

Dance & Movement

“Little Dragons” Wado-Ki Pre-Karate

Wado-Ki Karate will provide your child with basic techniques and escapes while developing self-confidence, focus, attention span, discipline, coordination and flexibility. Students are separated after stretching according to their rank. This is a year-round program. Uniforms and rank certification are available from the instructor for an additional fee. This program gets the student ready to progress to the youth program. Fee is per eight week session.

Please Register At Least One Week Prior To Each Session

PROGRAM #: 32013-01 (I)
32013-02 (II)
32013-03 (III)

LOCATION: Oakwood Recreation Center

AGE: 4 to 6 year olds

TIME: 4:15 p.m. to 5:00 p.m.

DAY: Thursday

DATES: Sess. I: January 12 to March 1
Sess. II: March 8 to April 26
Sess. III: May 3 to June 28
(No class May 31)

WEEKS: 3 (8) week sessions

FEE: \$44.00 per session

LIMIT: Min. 12 / Max. 40 (per session)

INSTRUCTOR: Roger Jerome, 10th Degree Black Belt
Dotty Jerome, 8th Degree Black Belt



Youth Wado-Ki Karate

Karate places an emphasis on proper attitude, discipline, self-confidence, coordination and flexibility. The physical aspect of this sport is a healthy activity that teaches readiness. Students are separated after stretching according to their rank and age. Uniforms and rank certification are available from the instructor for an additional fee. This year-around program is designed to take the students all the way to black belt and is a multi-generational program. It is centered on family participation. Fee is per eight week session.

Please Register At Least One Week Prior To Each Session

PROGRAM #: 32006-01 (I)
32006-02 (II)
32006-03 (III)

LOCATION: Oakwood Recreation Center

AGE: 7 to 15 year olds

TIME: 4:15 p.m. to 5:00 p.m.

DAY: Thursday

DATES: Sess. I: January 12 to March 1
Sess. II: March 8 to April 26
Sess. III: May 3 to June 28
(No class May 31)

WEEKS: 3 (8) week sessions

FEE: \$44.00 per session

LIMIT: Min. 12 / Max. 40 (per session)

INSTRUCTOR: Roger Jerome, 10th Degree Black Belt
Dotty Jerome, 8th Degree Black Belt

Adult Wado-Ki Karate

As with the youth program and the Little Dragons Pre-Karate, this program places an emphasis on proper attitude, discipline, self-confidence, coordination and flexibility. Students are separated after stretching according to their rank. Uniforms and rank certification are available from the instructor for an additional fee. This year-round program is designed to take students all the way to black belt and is multi-generational. It is centered on family participation. Fee is per eight week session.

Please Register At Least One Week Prior To Each Session

PROGRAM #: 32046-01 (I)
32046-02 (II)
32046-03 (III)

LOCATION: Oakwood Recreation Center

AGE: 16 & older

TIME: 4:15 p.m. to 5:00 p.m.

DAY: Thursday

DATES: Sess. I: January 12 to March 1
Sess. II: March 8 to April 26
Sess. III: May 3 to June 28
(No class May 31)

WEEKS: 3 (8) week sessions

FEE: \$44.00 per session

LIMIT: Min. 12 / Max. 40 (per session)

INSTRUCTOR: Roger Jerome, 10th Degree Black Belt
Dotty Jerome, 8th Degree Black Belt



Jazz

This class emphasizes movement which includes pirouettes, leaps and balancing. Dancers will do combinations to a variety of jazz styles. Participants may continue to the Intermediate class with the instructor's consent. Ballet or jazz shoes are required.

PROGRAM #: 32000-01 (5-13)
32000-02 (7-14)

LOCATION: Matteson Community Center

AGE/TIME: (Beg.) 5 to 13 year olds: 3:45 p.m. to 4:45 p.m.
(Inter.) 7 to 14 year olds: 4:45 p.m. to 5:45 p.m.

DAY: Wednesday

DATES: January 18 to April 4

REG. DEADLINE: Jan. 14

WEEKS: 12

FEE: \$37.00 / NR \$42.00

LIMIT: Min. 6 / Max. 12

INSTRUCTOR: Lisa M. Jurgenson

Note: Participants will be preparing for a Spring Showcase which is scheduled for late April, 2012.

