

TUITION SPECIALS!

Pay before or on June 13th & Receive \$10 off prices listed (Zumba excluded)

Enroll in our Dance Intensive & receive a 2nd class at 1/2 off !

Enroll in any 50 minute class and receive Ballet Technique at 1/2 off !

**Discounts apply to classes of equal or lesser value*

**Discounts apply to the original price only*

**Classes are subject to cancellation or change due to enrollment--All monies will be refunded due to the cancellation of a class*

**All monies are not refundable & non transferable*

** Semi Private and Private Lessons available upon request in any dance style.
(No discounts apply)*

** ASK ABOUT WEDDING DANCE LESSONS!*



VOTED #1 BEST DANCE SCHOOL 2004-2008 MORNING CALL'S READER'S CHOICE AWARD

If you would be interested in any additional information about the Sharon Plessl School of Dance or the EXCEL Dance Company please contact us at :

Sharon Plessl School of Dance
2703 West Emmaus Avenue
Phone: 610-791-0804

Email: spdance@hotmail.com



VISIT US ONLINE AT
WWW.DISCOVERSPDANCE.COM

THE SHARON PLESSL SCHOOL OF DANCE



PRESENTS *Summer 2009*

5 Week Programs

Artistic Directors
Sharon Plessl Pongracz
Trisha Pongracz Zehner

2703 West Emmaus Avenue
Allentown, PA 18103
610 791-0804

www.discoverspdance.com

CLASSES OFFERED

All Classes are 5 week sessions unless noted.
Classes begin the week of July 6th

CREATIVE DANCE 101 \$75

Ages 2-5 - Thursday 5:30-6:20 pm

Scarves, ribbons, bean bags, parachute fun and creative dance all packed into one class!

Hip Hop \$75

Ages 6-11 - Tuesday 6:15-7:00pm

Adult Hip Hop - Thursday 7:30-8:15pm

This class is designed for the dancer to experience the excitement of hip hop dance.

COMBO. KIDZ \$ 75

Ages 4-6 - Wednesday 5:30-6:30pm

This class is designed to give the students an introduction to the various styles of dance. The class includes a warm-up stretch followed by ballet, hip hop and jazz.

TUMBLING EXTRAVAGANZA \$ 75

Level 1 (Beginners ages 4-8) Tuesday 5:00-5:50pm

Level 2 (Intermediate ages 6-15) Thursday 5:30-6:20pm

In this class, our goal is to teach basic gymnastic skills. This class will help develop body awareness, strength and flexibility.

BALLROOM \$70

NEW! Ballroom for Kids Ages 7-13 Wed. 7:30-8:15pm

Adult Ballroom - Wednesday 6:45-7:30pm

In this class you will experience many forms of Ballroom. Learn the Basics in various forms including Waltz, Swing, Foxtrot, Merengue, Salsa, and More!

NEW! HAWAIIAN (HULA) \$ 70

Ages 8 and Up - Tuesday 8:00-8:45pm

Hula is a dance developed by the original settlers of the Hawaiian Islands, the Polynesians. The Hula, which originally was used as part of native religious programs, is performed as an interpretation of a song or chant.

ADULT TAP \$70

Thursday 6:30-7:15pm

Experience the rhythm through tap. This percussive art form teaches tempo and rhythm.

DANCE INTENSIVE

Offered to Ages 4 through Adult

Level I : 1hr. per week

Levels II -IV: 2.5 hrs. per week

The dance intensive is for the more serious performer who wants to be well rounded in all phases of dance. In this class the student will train on their ballet and jazz technique and learn numerous combinations in a variety of dance styles .

*Open to all students

*Split into groups by age and ability

***NEW! Level I ages 4-6 BEG: \$75**

Wednesday 5:30-6:30pm

***Level II ages 7 & up BEG./INT: \$200**

Tuesday 5:10-7:55pm

***Level III & IV ages 10 & up INT/ADV: \$200**

Wednesday 5:00-6:00pm / Thursday 6:30-8:00pm

*Prerequisite for 2009–2010 Dance Company Members
(touring performance co.)*

*Auditions for the touring company TBA



BALLET TECHNIQUE \$80

Level 1-2 Tuesday 5:10-6:10pm

Level 3-4 Wednesday 5:00-6:00pm

The Ballet class is designed to teach poise, strength and balance. Ballet is the basis of all dance forms.

JAZZ CLASS \$75

Ages 6-11 Tuesday 7:10-7:55pm

Jazz teaches strength, flexibility, and power. Leap and turn as you experience the fun in jazz dance.

NEW! CONTEMPORARY \$75

Ages 12 & Up Tuesday 6:00-6:50pm

Contemporary dance reflects a combination of jazz and ballet performed in a more abstract way. It incorporates an eclectic blend of contemporary and post-modern dance into the movement.

SPECIALTY CLASSES

Offered to Ages 9 and over

Take any of the following classes as an audition for our competitive teams or just for fun!!!

THE X-ECUTION OF HIP HOP \$90

Wednesday 6:10-7:10pm

This class is for girls and boys who want to concentrate on hip hop dance. This class is designed to explore the different styles of Hip Hop.

**Prerequisite for '09-'10 Hip Hop Competition Team*

JAZZ X-TREME \$90

Thursday 6:30-7:30pm

This class is designed to push you to the limits of jazz dance. Leap, Turn and Extend to your limits.

This is a class you don't want to miss!

Prerequisite for '09-'10 Jazz Competition Team



GET FIT!

NEW! Zumba - 6 Week Course Special \$48 plus bring a friend and both receive 6 weeks for ONLY \$36 ! Please call for drop in class rates.

Tuesday Evening—7:00-7:50pm

Wednesday Morning 9:30-10:20am

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

NEW! Yogalates \$ 60 Tuesday 7:55-8:40pm

A fusion of the ancient discipline of yoga with the modern pilates techniques, the exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility, and reduce stress.

Bellydance \$60 Wednesday 7:30- 8:15pm

Enjoy a great workout while performing this tradition-enriched dance