



2023-2024
Class Schedule

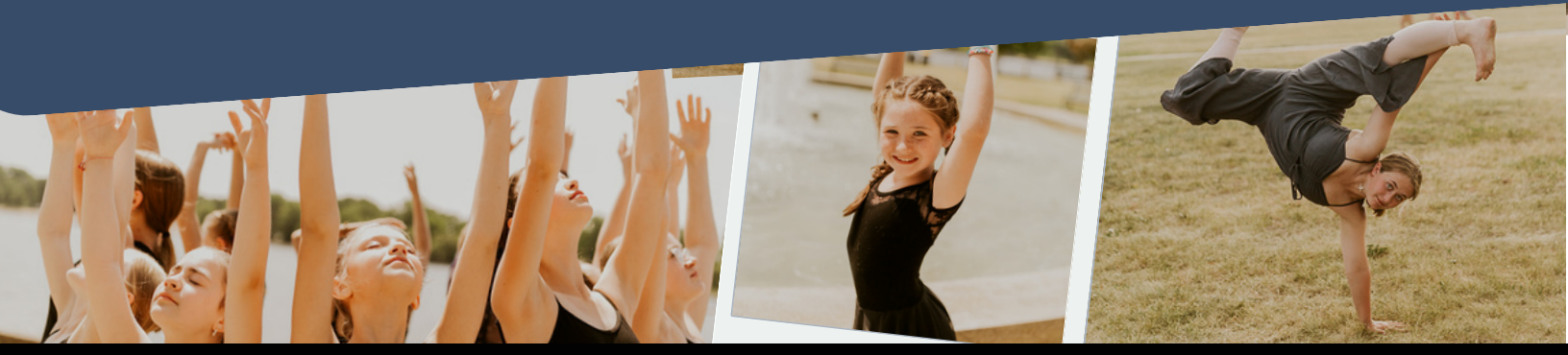
La Crosse Dance Centre



Register Today!

lacrossedancecentre.org

40th Anniversary Season:
**Honoring the Past,
Looking Toward the Future**



Nikki Balsamo, Artistic Director and Owner
Nikki@lacrossedancecentre.org

2716 Commerce Street,
La Crosse, WI, 54603. 608-783-5155

YOUNG DANCE ARTISTS

LDC's *Young Dancer Program* is designed to help our youngest dancers **find their creative voices** in a joyful and nurturing environment.

Dancers study the Dance Concepts of **space, time, force, and body**. The classes focus on dance skills, social-emotional learning, and self-expression.



Baby & Me

Age 2 months to pre-walking

Come enjoy 30 minutes of fun, appropriate movement for baby's developing body and brain! Caregiver and baby dance together and with others, as social-emotional connections are made. Explore dance concepts using props and instruments, sing rhymes and move to fun music.

Nikki Balsamo

**Tuesdays,
10:30-11:00am**

Caregiver & Me

Age 18 months - 3 years

(18 months by 9/11/23) **Caregiver joins for this class.*

Nikki Balsamo

**Mondays,
4:45-5:15pm**

Nikki Balsamo

**Tuesdays,
9:45-10:15pm**

Creative Movement

Ages 3-4 **Caregiver does not join for these classes**

Becca Mason

**Mondays,
5:00-5:30pm**

Natalie Stehly

**Tuesdays,
9:45-10:15am**

Megan Dockendorff

**Wednesdays,
5:30-6:00pm**

Nikki Balsamo

**Saturdays,
9:00-9:30 am**



YOUNG DANCE ARTISTS

Kindedance I

Megan Dockendorff
5 year-olds

Wednesdays,
4:25-5:10pm

Becca Mason
5 year-olds

Thursdays,
6:00-6:45pm

Kindetap I

**This class must be taken in conjunction with Kindedance I*

Megan Dockendorff
5 year-olds

Wednesdays,
5:10-5:25pm

Becca Mason
5 year-olds

Thursdays,
6:45-7:00pm

Kindedance II

Becca Mason
6 year-olds

Thursdays,
4:55-5:40pm

Nikki Balsamo
6 year-olds

Saturdays,
9:35-10:20am

Kindetap II

**This class must be taken in conjunction with Kindedance II*

Becca Mason
6 year-olds

Thursdays,
5:40-5:55pm

Nikki Balsamo
6 year-olds

Saturdays,
10:20-10:35am



Introduction to Dance

**This class is a combination of ballet, tap, and jazz.*

Nikki Balsamo
7 year-olds

Wednesdays,
4:45-6:00pm

Beginning Dance

**This class is a combination of ballet, tap, and jazz.*

Nikki Balsamo
8 year-olds

Tuesdays,
4:45-6:00pm



JAZZ

Jazz dance has a history rooted in African American culture. Jazz is an **American form of African parents**. In our Jazz classes, students study the proper technique necessary to become strong jazz dancers.

