

# 2007-2008 DANCE CLASS SCHEDULE

31-2 VALLEY CENTER RT 25W. PLYMOUTH, NH 03264  
603-536-8902 WWW.THENINTHSTATE.COM

## Studio 1\*

MONDAY

Pre-Dance 2:30-3:15pm w/ E. Gilbert  
Creative Movement 3:15-4:00pm w/E. Gilbert  
Basic Ballet & Tap 4:00-4:45pm w/ E. Gilbert  
Tap & Jazz I 4:45-5:45 w/ E. Gilbert

Tap III – 6:00-7:00pm w/ E. Gilbert

Adult Tap (8 weeks 10/1-11/19) – 7:00-8:00pm w/ E. Gilbert

TUESDAY

Pre-Dance 3-3:45pm w/ E. Gilbert  
Creative Movement 3:45-4:30pm w/ E. Gilbert  
Basic Ballet & Tap – 4:30-5:15pm w/ E. Gilbert  
Modern IV – 5:15-6:30 w/ L. Travis

**Open Ballet – 6:30-7:30pm w/ L. Travis (starts Oct. 1<sup>st</sup>)**

WEDNESDAY

Pre-Dance 2:45-3:30pm w/ E. Gilbert  
Creative Movement 3:30-4:15pm w/ E. Gilbert  
Basic Hip Hop 4:15-5:00pm w/ E. Gilbert  
Ballet I 5:00-5:45 w/ E. Gilbert  
Hip Hop I – 5:45-6:30pm w/ E. Gilbert

Hip Hop III 7:00-8:00pm w/ E. Gilbert

## Studio 2\*

Ballet III 4:30-6:00pm w/ C. Morrison

Ballet IV – 6:00-7:30pm w/C. Morrison

Pointe 7:30-8:30pm w/ C. Morrison

Ballet II – 4-5pm w/C. Morrison

Step Aerobics – 5-6pm

Tap IV – 6:30-7:30pm w/ E. Gilbert

Hip Hop IV – 7:30-8:30 w/ E. Gilbert

Ballet III 4:30-6:00pm w/ C. Morrison

Ballet IV – 6:00-7:30pm w/C. Morrison

Pointe 7:30-8:30pm w/ C. Morrison

Step Aerobics 5-6pm

Ninth State Youth Dance Company – 6-7:30pm w/ E. Gilbert & Guest Artists

## Studio 3\*

**Irish A – 3:30-4:15pm w/ C. Stone**

Pilates I 4:15-5:15pm w/ Dot Diehl

Pilates II 5:15-6:15pm w/ Dot Diehl

Cardio Boxing (in Gym) – 6:00-6:45pm

Modern II & III – 6:15-7:15pm w/ L. Travis

Ballroom - Beginner 7:45-9:00pm w/ C. Jakubowski (\$8 single; \$15 couple)

Tap II – 5:15-6:15pm w/ E. Gilbert

Cardio Boxing (in Gym) – 6:00-6:45pm

Exercise Ball Class – 6:45-7:45pm w/ A. Simpson

Ballroom - Intermediate 7:45-9:00pm w/ C. Jakubowski (\$8 single; \$15 couple)

**Jazz II & III – 6:00-7:00pm w/ T. Howard**

Cardio Boxing (in Gym) – 6:00-6:45pm

Ballroom – Adv. Technique 7:45-9:00pm w/ C. Jakubowski (\$8 single; \$15 couple)

Hip Hop II – 5-6pm w/J.Smith

**Irish B – 6:00-6:45pm w/ C. Stone**

Cardio Boxing (in Gym) – 6:00-6:45pm

Exercise Ball Class – 6:45-7:45pm w/ A. Simpson

THURSDAY

Ballet II – 4-5pm w/ C. Morrison  
Jazz IV – 5-6pm w/ A. Schiller  
Ninth State Youth Ballet – 6-7:30pm w/ C. Morrison & Guest Artists

FRIDAY

Ballet III – 4:30-6:00pm w/ C. Paulhaus  
Ballet IV – 6:00-7:30pm w/ C. Paulhaus

**\* ALL CLASSES SUBJECT TO CHANGE AT ANYTIME.**

9<sup>th</sup> State's goal is to offer the highest number of quality classes each year throughout the year. Therefore, classes offered may be added or dropped and scheduled times may fluctuate in order to accommodate enrollment, interest, and availability of instructors. Registration Fee & Proper Dress Attire Required.

