La Crosse Dance Centre

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

Register Today!
lacrossedancecentre.org

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

Nikki Balsamo, Artistic Director and Owner
Nikki@lacrossedancecentre.org
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
## 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 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.*
<table>
<thead>
<tr>
<th>Jazz Level</th>
<th>Instructor</th>
<th>Ages</th>
<th>Weekly Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jazz I</td>
<td>Natalie Stehly</td>
<td>Ages 9-11</td>
<td>Mondays, 6:00-6:45pm</td>
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<tr>
<td>Jazz II</td>
<td>Nikki Balsamo</td>
<td>Ages 9-11</td>
<td>Thursdays, 4:30-5:15pm</td>
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<tr>
<td>Jazz III</td>
<td>Nikki Balsamo</td>
<td>Ages 11-13</td>
<td>Thursdays, 5:20-6:05pm</td>
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<tr>
<td>Jazz IV</td>
<td>Nikki Balsamo</td>
<td>Ages 11-8th Grade</td>
<td>Mondays, 6:05-7:05pm</td>
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<tr>
<td>Jazz V</td>
<td>Claire Penning</td>
<td>High School</td>
<td>Mondays, 6:45-7:45pm</td>
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<tr>
<td>Jazz VI</td>
<td>Claire Penning</td>
<td>High School</td>
<td>Tuesdays, 7:00-8:00pm</td>
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<tr>
<td>Boys' Jazz</td>
<td>Nikki Balsamo</td>
<td>9 years and older</td>
<td>Thursdays, 7:35-8:05pm</td>
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</tbody>
</table>

Note: The images and design elements are not transcribed into natural text.
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 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
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 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**

Jen TeBeest  
Ages 11-13  
Wednesdays, 5:30-6:00pm

*This class must be taken in conjunction with Ballet III*

**Ballet IV**

Jen TeBeest  
Ages 11-8th grade  
Tuesdays, 4:30-5:45pm

**Pre-Pointe II**

Jen TeBeest  
Ages 11-8th grade  
Tuesdays, 5:45-6:15pm

*This class must be taken in conjunction with Ballet IV*

**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 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 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 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 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

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<tr>
<th>Specialty</th>
<th>Instructor(s)</th>
<th>Schedule</th>
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<tbody>
<tr>
<td><strong>Pilates</strong></td>
<td>Angela Imhoff</td>
<td>Mondays, 6:30-7:30pm</td>
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<td>8th grade through Adult</td>
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<tr>
<td><strong>Yoga for Dancers</strong></td>
<td>Jen TeBeest, Natalie Stehly</td>
<td>Saturdays, 9:00-9:45am</td>
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<td>Middle School and Older</td>
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#### 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**
  - **Spring semester** meets Feb. 13, Feb. 20, Feb. 27, March 5, and March 12.
  - *Dancers register for each semester separately*
# Tuition Rates

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<td>13.00+</td>
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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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