Adult Jazz

The program emphasizes dance steps, turns, and principles of movement. Participants will develop muscle tone, rhythm, balance and coordination. Dance routines, barre work and stretches will be performed to a variety of contemporary artists. Ballet or Jazz shoes are required.

PROGRAM #: 32021-01 (I)

LOCATION: Oakwood Recreation Center

AGE: 15 & older

TIME: 6:00 p.m. to 7:00 p.m.

DAY: Wednesday

DATES: January 18 to April 4

REG. DEADLINE: January 14

WEEKS: 12

FEE: \$48.00 / NR \$53.00

LIMIT: Min. 4 / Max. 10

INSTRUCTOR: Lisa M. Jurgenson

Dance & Movement



Ballet I - Beginners

Ballet develops balance, coordination, rhythm and physical strength, as well as grace and poise. The goal of this program is to help each student develop their own potential and to enjoy learning the basics of ballet. Participants may continue to the Ballet II-Intermediate class with the instructor's consent. Leotards, tights and ballet shoes (any color with straps) are recommended. No long tutu's, please!

PROGRAM #: 32001-01
LOCATION: Matteson Community Center
AGE: 5 to 14 year olds
TIME: 3:45 p.m. to 4:45 p.m.
DAY: Thursday
DATES: January 26 to April 12
REG. DEADLINE: January 21
WEEKS: 12
FEE: \$82.00 / NR \$87.00
LIMIT: Min. 6 / Max. 12
INSTRUCTOR: Dorothy Caldwell

Note: Participants will be preparing for a Spring Showcase which is scheduled for late April, 2012.

Ballet II - Intermediate

This class will give ballet participants a chance to continue learning steps and combinations. Memorization of steps and routines will be emphasized. Correct posture and body placement will be an important part of this class. Participants must take the beginner course before enrolling in the intermediate class and/or have the instructor's consent.

PROGRAM #: 32002-01
LOCATION: Matteson Community Center
AGE: 7 to 15 year olds
TIME: 4:45 p.m. to 5:45 p.m.
DAY: Thursday
DATES: January 26 to April 12
REG. DEADLINE: January 21
WEEKS: 12
FEE: \$82.00 / NR \$87.00
LIMIT: Min. 6 / Max. 12
INSTRUCTOR: Dorothy Caldwell

Note: Participants will be preparing for a Spring Showcase which is scheduled for late April, 2012.

Ballet III - Advanced

Ballet students will be taught to perform challenging dance combinations with expression. Poise and grace will begin to appear in this advanced program. Class time will be devoted to building physical strength, music interpretation and preparation for pointe shoes. Students new to this class need to have the instructor's consent to enroll.

PROGRAM #: 32003-01
LOCATION: Matteson Community Center
AGE: 7 to 15 year olds
TIME: 4:45 p.m. to 5:45 p.m.
DAY: Monday
DATES: January 23 to April 9
REG. DEADLINE: January 18
WEEKS: 12
FEE: \$82.00 / NR \$87.00
LIMIT: Min. 6 / Max. 12
INSTRUCTOR: Dorothy Caldwell

Note: Participants will be preparing for a Spring Showcase which is scheduled for late April, 2012.

Adult Beginning Ballet

Have you always wanted to dance? Let your body stretch gracefully to music as you learn the basics of ballet. Your love for movement to classical music may be discovered through this program. A combination of steps will be taught. Leotard and tights or snug fitting clothes and ballet shoes are required.

