



# Fall 2020

## 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](#).**

### **CURRENT COVID-19 STRUCTURE AND PRECAUTIONS:**

We are following a "hybrid" structure in which small (anaerobic) step classes are held *in-person* in small "bubble" groups. Larger (aerobic) fitness classes, including Adult Fitness, Stretch/Warmup and Barre, will only be available *online*. With public schools in the Twin Cities mostly online, we are striving to make dance safe and accessible.

### ***Beginning Dancers:***

#### **PreSchool (Mon, Wed, or Thu) - \$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: Mon, Wed, or Thu - 4:45 pm to 5:30 pm

#### **Beginner (Mon, Wed, or Thu) - \$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: Mon, Wed, or Thu - 5:45 pm to 6:45 pm



### ***Primary Dancers:***

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

Description: For dancers age 5-16 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: Levels Primary I and Up - please see schedule on last page.

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

Description: For dancers age 5-16 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: Levels Primary I and Up - please see schedule on last page.

### **Intermediate and Championship Dancers:**

#### **Intermediate I (Mon & Tue) - \$80/month per class.**

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 addition to each solo class. Tuesday class combines with Intermediate II.*



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Schedule: Levels Primary I and Up - please see schedule on last page.

#### **Intermediate II (Tue & 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: Levels Primary I and Up - please see schedule on last page.

#### **Championship Dancers (Mon, Tue, Wed, Thu) - Price based on dancer level and number of classes**

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 Barre/Core class.*

Schedule: Levels Primary I and Up - please see schedule on last page.

#### **Barre/Core: - \$25/month (Virtual Only)**

Description: Pilates and core strengthening for dancers in levels Intermediate I and Up. Class includes strengthening and stretching exercises to benefit your dancing. *This class is a required addition to Intermediate and Championship solo classes.*

Schedule: Levels Primary I and Up - please see schedule on last page.



**Adult Classes** (*Adults are accepted with ongoing enrollment through the year.*):

**Adult Fitness (Mon) - \$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: Mon - 8 pm to 9 pm

**Adult Advanced (Tue) - \$80/month**

Description: Structured warmup followed by advanced technique and competition steps drills. This class is intended for adults with prior competition-level steps training and experience.

Schedule: Tue - 7 pm to 8:15 pm

**Adult Soft Shoe (Wed, Thu) - \$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.

Schedule: Wed, Thu - 7 pm to 8 pm

**Adult Hard Shoe (Wed, Thu) - \$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.

Schedule: Wed, Thu - 8 pm to 8:45 pm



# Fall 2020 Schedule

Monday					Tuesday					Wednesday					Thursday				
Time	Name	Ages	Type	Instr	Time	Name	Ages	Type	Instr	Time	Name	Ages	Type	Instr	Time	Name	Ages	Type	Instr
4:45 - 5:45	Intermediate 1 - Soft Shoe	5-18		CO	4:45 - 5:45	Intermediate 1 - Hard Shoe	5-18		CO	4:45 - 6:00	Junior Champ - Soft Shoe	5-14		CO	4:45 - 5:45	Junior Champ Set Dance	5-14		CO
4:45 - 5:45	Intermediate 2 - Soft Shoe	5-18		CO	5:45 - 7:00	Intermediate 2 - Hard Shoe	5-18		CO	4:45 - 5:30	PreSchool (Wed)	2.5 yrs-5		SW	4:45 - 5:30	PreSchool (Thu)	2.5 yrs-5		SW
4:45 - 5:30	PreSchool (Mon)	2.5 yrs-5		SW	6:00 - 6:45	OC & JC Virtual Barre Class	6 mo+		SW	4:45 - 5:45	Primary I (Wed 4:45pm)	5-16		NO	5:45 - 6:45	Beginner (Thu)	5-10		SW
4:45 - 5:45	Primary I (Mon 4:45pm)	5-16		NO	7:00 - 8:15	Adult Advanced (Tue)	13+		AOS	5:45 - 6:45	Beginner (Wed)	5-10		SW	5:45 - 7:00	Champ Set Dance - Planxty Hugh	5+		CO
5:45 - 6:45	Beginner (Mon)	5-10		SW	7:00 - 8:15	PC Class (Tue) Treble Jig	6+		CO	6:00 - 7:15	PC Class (Wed) Reel	6-15		CO	6:45 - 8:15	Barre Class - Small groups check in	6 mo+		SW
5:45 - 7:00	Junior Champ Hard shoe	6-12		CO	8:15 - 9:30	PC Class (Tue) Hornpipe	6+		CO	6:00 - 7:15	Primary II (Wed 6:00pm)	6-16		NO	7:00 - 8:00	Adult Soft Shoe (Thu)	13+		BB
6:00 - 7:00	Primary I (Mon 6pm)	5-16		NO						7:00 - 8:00	Adult Soft Shoe (Wed)	13+		BB	7:00 - 8:15	Champ Set Dance - Drunken Gauger	5+		CO
7:00 - 8:15	OC Class (Mon) Treble Jig	6+		CO						7:15 - 8:00	Intermediate Virtual Barre Class	6 mo+		SW	8:00 - 8:45	Adult Hard Shoe (Thu)	13+		BB
7:15 - 8:00	PC Virtual Barre Class	6 mo+		SW						7:15 - 8:30	PC/OC Class (Wed) Slip Jig	6+		CO	8:15 - 9:45	Champ Set Dance - Other	5+		CO
7:15 - 8:30	Primary II (Mon 7:15pm)	6-16		NO						7:30 - 8:45	Primary II (Wed 7:30pm)	6-16		NO					
8:00 - 9:00	Virtual Adult Fitness Class	6 mo+		SW						8:00 - 8:45	Adult Hard Shoe (Wed)	13+		BB					
8:15 - 9:30	OC Class (Mon) Hornpipe	6+		CO						8:30 - 9:45	Champ Class (Wed) Reel O14	6+		CO					