

Faculty:

Valerie Cagnina

Ballet, Tap, Irish Step, Jazz, Hip Hop

Megan O'Neil

Hip Hop, Tap/Ballet/Jazz, Irish Step

Jessica Sayers

Lyrical, Jazz, Ballet, Hip Hop, Pointe

Abby Wilson

Ballet, Pointe, Tap/Jazz

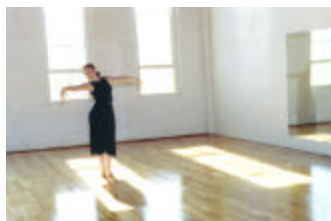


Our location:

We are on Route 121, just off Route 125 on the Plaistow/Kingston line. Our studio is located in Plaistow Commons Plaza, directly across from Sanborns Candies. If you are coming from Haverhill or points south, we are located on 495 exit 51B towards Plaistow. Follow Route 125, passing WalMart on your left. Dance Technics street address is 160 Plaistow Road.

About the Studio...

Dance Technics teaches a wide range of dance styles. Our studio is dedicated to children as well as adults; specializing in smaller class sizes to promote individual attention. Our goal at the studio is to share our passion and knowledge of dance in a friendly, positive environment.



Classes offered:

For Children-Teens- Jazz ♦ Irish Step ♦ Tap ♦ Hip Hop ♦ Ballet ♦ Creative Dance (ages 3-5) ♦ Tap/Ballet/Jazz (ages 5-7) ♦ Lyrical/Modern

For Adults- Irish Step, Tap Dance, Jazz/Hip Hop
Dance Birthday Parties Available



Valerie Cagnina, Director

Valerie holds an Associate's degree in Dance from Dean College, and a Bachelor's degree in Dance from UNH. During that time, Valerie was accepted and attended the Alvin Ailey Intensive program in New York City. She was one of 24 chosen to participate in Jacob's Pillow Dance Festival, who auditioned dancer's all around the U.S. She attended the Festival with a scholarship in Jazz Dance. Valerie traveled to Chicago to study under Gus Giordano, and she attended the Jazz Dance World Congress twice, the second time to compete. Valerie is also a certified aerobics instructor and personal trainer.



Dance Technics Plaistow, NH Fall 2008

Voted #1 Dance Studio in 2007

(603)378-2008

www.dancetechnics.com

*Valerie Cagnina, Director
vcagnina@hotmail.com*

FALL SCHEDULE 2008

General Studio Policies/Information

All Classes begin Monday September 8th, 2008



Tuition

15 min. class.....\$39/mthly
 1 hour class.....\$45/mthly
 1 hour & 15 min. class.....\$55/mthly
 1 hour & 30 min. class.....\$65/mthly

A one-time fee of \$15 (individual) or \$20 per family is due upon registration

Multiple Class Discount

2 hours/week = 5% off total tuition
 3 hours/week = 10% off total tuition
 4 hours/week = 15% off total tuition
 5 hours/week = 20% off total tuition
 6 hours+/week = 25% off total tuition

Family discount = 3 or more siblings enrolled in 5 or more hours/week = additional 10% off

Private Lessons

1/2 hour lesson.....\$35
 1 hour lesson.....\$60

School Closings/Holidays

Typically, Dance Technics follows the New Hampshire holiday and school closings. If class is cancelled due to inclement weather, an outgoing message will be left on the studio line 2 hours prior to classes.

Dance Technics' Gift Shop

Dance Technics carries all the required dancewear and shoes needed for class. Our store is open during studio hours Monday-Saturday.

Monday

Hip Hop/Acro (ages 9-12).....4:30-5:30p
 Tap/Ballet/Jazz 2 (ages 6-8).....5:30-6:30p
 Advanced Lyrical/Jazz(ages 1.....6:30-7:30p
 Modern/Technique(ages 13+).....7:30-8:30p

Tuesday

Creative Dance (ages 3-4.5).....1-2p
 Tap/Ballet/Jazz 2 (ages 6-8).....4-5p
 Irish Step 2 (ages 8+).....5-6p
 Hip Hop (ages 6-8).....6-7p
 Hip Hop (ages 11+).....7-8p
 Tap/Jazz (ages 10+).....8-9p

Wednesday

Irish Step 1(ages 7+).....4-5p
 Tap/Ballet/Jazz 1.....5-6p
 Hip Hop (ages 7-9).....6-7p
 Tap/Jazz (ages 7-10).....7-8p

Thursday

Tap/Ballet/Jazz 1 (ages 5-7).....4-5p
 Dance Troupe 1* (ages 7-10).....5-6p
 Dance Troupe 2* (ages 11-14).....6-7p
 Ballet 2 (ages 11-14).....7-8p

Saturday

Creative Dance (ages 3-4.5).....9:30-10:30a
 Ballet 1/2 (ages 6-8).....10:30-11:30a
 Lyrical/Modern 1 (ages 10-13).....11:30a-12:30a

*All students enrolled in dance troupe must take one other class.

Class Descriptions

Hip Hop/Acro- This class works on both today's hip hop style dance moves as well as incorporating basic acrobatics/gymnastics (gymnastic mats are used for a portion of this class.)

Tap/Ballet/Jazz - This class teaches all 3 styles of dance in the hour. A great class for the student that loves a variety, and a great way to keep the student versatile.

Advanced Lyrical/Jazz- This class is for dancers with a minimum of 2 years experience that have the ability to learn at a faster pace. Various styles of Lyrical and Jazz dance will be taught throughout the year.

Hip Hop- A fun, upbeat class that teaches basic-advanced hip hop moves to today's dance music. Older/advanced classes should bring knee pads, since floor work is incorporated.

Irish Step- Beginner Irish Step classes will learn the basic positions and steps of soft shoe dance. Irish 2 and up will work on intricate foot work in hard shoe, as well as learning faster, more advanced soft shoe routines.

Dance Troupe - Dance Troupe is for students who love to perform. This class is our performance team that learns many dances for the recital, as well as performing at local events or competitions

Ballet- Ballet is the foundation of all styles of dance. It teaches balance, strength, and endurance. This class will learn barre work, center work, and across the floor jumps and turns.

Modern/Technique - A style of dance that focuses on control and balance. This class incorporates both modern dance and ballet technique.

Creative Dance- A class for our youngest dancers that will introduce them to rhythm in tap and basic dance positions in ballet. This class uses music and props to motivate and keep the class fun!