



Learn to Dance!

The art of dancing has been around for ages and has grown in popularity over the years. Just look at the popular dancing shows such as *Dancing with the Stars*. Learning how to dance has many physical, emotional and social benefits for children and adults alike.

Dancing teaches many skills and develops many abilities that will extend to other relationships outside of the dance studio. Here are a few of the benefits of learning to dance.

Great cardio exercise

Dancing is a great form of exercise for all ages. It involves a greater range of motion, strength and endurance than most other physical activities. It utilizes the entire body and is a great form of exercise for total body fitness. It is also much more fun than traditional exercise.

Self control and cooperation

Being in a dance class with other children is good for their development of self-control and cooperation.

In class, children will have to follow directions, learn to control their bodies and work with other kids their own age. They will learn to concentrate, memorize, control impulses and learn responsibility.

Teaches about different cultures

Dance is a basic form of cultural expression. All cultures organize movement and rhythm into forms of dance. Children learn movement patterns as readily as they learn language. By learning different dances children can get a peek into cultures different than their own.

Increased self-confidence and self-esteem

For both children and adults dance is a highly social activity. Studies have shown that strong social ties and socializing with friends contribute to high self-esteem. Dancing gives you an increased chance of meeting other people with similar interests. A dance class is

a community where appreciation and positive encouragement are all around. Participants not only encourage one another in class, but one will gain a sense of accomplishment when a dance is memorized and performed such as on stage at a recital.

Strength and endurance

Dance builds strength by forcing the muscles to resist against a dancer's own body weight. Many styles of dance require jumping and leaping high into the air. Along with strength, dancing builds endurance, which is the ability of the muscles to work hard for increasingly longer periods of time without fatigue. As with any form of exercise, raising the heart rate can increase stamina.

Improved flexibility

Dance requires a great amount of flexibility over time. Dancers strive to achieve full range of motion for all major muscle groups. Most forms of dance require dancers to perform moves that require bending

and stretching, so it is easy to become more flexible simply by dancing.

Stress relief

At some point and time everyone will experience stress from their everyday lives. With its freedom of music and sense of abandon, dance is a great way to relieve stress. As with any form of exercise, endorphins are released which makes us feel good and less stressed. It is also a structured outlet for physical release.

No age limit

Unlike some other sports, there is no age limit for dancing. People of any age can enjoy the fun of dancing.

There are many forms of dance to choose from including ballet, tap, modern, salsa, ballroom and even Zumba. There really is something for everyone and every skill level. If you are looking for a fun, rewarding activity for you or your child, give a dance class a try!



Fall into the arts this autumn at Fairmount Center for the Arts

Fairmount Center for the Arts offers many different ways to get in touch with your creative side this fall.

Toddlers and preschoolers have many opportunities to explore. They can move and groove in the popular Kinderdance (ballet and tap) and Itty Bitty Ballet classes. The new Itty Bitty Music class encourages exploration of vocal and instrumental sounds. Fairmount's monthly Tales for the Budding Artist workshop series provides a multi-arts event with storytelling, creative movement, and art-making.

School-aged children can discover their artistic talents through a variety of dance, music, theatre, and visual arts classes and workshops.

Students can also participate in one of Fairmount's dance performing groups (Fairmount Dance Company or Hip Hop Crew) or the new Youth Chamber Ensemble and Fairmount Children's Chorus. When school's out, students can enjoy special multi-arts camp days at Fairmount.

Lastly, adults can enjoy a range of classes and workshops for beginning through advanced students. Get a dance card to mix and match your favorite combination of ballet, yoga, tap, or hip hop classes.

The full schedule can be found online at www.fairmountcenter.org or call 440-338-3171 for additional information.

Studio J Academy of Dance

Let your dreams be bigger than your fears



Studio J Academy of Dance has been inspiring dancers of all ages since 2001. With their wide range of dance styles and inclusive approach, they provide a nurturing environment where students can flourish, whether they are just starting to explore the world of dance or aspiring to join a preprofessional dance team.

At Studio J, they believe that dance is not just about perfecting moves; it's about developing poise, grace, coordination, and strength. Their dedicated instructors are passionate about imparting their expertise and instilling a love for dance in each student.

