



Winter/Spring 2018 Class Offerings and Schedule

Current class offerings, schedule and prices below. Levels refer to O'Shea Irish Dance school-level placements, not competition (feis) levels. Register [HERE](#).

Beginning Dancers:

PreSchool (Th) - \$40/month

Description: For our youngest dancers ages 3 to 5, this class is only 45 minutes long. It focuses on fun and games. Children are encouraged to follow directions, work together, and learn about their bodies for dancing. Enrollment is ongoing when spots are available. *Parents may remain on site according to their child's needs.*
Schedule: Thursday - 4:45 pm to 5:30 pm

PreBeginner (Mon) - \$40/month

Description: For 4-6 year olds, this class is only 45 minutes long. It focuses on rhythm, music phrasing, pre-reel technique with leaping, skipping, & steps. Enrollment is ongoing when spots are available. *Parents may remain on site according to their child's needs.*
Schedule: Monday - 4:45 pm to 5:30 pm



Beginner (Mon) or Beginner (Wed) or Beginner (Th) - \$60/month

Description: For 5-8 year olds, students build strength and establish familiarity with the music as they begin with the fundamentals essential to Irish dance, including foot placement, body alignment and basic steps. *Students typically attend once per week and generally dance in this level for a minimum of 1 year.*

Schedule: Monday - 5:30 pm to 6:30 pm
Wednesday - 5:30 pm to 6:30 pm
Thursday - 5:30 pm to 6:30 pm

Beginner: Ages 7+ (Th) - \$60/month

Description: Students build strength and establish familiarity with the music as they begin with the fundamentals essential to traditional Irish dance, including foot placement, body alignment and basic steps of the easy reel & easy jig in soft shoe. *Recommended for older Beginners - class will move at a more rapid pace!*
Schedule: Thursday - 6:30 pm to 7:30 pm

Primary Dancers:

Primary I (Mon) or Primary I (Wed) - \$75/month

Description: For dancers age 6-16 who have successfully completed reel & jig steps. Students learn single jig, easy slip-jig & hard reel, concentrating on technique & carriage. Students begin hard shoe skills. *Students typically attend once per week and generally dance in this level for 1-2 years.*

Schedule: Monday - 4:45 pm to 6:15 pm

Wednesday - 4:45 pm to 6:15 pm

Primary II (Mon) or Primary II (Wed) - \$80/month

Description: For dancers age 6-16 who have completed their three Beginner dances & Easy Treble Jig. Students expand their speed and proficiency as they add and develop hard shoe steps and technique including Slip Jig & Hornpipe. *Students may dance in this level for 1-2 years.*

Schedule: Monday - 6 pm to 7:45 pm

Wednesday - 6 pm to 7:45 pm

Intermediate Dancers:

Intermediate I (Mon) - \$90/month

Intermediate I (Tue) - \$90/month

Description: Instruction for dancers successfully demonstrating all beginner level dances at a Novice level. At this level students are encouraged to attend a minimum of two classes a week. Students generally dance in this level for 1-3 years. *Dancers are required to take the 30 minute Barre/Core class on Monday in addition to each solo class. Tuesday class combines with Intermediate II.*

Schedule: Monday - 4:45 pm to 6:15 pm

Tuesday - 4:45 pm to 6:15 pm



Barre/Core: Intermediate I (Mon) - \$14/month

Description: Pilates and core strengthening for Intermediate I dancers. Come after your class for strengthening and stretching exercises to benefit your dancing. *This class is a required addition to Intermediate I solo classes.*

Schedule: Monday - 6:15 pm to 6:45 pm

Intermediate II (Tue) - \$90/month

Intermediate II (Wed) - \$90/month

Description: Instruction for dancers successfully demonstrating all beginner level dances at a Novice level. At this level students are encouraged to attend a minimum of two classes a week. Students generally dance in this level for 1-3 years. *Dancers are required to take a 30 minute Barre/Core class on Wednesday in addition to each solo class. Tuesday class combines with Intermediate I.*

Schedule: Tuesday - 4:45 pm to 6:15 pm

Wednesday - 4:45 pm to 6:15 pm

Barre/Core: Intermediate II (Wed) - \$14/month

Description: Structured warm-up for Intermediate II Wednesday night dancers. Come before your class to warm up and stretch so you can get the most out of your practice. *This class is a required addition to Intermediate II solo classes.*

Schedule: Wednesday - 6:15 pm to 6:45 pm

Advanced Dancers:

Advanced Class (Tue) or (Wed) or (Th) - \$100/month

Description: Class will focus on the four core dances preparing dancers to advance to championship level competition. At this level students will be training a minimum of two to three classes a week. *Dancers are required to take a 30 minute Core class in addition to each solo class.*

Schedule: Tuesday - 7:45 pm to 9:30 pm

Wednesday - 6:15 pm to 7:45 pm

Thursday - 4:45 pm to 6:15 pm

Barre/Core: Advanced (Wed) - \$14/month

Description: Pilates and core strengthening for Advanced/PC/OC dancers. Come before your class for strengthening and stretching exercises to benefit your dancing. *This is a required addition to Advanced solo class.*

