date styles of this ever changing dance form from one the Washington's hottest choreographers. Taught by Joy of Dance Hip Hop Staff.

17 lessons @ 1 hr., \$493/\$425 MCC District Residents

Age	Date	Time	Class No.
10 - 13 years	M, 1/5 - 5/18	6:00 – 7:00 p.m.	1601.315

** No lesson on 1/19, 2/16 and 3/30

Musical Theatre Jazz (OFTC)

Musical theatre dance class combines jazz technique and introduces students to a Broadway style of dance. This class focuses on beginner jazz warm-up, center floor work, progressions, kicks, leaps, turns, splits and isolations. Your child will be a dancing Broadway star on parent watch day! Jazz Sneakers Required.

17 lessons @ 1 hr., \$493/\$425 MCC District Residents

Age	Date	Time	Class No.
10 - 13 years	M, 1/5 - 5/18	7:00 – 8:00 p.m.	1602.315

** No lesson on 1/19, 2/16 and 3/30



JOD Hip Hop Director, Ms. Tiffany Patterson.

Tiffany has toured nationally and internationally with MC Hammer, as the lead dancer/choreographer for 15 years. She has performed on television at the AMAs, the BET Awards, and, in 2012, in Times Square on Rockin' New Year's Eve with Psy and MC Hammer.

FITNESS CLASSES FOR ADULTS

Zumba and Piloxing classes listed below are held at Old Firehouse Teen Center (OFTC), located at 1440 Chain Bridge Road (next to the Giant Shopping Center).

Zumba (OFTC)

If you love the fun of dancing in a high energy, exciting dance party atmosphere, then our 'Zumba' class is for you! Our class is a great cardio workout, set to latin music, and targets the whole body, especially the areas such as glutes, abs, arms, and legs. Zumba dance combines both fast and slow rhythms, unique choreography, and most importantly, filled with infectious fun! Taught by Joy of Dance staff.

17 lessons @ 1 hr., \$272/\$204 MCC District Residents

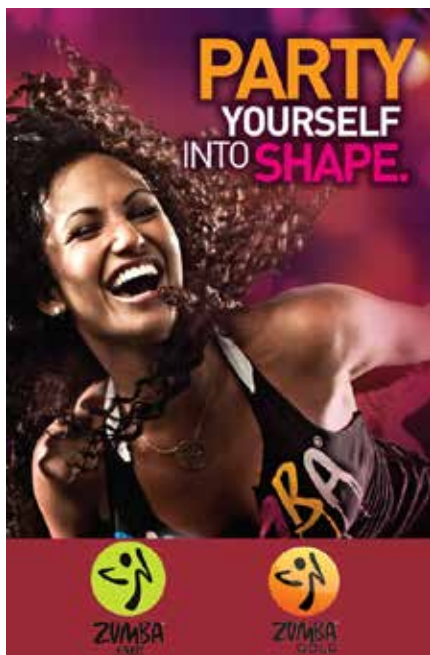
Date	Time	Class No.
M, 1/5 - 5/18	10:00 – 11:00 a.m.	1606.315
M, 1/5 - 5/18	8:00 – 9:00 p.m.	1607.315

** No lesson on 1/19, 2/16, 3/30 and 5/26

20 lessons @ 1 hr., \$280/\$240 MCC District Residents

Date	Time	Class No.
Th, 1/8 - 5/28	10:00 – 11:00 a.m.	1608.315

** No lesson on 4/2

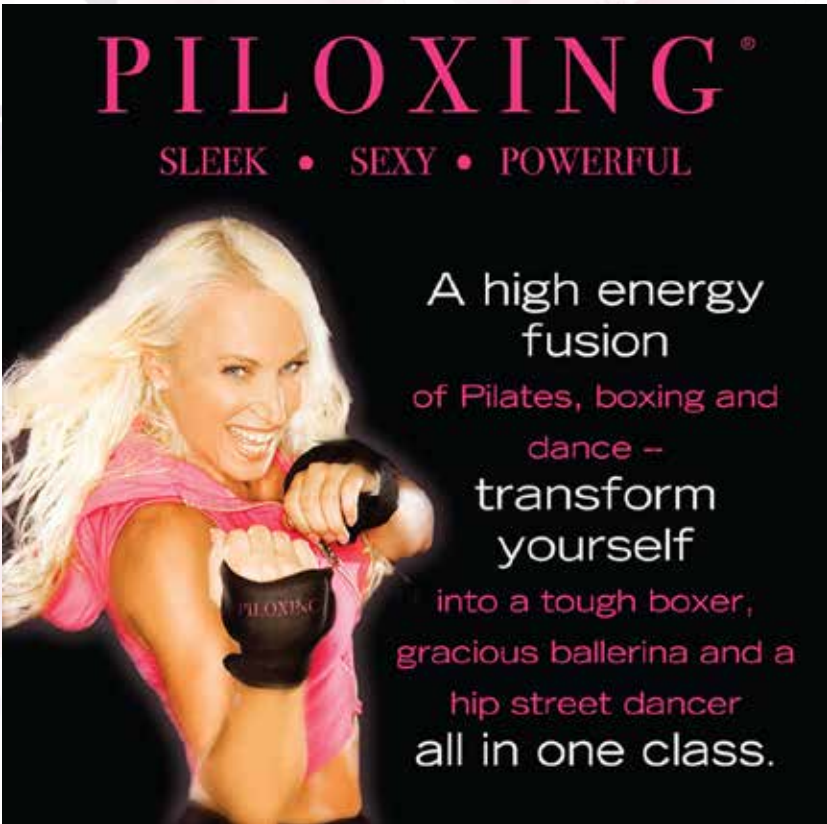


Piloxing (OFTC)

PILOXING is quickly becoming a global fitness phenomenon because it is the first program that blends the muscle sculpting of Pilates, the strengthening and cardio of boxing and the fun and sensuality of dance into a high energy interval workout. The principle core of PILOXING is femininity and power. It helps women to attain a sleek, sexy and powerful self-image. Taught by Joy of Dance staff.

20 lessons @ 1 hr., \$280/\$240 MCC District Residents

Date	Time	Class No.
Tu, 1/6 - 5/26	10:00 – 11:00 a.m.	1609.315
** No lesson on 3/31		



PILOXING®
SLEEK • SEXY • POWERFUL

A high energy fusion
of Pilates, boxing and
dance –
transform yourself
into a tough boxer,
gracious ballerina and a
hip street dancer
all in one class.

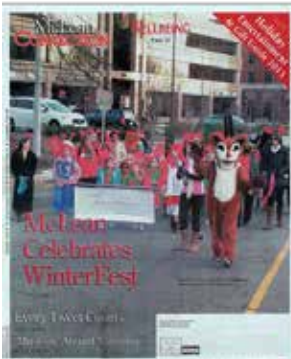
Press



Our Founder and Artistic Director, Marilyn Baird, along with Dance Manager Allie O'Hare, Frosty Follies cast member and Joy of Dance student, Karsen Linebergertalking about our Santa's Frosty Follies Marine Corp Toys For Tots Benefit on Let's Talk Live - WJLA News Channel 8!



Show Biz Kidz Cast performed and our Founder & Artistic Director Marilyn Baird appeared on WUSA*9 to talk about Santa's Frosty Follies and Marine Corps Toys for Tots charity benefit! The segment also featured some of the cast of our show!



Joy of Dance students featured in MLean Connection Newspaper and Sun Gazette Newspaper marching in their Frosty Follies costumes on Dec. 4th, 2013.



Contact Us

www.joyofdance.org

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703.503.0783

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