Studio J strives to create a community that extends beyond the studio

walls, where dancers become part of a second family.

Enrollment for the upcoming 2023-2024 season is now open! Whether you're looking for recreational dance classes or a more intensive training program, they have a variety of options to suit your needs. Visit www.studiojdance.com to learn more about their classes, schedules, and exceptional facilities.

Join Studio J Academy of Dance and embark on an exciting journey of self-expression, growth, and friendship.

Jennifer Chesnes
Owner, Director, Instructor
jenn@studiojdance.com
216-292-2720



**DANCE with us
this autumn!**
**Registration is
OPEN NOW**

ENRICHING LIVES THROUGH THE ARTS
**FAIRMOUNT
CENTER**
for the Arts

Art | Dance | Fitness
Music | Theatre

Try something new or expand your skillset this fall at Fairmount! Offering dance classes in ballet, contemporary jazz, and tap to all ages and skill levels.



Book today at
FairmountCenter.org
or call **(440) 338-3171**.

**Fall Session begins
September 6!**



**STUDIO J
Academy of Dance**

CLASSES START SEPTEMBER 11TH, 2024

**DANCE
DANCE
DANCE**

Register Online Today!
www.studiojdance.com
In studio registration
Wednesday, August 23rd 5:00-8:00pm

Studio J Academy of Dance
23945 Mercantile Rd. St.M
Beachwood, Oh 44122
jenn@studiojdance.com
office@studiojdance.com
216-292-2720

Beck Center offers dance classes for all ages and skill levels

Beck Center for the Arts in Lakewood is a premier arts education institution with a strong focus on excellence in dance, teaching all ages, abilities, and skill levels.

Award-winning instructors include Miss Dance Michigan and a Radio City Rockette.

One of the most comprehensive and well-respected dance programs in northeast Ohio, all students benefit from the discipline and dedication instilled in these classes, and some students have gone on to perform professionally or teach.

Dance classrooms were recently renovated, and a capital campaign continues to #RaisetheRoof on the dance center. Programs foster a love of movement that builds confidence, coordination and creativity for all ages and body types.

From early childhood classes in preschool dance and preballet all the way to advanced ballet, pointe, jazz, tap, contemporary and hip hop, there is something for every BODY.

Classes exclusively for adults in-



Photo credit Beck Center for the Arts

clude ballet, tap, contemporary and Body Beautiful.

Performance opportunities are available throughout the year for all ages on-site in the form of two stages and a recital hall.

Enroll in Beck Center Dance today at beckcenter.org/education/dance and start moving toward your healthy future.

For more info visit beckcenter.org or call 216-521-2540.

Beck Center for the Arts is located at 17801 Detroit Avenue in Lakewood.

Cleveland City Dance

Nurture your passion and talent

You will love watching your child's excitement as their dreams come true at Cleveland City Dance

Build lifelong friendships, develop confidence, poise and technique, discipline the mind and body, and challenge your child to think creatively. Parents will see and feel the positive effects of dance as their dancer reaps ballet's educational benefits. Parents have an opportunity to watch their child blossom in class.

Everyone's life is enriched by dance.

Cleveland City Dance is dedicated to nurturing and inspiring one's love for dance. Classes are structured for students to develop both mentally and physically from ages 3 to 85. The instructors offer classes in ballet, boys' ballet, jazz, tap, modern, hip hop, and more. The nonprofit ballet company in residence, The City Ballet of Cleveland, offers many additional performance opportunities for dancers including

the "Uniquely Cleveland Nutcracker."

Students have opportunities to meet dancers from Ohio and other cities including visiting professional dancers, and attending festivals, and taking master classes with internationally known choreographers and instructors. Cleveland City Dance also offers workshops and master classes each year, most recently with dance captains from "Hamilton."

Dancers from Cleveland City Dance and City Ballet of Cleveland are now dancing with the New York City Ballet, Pittsburgh Ballet Theater, Tucson Ballet and more other notable companies. All dancers in the greater Cleveland area may audition to perform in the City Ballet of Cleveland's "Uniquely Cleveland Nutcracker."

Call them at 216-295-2222 or visit www.clevelandcitydance.com for more information.