PROGRAM #: 32005-01
LOCATION: Matteson Community Center
AGE: 15 & older
TIME: 4:30 p.m. to 5:30 p.m.
DAY: Friday
DATES: January 20 to April 13
 (No Class April 6)
REG. DEADLINE: January 16
WEEKS: 12
FEE: \$82.00 / NR \$87.00
LIMIT: Min. 4 / Max. 8
INSTRUCTOR: Dorothy Caldwell

Adult (Inter./Adv.) Ballet

This intermediate/advanced ballet class is for ages 15 and older. The class is offered year round and teaches Vaganova (Russian), Cecchetti (Italian), and Danish methods. Pointe (Toe Work) and variations are also offered. Please Register At Least One Week Prior To Each Session

PROGRAM #: 32018-(Sess. #)
LOCATION: Oakwood Recreation Center
AGE: 15 years & older
TIME: 6:00 p.m. to 7:30 p.m.
DAYS/DATES: Tuesday
Sess. I: Jan. 10 to 31 01
Sess. II: Feb. 7 to 28 02
Sess. III: March 6 to 27 03
Sess. IV: April 3 to 24 04
Sess. V: May 1 to 22 05

Friday
Sess. VI: Jan. 13 to Feb. 3 06
Sess. VII: Feb. 10 to March 2 07
Sess. VIII: March 9 to 30 08
Sess. IX: April 6 to 27 09
Sess. X: May 4 to 25 10

WEEKS: 4 week sessions
FEE: \$32.50 / NR \$37.50 (per 4 week session)
 Tuesday or Friday

\$65.00 / NR \$70.00 (per 4 week session)
 Tuesday and Friday
LIMIT: Min. 4 / Max 8 (per class)
INSTRUCTOR: Cesar S. Mendoza



Dance & Movement

Tap Toe through the Tulips

Boys and girls slip on your tap shoes and feel the rhythm of music from your head to your toes. Beginning steps, coordination and music appreciation will all develop as you tap to the tunes. Come join us for a lot of fun! Attire should be comfortable: leotard with tights or t-shirt with shorts & socks. Participants must take the beginner course before enrolling in the intermediate class and/or have the instructor's consent.

PROGRAM #: 32009-01 (Beg.)
32009-02 (Inter.)
LOCATION: Oakwood Recreation Center
AGE/TIME: Beg.: 5-13 year olds: 10:00 a.m. to 11:00 a.m.
Inter.: 7-14 year olds: 11:00 a.m. to 12:00 p.m.
DAY: Saturday
DATES: January 21 to April 14
(No Class April 7)
REG. DEADLINE: Jan. 16
WEEKS: 12
FEE: \$37.00 / NR \$42.00
LIMIT: Min. 6 / Max. 12
INSTRUCTOR: Lisa M. Jurgenson



Adult Beginning Tap

Do you find yourself keeping the beat to music while you drive or wait in line for any number of reasons? Why not turn that natural rhythm into a fun musical exercise - Tap Dancing! It's a great form of low impact aerobics and music appreciation rolled into one. Comfortable, snug-fitting clothing and tap shoes are required.

PROGRAM #: 32012-01
LOCATION: Oakwood Recreation Center
AGE: 15 & older
TIME: 12:00 p.m. to 1:00 p.m.
DAY: Saturday
DATES: January 21 to April 14
(No Class April 7)
REG. DEADLINE: January 16
WEEKS: 12
FEE: \$48.00 / NR \$53.00
LIMIT: Min. 4 / Max. 8
INSTRUCTOR: Lisa M. Jurgenson

Tumbling

Basic and intermediate tumbling skills are featured in this class to develop the participant's gross motor skills, flexibility, balance and coordination. Warm up exercises, tumbling routines & combinations to music are featured.

PROGRAM #: 32008-01 (I)
32008-02 (II)
LOCATION: Oakwood Recreation Center
AGE: 6 to 10 year olds
TIME: 5:00 p.m. to 6:00 p.m.
DAY: Monday
DATES: Sess. I: January 16 to February 27
(No class Feb. 20)
Sess. II: March 5 to April 9
(No class April 7)
REG. DEADLINE: January 12
Sess. II: March 5 to April 9
March 7
REG. DEADLINE: March 7
WEEKS: (2) 6 week sessions
FEE: \$17.50 / NR \$22.50 per session
LIMIT: Min. 6 / Max. 10
INSTRUCTOR: Lisa M. Jurgenson

Tumbling Tots

The class will begin with warm up exercises to music. These exercises along with basic tumbling skills taught will develop the child's coordination, flexibility, rhythm, balance and gross motor skills. An obstacle course may be part of the curriculum to make it fun for all.