## DANCE CLASS COST

The cost of the first dance class for each dancer is \$39 for the month. Each additional dance class per dancer is just \$33 a month. Classes that meet 2 or 3 times a week count as 2 or 3 dance classes. The Unlimited Dance Program is \$199 a month and entitles a dancer to take all dance classes at his/her level. (does not include special events & classes)

## DISCOUNTS

All Family/Household Members signed up for a **Dance Class** or **Fitness Program** qualify toward the discount rate.

- 2 Members - 5% discount
- 3 Members - 10% discount
- 4 Members - 15% discount
- 5+ Members - 20% discount

Ninth State also offers a **5% DISCOUNT** on Fitness Memberships for a variety of **HEALTH INSURANCE** members, including BC/BS, Harvard Pilgrim, and Cigna. Reimbursements plans may also be available.

**DANCE CLASS & GYM COMBO SPECIAL** – When a student signs up for dance class, a parent may add a Fitness Gym Membership for only \$30/month. This is a great way to get in shape while your child dances and anytime the Gym is open. (other discounts do not apply)

## REGISTRATION & INFORMATION

Registration Forms, Class Descriptions, Instructor Bios, Placement of Students, Dress Requirements, and much more may be found online at [www.theninthstate.com](http://www.theninthstate.com) or by calling 603-536-8902 or stopping by - Receptionist Hours are Monday-Friday 2:30pm-6:30pm.

## 2007-2008 FITNESS CLASS\* SCHEDULE

- Step Aerobics – Mornings: M&W 7:30-8:30am  
 -- Evenings: T&TH 5:00-6:00pm  
 -- \$60 Month (Includes Fitness Gym!)
- Pilates -- Level I Mon. 4:15-5:15pm; Level II – 5:15-6:15pm  
 -- \$39 Month; \$50 Month (Includes Fitness Gym!)
- Exercise Ball w/ Personal Training  
 -- Evenings: T&TH 6:45-7:45pm  
 -- \$60 Month (Includes Fitness Gym!)
- Body Sculpting w/ Personal Training  
 -- Mornings: T&TH 6:45-7:45am  
 -- \$60 Month (Includes Fitness Gym!)
- Boxing Introductory Program (1<sup>st</sup> 2 weeks of every Month)  
 – Mornings: M-TH 7:00-8:00am  
 -- Afternoons: M-TH 3:30-4:30pm  
 -- Evenings: M-TH 7:00-8:00pm  
 -- \$60 (Includes Fitness Gym!)
- Cardio Boxing – Mornings: M-TH 6:00-6:45am  
 -- Evenings: M-TH 6:00-6:45pm  
 -- \$65 Month (Includes Fitness Gym!)
- Open Gym Boxing (w/coaching)  
 -- Mornings: M-TH 7:00-8:30am  
 -- Afternoons: M-TH 4:00-6:00pm  
 -- Evenings: M-TH 6:30-7:30pm  
 -- \$65 Month (Includes Fitness Gym!)
- Fitness Gym Hours  
 – Monday – Friday 5:45am-10am & 2:30pm-8:30pm  
 -- Saturdays 8:00am-12:00pm; Sun. Closed  
 -- \$35\* Month; \$25 Week; \$9 Day

TAKE ANY TWO CLASSES - 25% DISCOUNT †  
 TAKE ANY THREE CLASSES – 35% DISCOUNT †

\*ALL CLASSES SUBJECT TO CHANGE.  
 Registration Fee may be required.  
 († - other discounts do not apply)