DANCE EDUCATION



Award-winning instructors. Classes for every BODY
Register for classes at:
beckcenter.org/education/dance

Dreams
Do Come
True



Building Confidence,
Friendship and Technique



Home to City Ballet of Cleveland

Cleveland City Dance
13108 Shaker Square, Cleveland
(216) 295-2222

www.clevelandcitydance.com



EnPointe – Come dance with us!

En Pointe Danse in Chagrin Falls, now celebrating its 24th year, provides a nurturing environment for dancers of all ages to explore the joys of dance.

Owner Gail Friedberg, who has been teaching and dancing professionally for over 35 years, fell in love with dance at an early age. “My mom taught dance and owned her own studio when I was growing up,” Friedberg explains. “Both my parents were circus performers, so dancing and performing have been a part of my life for as long as I can remember.”

Friedberg, along with fellow instructor Jean Brady, teach a variety of classes in creative movement, ballet, pointe, tap, and modern dance for ages 3 through adult. Each spring students ages 6 and up perform in En Pointe Danse’s spring ballet. Children ages 3–5, participate in a separate informal showing.

Aside from being fun and good exercise, dance offers many lifelong benefits and skills including coordination, self-control, and discipline. “We love dance, and relish



the opportunity it gives students to broaden their horizons. We want them to experience the joy of dancing while developing a good foundation, excellent technique, and a sense of discipline that stays with them for the rest of their lives,” says Friedberg.

En Pointe Danse will be hosting auditions for the Nutcracker “Magic of Christmas Ballet” on September 12 at 6 PM. For more info visit www.nutcracker.com/sign-up-for-auditions. Fall classes begin September 5. Call En Pointe Danse at 440-247-5747 or visit www.enpointedanse.com.

Lakeshore Dance & Gymnastics

Lakeshore Dance & Gymnastics offers something for every age and skill level. They strive to train the total athlete in a family-friendly atmosphere.

Their 27,000 square-foot facility is home to competitive teams, Prestige Dance Company & Prestige Gymnastics.

Lakeshore has two large dance studios with viewing windows and custom-built professional floors. From 16 months to adults everyone can find a class to take! They have four competitive dance teams ranging from 4 years old to teens, that compete in all genres. Their 2023 season was fantastic; multiple first places, judges awards, and they were finalists at the World Dance Championships!

Young gymnasts, preschool to school age, have their own training space, catering to each athlete with age-appropriate equipment. This year Lakeshore added homeschool specific classes to their program.

Lakeshore offers boys and girls competitive gymnastics and rhythmic gymnastics. Each team has a



space designed specifically for them! In the 2023 season Prestige went to Level 9 Nationals (for the first time ever!) having Ella Maloney place 5th all around!

At every age, Lakeshore's quality facility, equipment, and professional staff, provide their athletes with a home away from home.

Owner, Irene Graber, is thankful for her dedicated staff and all the awesome Lakeshore families. 2023 has been a year full of amazing accomplishments, which she hopes to see more of in 2024.

Lakeshore Dance and Gymnastics is located in Mayfield Village off of Wilson Mills Road at 760 Beta Drive, Suite G.

Register online at LakeshoreGym.com.

Explore the wonders of

Dance

Offering classes in Ballet, Tap, Creative Movement, & Modern Dance for ages 3 through adult.

NUTCRACKER AUDITIONS
Sept 12 • 6 pm

FALL CLASSES
Sept 5–Dec 16, 2023

TEACHING SELF-CONFIDENCE AND SELF-CONTROL TO BUILD A FOUNDATION FOR LIFE.

En Pointe Danse

516 E. Washington Street
Chagrin Falls • In The Gallery
440-247-5747 | www.enpointedanse.com

Lakeshore

DANCE AND GYMNASTICS

Something for everyone:

- Gymnastics
- Ballet
- Tap
- Adult Classes
- Acro
- Parent & Tot classes
- Competitive Teams
- Jazz
- Modern
- Hip Hop
- Lyrical

WWW.LAKESHOREGYM.COM
Call us: (440)461-0015

760 Beta Dr Suite G,
Mayfield Village, OH 44143

Noreen Londregan School of Dance offers classes beginning at age 2

NLSD has been educating children in the art of dance for over 50 years. Noreen and her daughter Colleen have introduced thousands of children to the world of dance. Their staff is small and friendly—teachers are trained by Noreen and are required to attend seminars and workshops to learn the newest methods of teaching.