Schedule: Wednesday - 5:45 pm to 6:15 pm



PC/OC Dancers:

PC/OC Oireachtas Champ Class (Mon) - \$125/month

Description: Having mastered the essential elements of Irish dance technique, students will be expected to learn quickly. At this level students will be training a minimum of two to three classes a week. In the Fall, class is competition preparation exclusively focusing on three rounds for Championship dancing. *Dancers are required to take a 45 minute Core class in addition to this solo class.*

Schedule: Monday - 7 pm to 9:30 pm

Barre/Core: PC/OC (Mon) - \$18/month

Description: Structured warm up for PC/OC Monday night dancers. Come directly to Studio 1 to warm up and stretch so you can get the most out of your practice. *Dancers are required to take this 45 minute Core class in addition to the solo class that follows.*

Schedule: Monday - 6:15 pm to 7 pm

PC/OC Oireachtas Champ Class (Wed) or (Th) - \$100/month

Description: Having mastered the essential elements of Irish dance technique, students will be expected to learn quickly. At this level students will be training a minimum of two to three classes a week. In the Fall, class is competition preparation exclusively focusing on three rounds for Championship dancing. *Dancers are required to take a 30 minute Core class in addition to this solo class.*

Schedule: Wednesday - 7:45 pm to 9:30 pm

Thursday - 7:45 pm to 9:30 pm

Barre/Core: PC/OC (Wed) - \$14/month

Description: Pilates and core strengthening for Advanced/PC/OC dancers. Come before your class for strengthening and stretching exercises to benefit your dancing. *This is a required addition to PC/OC solo class.*

Schedule: Wednesday - 7:15 pm to 7:45 pm



Adult Classes:

Adult Barre/Core - \$12/month

Description: Structured warm-up Adult dancers. Come before your class to warm up and stretch so you can get the most out of your practice.

Schedule: Wednesday - 6:45 pm to 7:15 pm

Adult Hard Shoe - \$40/month

Description: Structured warmup followed by level-specific technique. Primary I - Intermediate II adults welcome! Focus on fitness and form. Traditional dances are taught while combining the aerobic workout of Irish dancing with strength, toning and flexibility. *Adults are accepted with ongoing enrollment through the year.*

Schedule: Wednesday - 7:15 pm to 8 pm

Adult Soft Shoe - \$40/month

Description: Structured warmup followed by level-specific technique. Primary I- Intermediate II adults welcome! Focus on fitness and form. Traditional dances are taught while combining the aerobic workout of Irish dancing with strength, toning and flexibility. *Adults are accepted with ongoing enrollment through the year.*

Schedule: Wednesday - 8 pm to 8:45 pm



Winter/Spring 2018 Schedule

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | |
|----------------|---------------------------------------|----------------|--|----------------|---------------------------------------|----------------|--------------------------------------|
| 4:45 - 6:15 | Intermediate I (Mon) | 4:45 - 6:15 | Intermediate I & II Class (Tue) | 4:45 - 6:15 | Intermediate II (Wed) | 4:45 - 6:15 | Advanced Class (Th) |
| 4:45 - 5:30 | PreBeginner (Mon) | 4:45 - 6:15 | Oireachtas Solos up to U12 | 4:45 - 6:15 | Primary I (Wed) | 4:45 - 5:30 | PreSchool (Th) |
| 4:45 - 6:15 | Primary I (Mon) | 6:15 - 7:45 | Performance Class Intermediate I & II | 5:30 - 6:30 | Beginner (Wed) | 5:30 - 6:30 | Beginner (Th) |
| 5:30 - 6:30 | Beginner (Mon) | 7:45 - 8:45 | Adult Barre/Fitness | 5:45 - 6:15 | Barre/Core: Advanced (Wed) | 6:15 - 7:45 | Performance Class Advanced |
| 6:00 - 7:45 | Primary II (Mon) | 7:45 - 9:30 | Advanced Class (Tue) | 6:00 - 7:45 | Primary II (Wed) | 6:30 - 7:30 | Beginner: Ages 7+ (Th) |
| 6:15 - 6:45 | Barre/Core: Intermediate I (Mon) | | | 6:15 - 7:45 | Advanced Class (Wed) | 7:45 - 9:30 | PC/OC Oireachtas Champ Class (Th) |
| 6:15 - 7:00 | Barre/Core:PC/OC (Mon) | | | 6:15 - 6:45 | Barre/Core: Intermediate II (Wed) | | |
| 7:00 - 9:30 | PC/OC Oireachtas Champ Class (Mon) | | | 6:45 - 7:15 | Barre/Core Adult | | |
| | | | | 7:15 - 8:00 | Adult Hard Shoe | | |
| | | | | 7:15 - 7:45 | Barre/Core: PC/OC (Wed) | | |
| | | | | 7:45 - 9:30 | PC/OC Oireachtas Champ Class (Wed) | | |
| | | | | 8:00 - 8:45 | Adult Soft Shoe | | |