



Fall 2019

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 (Mon or Wed) - \$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: Monday or Wednesday - 4:45 pm to 5:30 pm

Beginner (Mon or Wed) - \$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 or Wednesday - 5:30 pm to 6:30 pm



Primary Dancers:

Primary I (Mon or 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 - 5 pm to 6:30 pm
Wednesday - 5 pm to 6:30 pm

Primary II (Mon or 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 - 6:15 pm to 8 pm

Wednesday - 6:15 pm to 8 pm

Intermediate Dancers:

Intermediate I (Tue and 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 the 30 minute Barre/Core class on Monday in addition to each solo class. Tuesday class combines with Intermediate II.*

Schedule: Tuesday- 5 pm to 6:30 pm

Wednesday - 5 pm to 6:30 pm



Barre/Core: Intermediate I (Mon) - \$15/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 - 6:30 pm to 7:30 pm

Intermediate II (Tue and 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 - 5 pm to 6:30 pm

Wednesday - 5 pm to 6:30 pm

Barre/Core: Intermediate II (Wed) - \$20/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 - 6:30 pm to 7 pm

Advanced/PC/OC Dancers:

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.

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

Schedule: OC Monday - 6:30 pm to 9:30 pm
PC/OC Wednesday - 6:30 pm to 9:30 pm

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

Schedule: PC Tuesday - 8 pm to 9:30 pm
PC/OC Thursday - 8 pm to 9:30 pm



Adult Classes:

Adult Fitness - \$20/session

Description: Combined pilates/core class with the adult body in mind. Customizable for individual needs, but a great weekly base for maintenance.

Schedule: Tuesday - 8 pm to 9 pm

Adult Soft Shoe - \$30/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 pm to 8 pm



Adult Hard Shoe - \$30/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



Fall 2019 Schedule

Monday		Tuesday		Wednesday		Thursday	
4:45 PM - 5:30 PM	PreSchool (Mon)  Ages 2.5 yrs-5 Sarah Weaver	5:00 PM - 6:30 PM	Intermediate I Class (Tues)  Ages 6-18 Natalie O'Shea	4:45 PM - 5:30 PM	PreSchool (Wed)  Ages 2.5 yrs-5 Sarah Weaver	5:00 PM - 6:30 PM	Intermediate II Class (Thurs)  Ages 6-18 Cormac O'Se
5:00 PM - 6:30 PM	Oireachtas Solos up to U10 (Mon & Tue)  Ages 6-12 Cormac O'Se	5:00 PM - 6:30 PM	Intermediate II Class (Tues)  Ages 6-18 Sean Boyles	5:00 PM - 6:30 PM	Intermediate I Class (Wed)  Ages 6-18 Cormac O'Se	6:30 PM - 8:00 PM	Oireachtas Ceili U15, U18, O18  Ages 12-18 Cormac O'Se
5:00 PM - 6:30 PM	Primary I (Mon)  Ages 5-16 Natalie O'Shea	5:00 PM - 6:30 PM	Oireachtas Solos up to U10 (Mon & Tue)  Ages 6-12 Cormac O'Se	5:00 PM - 6:30 PM	Primary I (Wed)  Ages 5-16 Natalie O'Shea	8:00 PM - 9:30 PM	PC/OC Oireachtas Class - (Thur)  Ages 6+ Cormac O'Se
5:30 PM - 6:30 PM	Beginner (Mon)  Ages 5-10 Sarah Weaver	6:30 PM - 8:00 PM	Oireachtas Ceili U10, U12  Ages 9-18 Cormac O'Se	5:30 PM - 6:30 PM	Beginner (Wed)  Ages 5-10 Sarah Weaver		
6:15 PM - 8:00 PM	Primary II (Mon)  Ages 6-16 Natalie O'Shea	6:30 PM - 8:00 PM	Oireachtas Ceili U8  Ages 6-10 Natalie O'Shea	6:15 PM - 8:00 PM	Primary II (Wed)  Ages 6-16 Natalie O'Shea		
6:30 PM - 9:30 PM	OC Oireachtas Class (Mon)  Ages 6+ Cormac O'Se	8:00 PM - 9:00 PM	Adult Fitness Class (Tue)  Ages 13+ Sarah Weaver	6:30 PM - 7:00 PM	Intermediate I Barre Core Class (WED)  Ages 6+ Sarah Weaver		
6:30 PM - 7:00 PM	Oireachtas Solos U10 Barre Core Class (MON)  Ages 6+ Sarah Weaver	8:00 PM - 9:30 PM	PC Oireachtas Class U13 & Up (Tues)  Ages 8+ Cormac O'Se	6:30 PM - 9:30 PM	PC/OC Combined Oireachtas Class (Wed)  Ages 6+ Cormac O'Se		
				7:00 PM - 8:00 PM	Adult Soft Shoe (Wed)  Adult Ages 13+ Sarah Weaver		
				8:00 PM - 8:45 PM	Adult Hard Shoe  Adult Ages 13+ Becky Bollinger		