Noreen is a member of Cecchetti Council of America, an organization dedicated to maintaining the standards and techniques of ballet training. It is a graded system whereby students progress from one level to the next through examination.

A variety of classes is offered beginning at age 2. Class size is limited. The Terrific 2s program is an intro to dance with basic rhythms, movement and song. Students learn to follow instruction while interacting in a social situation with their peers. Preschool combo classes include ballet, tap, tumbling and focus on strength, coordination, rhythm, control and self-esteem. Ballet &



tap combo classes are offered to school age children for versatility. At this level, they learn terminology and a good basic foundation to lay the groundwork for a more mature interest in dance.

Noreen and Colleen are careful to select music, choreography and costuming that is age appropriate. They are proud to say they are members of Dance Masters of America—a prestigious organization that certifies teachers by exam to teach and provides continuing education programs.

They are located at 750 Beta Drive in Mayfield Village. For more information call 440-449-0240, visit them on Facebook, Instagram or online at www.noreendancer.com.

NOREEN LONDREGAN SCHOOL OF DANCE

Cecchetti Ballet, Classical Ballet, Pointe, Preschool Combo, Terrific 2s, Jazz, Hip Hop, Lyrical/Contemporary, Ballet & Tap Combo, Competition Team



FALL 2023 CLASSES BEGIN SEPTEMBER 5 REGISTER NOW! — ONLINE OR IN PERSON

Certified Dance Educators, Dance Masters of America

**750 Beta Drive, Mayfield Village
440-449-0240
www.NoreenDancer.com**

Sha'Ran Studios

Where passion meets MVMNT

In the heart of The Van Aken District, Sha'Ran Studios brings so much life and artistry to this incredible community. They create a diverse and inclusive home for dancers and movers of all ages in order to make dance and fitness fun, exciting and a healthy growing experience.

Sha'Ran studios provides a variety of both dance and fitness classes including hip-hop, jazz, modern, ballet, zumba and conditioning. You will also find classes from 216 Cardio & UPLFT Fitness. For those students under 18 interested in extra performing opportunities, they can audition for the Sha'Ran Studios Captivate Dance Team which performs at different venues throughout the year, providing extra artistic & technical experience for the dancers and exposing the community to the world and possibilities of dance.

Community involvement is a huge part of Sha'Ran Studios. The dancers and movers are constantly bringing the arts to the people around them through their relationship with the



Van Aken District and the events they put on year round.

Led by their fearless artistic director and former Cavs Girl, Sha'Ran Marshall, Sha'Ran Studios welcomes any person who desires to enjoy moving their body, develop new skills in a healthy way and be warmly supported by a tight-knit family.

Register at www.sharanstudios.com! Have questions? Call (216) 702-0599 or info@sharanstudios.com for more info.

They can't wait to see you for their fourth season — "Where Passion Meets Mvmnt."



Sha'Ran Studios

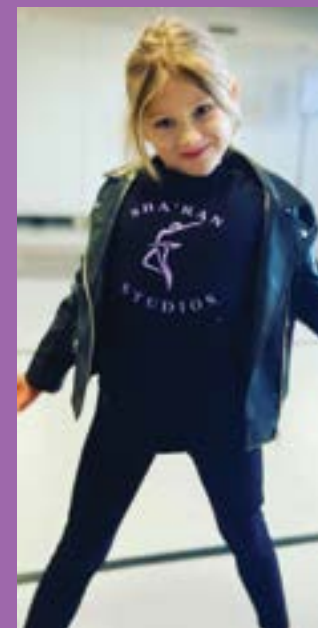
Where Passion Meets MVMNT

Are you ready to have fun, feel good and move your body?!

WE HAVE SOMETHING FOR EVERYONE!

You'll find an array of classes including:

- ◆ jazz
- ◆ ballet
- ◆ hip hop
- ◆ modern
- ◆ zumba
- ◆ HIIT
- ◆ YO!Stretch
- ◆ & more!



