



What do I need to wear?

Students are encouraged to wear traditional dance or yoga or exercise attire—leotards, tights, leggings, stretch pants and tops. There are no specific leotard or tight colors required. Students should have their hair pulled away from their face so it is out of the way. You should feel comfortable when you take class at our studio, so if you are more comfortable in yoga wear or jazz pants then a leotard & tights— that is just fine. Students do need appropriate dance shoes depending on the class, no street shoes are permitted in the studios.

Who is the adult program for and what is taught?

The Adult program is open to anyone over age 18 and is designed for the adult student who has no formal dance training or who has studied dance in the past and wishes to resume training. Emphasis will be on correct placement, body alignment, toning and stretching. Ongoing training in proper dance techniques reshapes body lines, tones muscles, improves balance, strength, grace, and physical coordination in addition to deepening the appreciation of ballet as an art form.

Art of Motion Dance Center

11403 Cronhill Drive Suite D
Owings Mills, MD 21117
www.artofmotiondance.com



ADULT DANCE
PROGRAM...

A structured dance program for adult dancers ages 18 or older who want to enjoy the many physical, recreational and emotional benefits of dance and movement. Classes are available for beginner thru advanced students in ballet, tap, jazz, modern and hip hop.



When is class and how much does it cost?

We offer 8 week sessions throughout the year from September – June. The cost for an eight week session is \$100.00 for a 60 minute and \$125.00 for a 90 minute class. Drop In classes are permitted if room allows and the class is in the "OPEN" program based on level and cost \$18 per hour class or \$20 per 1.5 hour class.

Register online at www.artofmotiondance.com or call 410-581-9175 to inquire about the drop in schedule for OPEN classes.



"You don't stop dancing from growing old, you grow old when you stop dancing."

~Oscar Wilde

ADULT CLASS SCHEDULE – Session #1 (starts on 2/10)

Monday

Hip Hop 7:30pm – 8:30pm

Thursday

7:45pm – 8:45pm Jazz

Tuesday

Beginning Adult Ballet 7:45pm – 9:15pm

Adult Performance Choreography 8:30pm – 9:15pm

Wednesday

Beginning Adult Tap 5:30pm – 6:30pm

Beginning Adult Ballet 6:30pm – 7:30pm

Intermediate Adult Tap 7:30pm – 8:30pm

Contemporary/Lyrical 8:30pm – 9:30pm



Please call if you plan to drop in, our schedule is constantly changing based on enrollment. New class times are forming on a regular basis. Please verify class times by calling 410-581-9175.