PROGRAM #: 32010-01 (I)
32010-02 (II)
LOCATION: Oakwood Recreation Center
AGE: 4 & 5 year olds
TIME: 4:00 p.m. to 5:00 p.m.
DAY: Monday
DATES: Sess. I: January 16 to February 27
(No class Feb. 20)
January 12
Sess. II: March 5 to April 9
March 7
REG. DEADLINE: March 7
WEEKS: (2) 6 week sessions
FEE: \$17.50 / NR \$22.50 per session
LIMIT: Min. 6 / Max. 10
INSTRUCTOR: Lisa M. Jurgenson

Cheerleading

Ra-Ra-Sizz-Boom-Bah! Get into the spirit and join our Cheerleading class. This class will develop several routines and focus on team spirit and cheering. The squad will perform at the Youth Instructional Basketball Championship game and in the 22nd Annual Spring Showcase. Fee includes shorts and shirt and pom poms.

PROGRAM #: 31002-01
LOCATION: Oakwood Recreation Center
AGE: Girls 7 to 12 years old
TIME: 4:00 p.m. to 5:00 p.m.
DAY: Friday
DATES: February 3 to April 13
(No Class April 6)
January 30
REG. DEADLINE: January 30
WEEKS: 10
FEE: \$68.50 / NR \$73.50
LIMIT: Min. 8 / Max. 12
INSTRUCTOR: Lisa M. Jurgenson



Jump Rope 101

In this Jump Rope class, participants will learn jumping and turning techniques with single, double, and long jump ropes. Tumbling, foot tricks and dancing will be included. Several jumping activities and games will be involved and choreographed jumping combinations will be taught to music. Students must wear clothes that they can stretch in and gym shoes must be worn. Participants will perform at the 22nd Annual Spring Showcase on April 20th. Fee includes shorts and shirt.

PROGRAM #: 32038-01
LOCATION: Oakwood Recreation Center
AGE/TIME: 5-12 yr. olds:
5:00 p.m. to 6:00 p.m.
DAY: Friday
DATES: February 3 to April 13
(No Class on April 6)
January 30
REG. DEADLINE: January 30
WEEKS: 10
FEE: \$56.00 / NR \$61.00
LIMIT: Min. 6 / Max. 12
INSTRUCTOR: Lisa M. Jurgenson

Dance & Movement

Line Dancing

Line Dance for your health! Here's your exercise and dance lesson combined into one. Come out and learn the new Slides as you dance and exercise your pounds away! Be ready for the upcoming events in your life which may include Weddings, Graduations, White Parties, Birthdays, Cruises, Social engagements etc. You do not want to miss this class!

PROGRAM #:	32047-01 (Thur. I) 32047-02 (Mon. I) 32047-03 (Thurs. II) 32047-04 (Mon. II)	32047-05 (Thur. III) 32047-06 (Mon. III)
LOCATION:	Oakwood Recreation Center	
AGE:	16 & older	
TIME:	6:30 p.m. to 8:30 p.m.	
DAY:	Thursday	
DATES:	Sess. I: January 19 to February 23	
REG. DEADLINE:	January 16	
REG. DEADLINE:	Sess. II: March 8 to April 12 March 5	
REG. DEADLINE:	Sess. III: April 26 to May 31 April 21	
DAY:	Monday	
DATES:	Sess. I: January 23 to March 5 (No class February 20)	
REG. DEADLINE:	January 18	
REG. DEADLINE:	Sess. II: March 12 to April 16 March 7	
REG. DEADLINE:	Sess. III: April 23 to June 4 (No class May 28)	
WEEKS:	(3) 6 week sessions	
FEE:	\$65.00 / NR \$70.00 per session	
LIMIT:	Min. 20 / Max. 25	
INSTRUCTOR:	Bridgette Sheppard	



Children's African Dance

African dance for children encourages the development of flexibility, body and rhythmic awareness. Students will learn fundamental movements from various West African countries. The class begins with warm-up exercises and ends with cool-down stretches. The curriculum will also include learning songs and rhythms of dances studied. Attire: comfortable top and African/Caribbean printed Lapa (wrap skirt) is recommended to wear for class. Please bring a bottle of water for class.