Sign up TODAY!

**www.sharanstudios.com
216-702-0599
3445 Warrensville Center Rd.
Shaker Hts, OH 44122**



Wildfire Dance Studio

Over 40 years of helping to make successful young adults

Wildfire Dance Studio has been impacting children through the art of dance for over 40 years! As a parent, you make choices about activities for your child – choices to make them stronger, to make them happier, to help them grow into successful young adults. It has been Wildfire Dance Studio's mission to provide classes that do just that . . . and that has been the key to their success!

Their dance program draws girls and boys ages 3–18 from Lake, Geauga and Ashtabula counties. Families may enroll their children at either of their two studio locations, Ashtabula or Lake County. Additionally, they are thrilled to announce that the Lake County studio has just been completely renovated and remodeled! As a state-of-the-art dance facility, it now boasts many enhanced features including a much larger studio space, complete with sprung floors, a Marley dance surface, floor-to-ceiling mirrors and brighter lighting. Please stop by to see it for yourself! Wildfire Dance Studio has also just become an approved ACE Ohio provider for the 2023-2024 academic year! This means that many of their families will be eligible for \$1,000 of reimbursement for dance classes, which nearly covers the tuition for two weekly classes!

The Lake County studio location presently offers recreational dance classes for ages 3-18 in the styles of ballet, contemporary, jazz, musical theater,

and hip hop, as well as combination classes in pom/jazz, contemporary/street jazz and cheerleading/pom. They also offer a series of acrobatic arts classes with certified staff that elevates overall athletic acuity. Foundational curriculum of all classes is focused on creating an enjoyable experience for the students while improving coordination, rhythm, agility, self-esteem and overall confidence.

Many of their students aspire to continue dance in college. Admission to post-secondary dance programs and teams is highly competitive. Precision of movement is key for collegiate endeavors. They are proud to have four college-bound seniors that have accepted spots on these teams for the 2023-2024 year. Their success "can be attributed to the diverse technical training and performance experience in many genres that they have acquired as dancers at Wildfire Dance Studio," said the owner and director of the studio, Scott DeCola. DeCola has danced professionally, touring domestically and internationally with numerous companies including Les Ballets Trockadero de Monte Carlo, Joffrey Ballet II, Ohio Ballet and the Richmond Ballet before returning to his native northeast Ohio home.



Wildfire Dance Studio also has a nationally recognized competitive dance program, winning the Studio of Excellence Award three times in the past two years. Older dancers can compete as members of their dance company. These dancers have chosen to prioritize dance above other activities,

and will be competing at UDA Nationals in Orlando, Florida next spring. The younger teams, ages 5–12, are challenged with more advanced stage choreography. "If a recreational dance student finds that dance is more than a pass-time activity, we have the competitive option for them," said DeCola. "We have something for everyone who enjoys music and movement!"

Wildfire Dance Studio is an approved ACE Ohio provider for the 2023-2024 academic year! Families will be eligible for \$1,000 of reimbursement for dance classes, which nearly covers the tuition for two weekly classes!

Fall classes begin on September 11, but they continue to accept enrollment through the months of September and October. If you are new to the studio and would like to try a free class, call them at 440-789-9541.

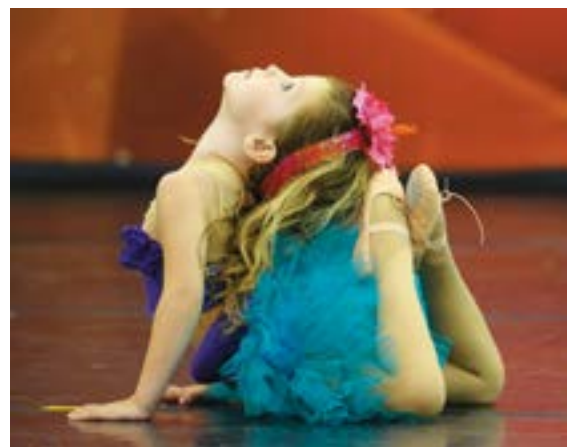
MAKE US YOUR DANCE HOME!