Students learn to allow the weight of their bodies to **drop into the floor** through their arches so that rhythm may be freely expressed with the entire body.

**Students who have trained at a dance institution other than La Crosse Dance Centre must attend a placement class before enrolling in Jazz IV, Jazz V, or Jazz VI.*





JAZZ

Jazz I

Natalie Stehly
Ages 9-11

Mondays,
6:00-6:45pm

Jazz II

Nikki Balsamo
Ages 9-11

Thursdays,
4:30-5:15pm

Jazz III

Nikki Balsamo
Ages 11-13

Thursdays,
5:20-6:05pm

Jazz IV

Nikki Balsamo
Ages 11-8th Grade

Mondays,
6:05-7:05pm

Jazz V

Claire Penning
High School

Mondays,
6:45-7:45pm

Jazz VI

Claire Penning
High School

Tuesdays,
7:00-8:00pm

Boys' Jazz

Nikki Balsamo
9 years and older

Thursdays,
7:35-8:05pm





TAP DANCE

Tap Dance is a dance form with strong African American roots. Our Tap classes focus on developing students' **rhythm**, speed, knowledge of terms, and solid tap technique.

**Students who have trained at a dance institution other than La Crosse DanceCentre must attend a placement class before enrolling in Tap IV, Tap V, or Tap VI.*



TAP

Tap I

Becca Mason
Ages 9-11

Mondays,
5:30-6:00pm

Tap II

Megan Dockendorff
Ages 9-11

Thursdays,
5:20-5:50pm

Tap III

Megan Dockendorff
Ages 11-13

Thursdays,
4:30-5:15pm

Tap IV

Nikki Balsamo
Ages 11-8th Grade

Mondays,
5:20-6:05pm

Tap V

Claire Penning
High School

Mondays,
7:45-8:45pm

Tap VI

Claire Penning
High School

Tuesdays,
8:00-8:45pm

Boys' Tap

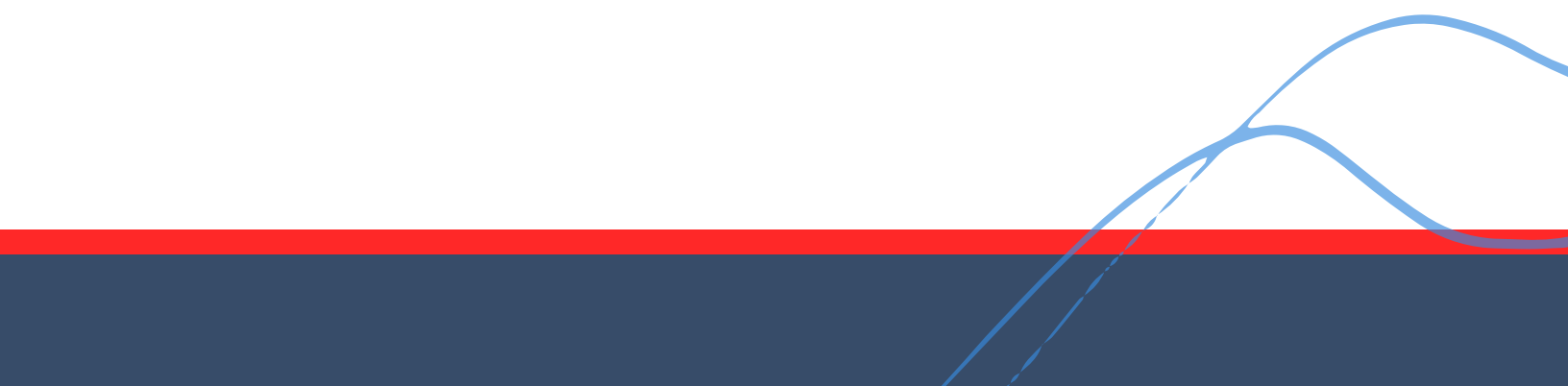
Nikki Balsamo
9 years and older
(With at least one year of tap
experience)

Thursdays,
8:05-8:35pm

High School Beginning Tap

Claire Penning
High School

Tuesdays,
6:00-7:00pm





BALLET

Our Ballet classes focus on developing strong technique and proper tensile integrity of the body. Ballet terminology is also emphasized. Dance artists progress through barre, centre, and across the floor exercises each class period to develop the knowledge necessary to **excel** in the art of ballet. Ballet classes are for ages 9 and older.