PROGRAM #:	32042-01 32042-02
LOCATION:	Oakwood Recreation Center
AGE:	5 to 13 year olds
TIME:	5:00 p.m. to 6:00 p.m.
DAY:	Friday
DATES:	Sess. I: January 20 to February 24
REG. DEADLINE:	January 16
DATES:	Sess. II: March 2 to April 13 (No class April 6)
REG. DEADLINE:	February 27
WEEKS:	(2) 6 week sessions
FEE:	\$41.00 / NR \$46.00 per session
LIMIT:	Min. 6 / Max. 15
INSTRUCTOR:	Dorcas Owusu

Adult Beginning African Dance

Come join us in a fun, rhythmic and energizing experience with African Dance! Need to get in shape? Well this is a great opportunity to build stamina while having fun moving your body to African rhythms. Participants will learn dances and rhythms primarily from Senegal, Ghana, Mali and Guinea West Africa. This class develops strength, aerobic stamina, coordination, flexibility and rhythmic awareness. Attire: comfortable top and African/ Caribbean printed Lapa (wrap skirt) is recommended to wear for class. Please bring a bottle of water for class.

PROGRAM #:	32041-01 (I) 32041-02 (II)
LOCATION:	Oakwood Recreation Center
AGE:	14 & older
TIME:	7:30 p.m. to 8:30 p.m.
DAY:	Thursday
DATES:	Sess. I: January 19 to February 23
REG. DEADLINE:	January 16
DATES:	Sess. II: March 1 to April 12 (No class April 5)
REG. DEADLINE:	March 2
WEEKS:	(2) 6 week sessions
FEE:	\$52.50 / NR \$57.50 per session
LIMIT:	Min. 6 / Max. 15
INSTRUCTOR:	Dorcas Owusu

Stepping With Style

Want to learn how to step? Then this class is for you! Stepping is an organized form of rhythmic dance. Students will learn basic steps and turns of stepping. No longer will you be on the outside looking in. You will be able to join in with all of the other steppers in the Chicagoland Area. Salaam's Productions presented the award for "Favorite Stepping Class" in the South Suburban area to the Matteson Community Center.

Please Register At Least One Week Prior to Each Session

PROGRAM #:	32015-01 (I) 32015-02 (II) 32015-03 (III)
LOCATION:	Oakwood Community Center
AGE:	16 & older
TIME:	6:30 p.m. to 8:00 p.m.
DAY:	Tuesday
DATES:	Sess. I: January 24 to February 28
	Sess. II: March 13 to April 17
	Sess. III: May 1 to May 22 (Mini Session)
REG. DEADLINE:	Sess. I: January 21
	Sess. II: March 10
	Sess. III: April 28
WEEKS:	(2) 6 week sessions
FEE:	(1) 4 week mini session \$55.00 per session \$40.00 mini session
LIMIT:	Min. 8 / Max. 30
INSTRUCTORS:	Henry Meade and Jerylyn Talley

LuuLuu's Belly Dance Fitness

This class is a full body workout that uses a combination of light calisthenics and belly dance movements in isolation to tighten and tone the body. Emphasis is on fusion Turkish and Egyptian belly dance with a little African and Latin dance. Attire: socks, ballet or jazz slippers and fitted clothing. Mini class will focus on choreography, students will also receive a music CD. Please bring a long scarf or hip wrap to tie around your hips or hip scarves will be available for purchase.

PROGRAM #:	32040-01 (I) 32040-02 (II) 32040-03 (III)
LOCATION:	Matteson Community Center
AGE:	18 & older
TIME:	7:15 p.m. to 8:15 p.m.
DAY:	Monday
DATES:	Sess. I: January 30 to March 5
	Sess. II: March 19 to April 23
	Sess. III: April 30 to May 21 (Mini Session)
REG. DEADLINE:	Sess. I: January 21
	Sess. II: March 17
	Sess. III: April 21
WEEKS:	(2) 6 week sessions
FEE:	(1) 4 week mini session \$40.00 per session
LIMIT:	Min. 8 / Max. 15
INSTRUCTOR:	Kim Simmons