Rec Classes are offered for ages 3–18. Students may select from a variety of classes including ballet, hip hop, jazz, pom, and acrobatic arts. Classes are \$60/month (4 weekly classes) and run from September through May. Register today!

REC CLASSES 2023-24

(Lake County studio schedule)

Day	Time	Class Description	Ages/Level
Monday	5:30–6:15	Pom/Jazz Combo	ages 7–11
Monday	6:15–7:00	Hip Hop	ages 7–11
Monday	7:00–7:45	Hip Hop	ages 12+
Monday	7:45–8:30	Contemporary	ages 12+
Tuesday	5:30–6:15	Little Dancer Jazz/Musical Theater	ages 3–5
Tuesday	6:15–7:00	Pom/Jazz Combo	ages 5–7
Tuesday	7:00–7:45	Acrobatic Arts – Beginner	ages 4–8
Wednesday	5:00–5:45	Acrobatic Arts – Begin./Interm.	ages 6–12
Wednesday	5:45–6:30	Hip Hop	ages 9+
Wednesday	6:30–7:15	Cheerleading/Pom	ages 9+



TWO LOCATIONS!

1657 Mentor Avenue, Painesville
 3315 N. Ridge Road East, Ashtabula
(440) 789-9541 (for both)
 scott@wildfiredance.com
 www.wildfiredance.com



Dance for all at the Fine Arts Association

The Fine Arts Association (FAA) is an arts education and performance center located in Willoughby with the mission to create and discover beauty. Under the direction of Howard Washington, this arts oasis offers nearly 70 dance classes for ages three through adult from beginner through advanced levels.

Disciplines include ballet, tap, jazz, modern, contemporary, dance for musical theatre, hip hop, African dance, and adapted dance for creative arts therapies. EDGE, VERGE, and EMERGE are FAA dance companies that practice year round, enabling selected FAA students to perform in various locations throughout the region and compete at local competitions.

FAA's dance program allows students to enter at any level and/or style appropriate to both ability and age. Dance is introduced to young students through creative movement and combination classes. Young dancers are offered a variety of classes that provide a foundation of dance



terminology and movements. As dancers grow in their study, their skills are refined through performance qualities through stylized choreography. Many FAA dancers pursue higher education in dance and perform professionally.

The Fine Arts Association welcomes all dancers to a safe, fun and nurturing environment.

Lexie says, "Dancing at FAA made me able to make the Miami of Ohio. D1 Dance Team. FAA gave me the confidence and skills needed for me to pursue my dream of dancing in college." Not only does FAA embrace young dancers, but also offers adult classes in ballet, hip hop, and tap.

FAA welcomes you to come in for a tour and try out classes. Contact 440-951-7500 x2 or visit them at www.fineartsassociation.org.



Dancing is fun at Rabbit Run

Registration for fall dance classes is now open at Rabbit Run Community Arts Association in Madison. RRCAA is a comprehensive fine arts association offering instruction in the major disciplines of the fine and performing arts.

Dance classes are available for little ones starting at age three in creative movement, preballet and pretap. School-aged youth, whether just starting in dance or with some dance experience, may register for classes in ballet (including pointe), jazz/tap or hip hop.

Also available are Modern Dance,

and Contemporary/Lyrical Dance. For adults looking to get back into shape Adult Ballet Fitness or Adult Tap Fitness may be just the thing.

Looking to learn basic ballroom steps for an upcoming wedding reception? Ballroom Basics is offered for all ages on Saturdays from 5-6 pm.

For specific class information or to register visit www.rabbitrun.org or call RRCAA at 440-428-5913. RRCAA, 49 Park St., Madison, is a nonprofit organization that receives partial funding from the Ohio Arts Council.

fine arts association
Create and Discover Beauty

FAA DANCE
ALL AGES
ALL ABILITIES

38660 MENTOR AVE | WILLOUGHBY, OHIO
FINEARTSASSOCIATION.ORG | 440-951-7500

FALL in love with dance
at Rabbit Run

- **Ballet**
- **Tap/Jazz**
- **Creative Movement**
- **Hip Hop**
- **Modern**
- **Lyrical**
- **Ballroom**

for all ages

440-428-5913
49 Park St., Madison, OH
rabbitrun.org