**Students who have trained at an institution other than La Crosse Dance Centre must attend a placement class before enrolling in Ballet IV-VII.*

BALLET

Ballet I

Natalie Stehly
Ages 9-11

Tuesdays,
5:45-6:30pm

Ballet II

Natalie Stehly
Ages 9-11

Tuesdays,
4:30-5:30pm

Ballet III

Jen TeBeest
Ages 11-13

Wednesdays,
4:30-5:30pm

Pre-Pointe I

This class must be taken in conjunction with Ballet III

Jen TeBeest
Ages 11-13

Wednesdays,
5:30-6:00pm

Ballet IV

Jen TeBeest
Ages 11-8th grade

Tuesdays,
4:30-5:45pm

Pre-Pointe II

This class must be taken in conjunction with Ballet IV

Jen TeBeest
Ages 11-8th grade

Tuesdays,
5:45-6:15pm

Ballet V

Jen TeBeest
Middle School

Tuesdays,
6:15-7:45pm

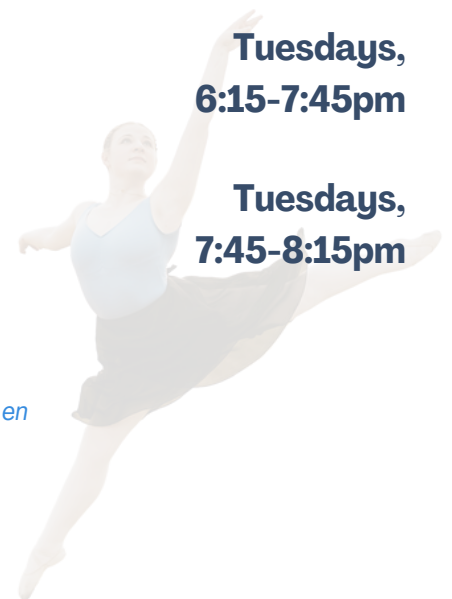
Intro to Pointe/Pointe I

Jen TeBeest
Middle School

Tuesdays,
7:45-8:15pm

This class must be taken in conjunction with Ballet V

Pointe students MUST take a minimum of eight ballet classes per month to remain en pointe. This means taking at least two ballet classes per week and making up missed classes.



BALLET

Ballet VI

Angela Imhoff
High School

Wednesdays,
6:00-7:30pm

Pointe II

Angela Imhoff
High School

Wednesdays,
7:30-8:00pm

Pointe II must be taken in conjunction with Ballet VI

Pointe students MUST take a minimum of eight ballet classes per month to remain en pointe. This means taking at least two ballet classes per week and making up missed classes.

Ballet VII

Angela Imhoff
High School

Mondays,
4:30-6:00pm

Pointe III

Angela Imhoff
High School

Mondays,
6:00-6:30pm

Pointe III must be taken in conjunction with Ballet VI

Pointe students MUST take a minimum of eight ballet classes per month to remain en pointe. This means taking at least two ballet classes per week and making up missed classes.

Ballet IV-V

Jen TeBeest
Middle School

Wednesdays,
6:00-7:15pm

**This is a supplemental class for Ballet IV and V and highly recommended for those levels.*

Ballet VI-VII

Tammy Schmidt
High School

Fridays,
5:00-7:00pm

**This class is highly recommended for those in Ballet VI and Ballet VII.*

***This class will meet every other week on the following dates fall Semester: Sept. 22, Oct. 6, Oct. 20, Nov. 3, Nov. 17. The schedule for second semester is forthcoming.*

Boys' Ballet

Nikki Balsamo
9 years and older

Thursdays,
7:05-7:35pm

MODERN & DANCE COMPOSITION

Modern Dance is a style of dance that explores **freedom through movement**.

Students work on technical principles as they become accustomed to moving through space both **on and off their centers of gravity**. The instructors will use principles of many great modern dance schools of thought in this class.

Incorporated into the class will be a unique opportunity for students to learn about dance composition, or **choreographing dance**. Students will engage in exercises that will help them learn how to use their bodies as well as the space around them to structure movement phrases and studies to express ideas.

Modern & Dance Composition I

Natalie Stehly
(9 years through 5th grade)

**Thursdays,
6:00-7:00pm**

Modern & Dance Composition II

**Natalie Stehly,
Jen TeBeest**
(6th - 8th grade)

**Saturdays,
9:50-10:50am**

Modern & Dance Composition III

Natalie Stehly
(9th - 12th grade)

**Saturdays,
11:00-12:30am**



MUSIC THEATRE DANCE



Music Theatre Dance is a combination of many different styles of dance that are performed in music theatre. Students in these classes will study the basic principles of acting technique. They will explore using dance and movement to **further character and plot development.**

These classes are excellent choices for students interested in theatre, as music theatre directors and choreographers are always looking for cast members who can **bring story to life through dance.**

Grade School Music Theatre Dance

Nikki Balsamo

(9 years through 5th grade)

Wednesdays,

6:10-6:55pm

Middle & High School Music Theatre Dance

Nikki Balsamo

(6th through 12th grades)

Tuesdays,

7:30-8:30pm



CONTEMPORARY

Contemporary dance calls upon many different movement techniques depending on each teacher's or choreographer's background, including ballet, jazz, modern, improvisational forms and more. Contemporary dance emphasizes **exploration, invention and non-conformity**. In this class, dancers will learn to move in and out of the floor, work with different movement phrases, while considering dance movement concepts such as movement quality, dynamics, shape, breath amongst others.

Middle School Contemporary

Natalie Stehly
6th through 8th graders

Mondays,
7:15-8:15pm

High School Contemporary

Natalie Stehly
9th through 12th graders

Thursdays,
7:15-8:15pm



SPECIALTY CLASSES

Pilates

Angela Imhoff
8th grade through Adult

Mondays,
6:30-7:30pm

Yoga for Dancers

Jen TeBeest
Natalie Stehly
Middle School and Older

Saturdays,
9:00-9:45am

ADULTS

Adult Beginning Dance

Perfect for adults who have never danced before or who danced years ago! This class focuses on different genres of dance including Ballet, Jazz, Tap, and Modern.

Natalie Stehly

Tuesdays,
6:30-7:30pm

Fall semester meets Sept. 12, Sept. 19, Sept. 26, Oct. 3, and Oct. 10.

Spring semester meets Jan. 9, Jan. 16, Jan. 23, Jan. 30, and Feb. 6.

**Dancers register for each semester separately*

Adult Intermediate Dance

Perfect for adults who danced extensively as children and/or teens, and who would like to return to dancing! This class focuses on Modern and Ballet techniques.

Natalie Stehly

Tuesdays,
6:30-7:30pm

Fall semester meets Oct. 17, Oct. 24, Nov. 7, and Nov. 14.

Spring semester meets Feb. 13, Feb. 20, Feb. 27, March 5, and March 12.

**Dancers register for each semester separately*



TUITION RATES

HOURS /WEEK	RATE /MONTH
0.50	\$49
0.75	\$55
1.00	\$65
1.25	\$75
1.50	\$85
1.75	\$95
2.00	\$105
2.25	\$115
2.50	\$125
2.75	\$135
3.00	\$145
3.25	\$155
3.50	\$165
3.75	\$175
4.00	\$185
4.25	\$195
4.50	\$205
4.75	\$215
5.00	\$225
5.25	\$225

HOURS /WEEK	RATE /MONTH
5.50	\$230
5.75	\$230
6.00	\$235
6.25	\$235
6.50	\$240
6.75	\$240
7.00	\$245
7.25	\$245
7.50	\$250
7.75	\$250
8.00	\$255
8.25	\$255
8.50	\$260
8.75	\$260
9.00	\$265
9.25	\$265
9.50	\$270
9.75	\$270
10.00	\$285

HOURS /WEEK	RATE /MONTH
10.25	\$285
10.50	\$290
10.75	\$290
11.00	\$295
11.25	\$295
11.50	\$300
11.75	\$300
12.00	\$305
12.25	\$305
12.50	\$310
12.75	\$310
13.00+	\$320

Private and semi-private lessons with LDC Faculty in various styles are available throughout the year. Cost for a private or semi-private lesson: \$60 per hour, \$45 per 45 minutes, \$30 per 30 minutes.

DISCOUNTS

Family Discount: 10% off smaller tuition

LDC Parent Discount: 20%

Referral Program: Receive a one-time \$30 credit for each student you refer to LDC who registers for class

Drop In Rate: \$16 per class (for adults only)

One time \$35 **registration fee per dancer per year.

NO COSTUME FEES FOR LDC CLASSES!

Scholarships and financial aid are available!

Contact Nikki: nikki@lacrossedancecentre.org



REGISTER TODAY!

lacrossedancecentre.org

Classes start September 11

Photos by Ashley Williams Photography



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