Community Programs

Dance Staff

Alicia Cross Engelhardt	Director, Tap
Cindi Adkins	Belly Dance
Lola Pittenger	Zumba-Yoga

Enroll in more than one dance class in a season and GET A $5 DISCOUNT on the second class. Available when enrolling in person or by phone at 217-367-1544.

Adult Beginning Tap Dance

Tuesdays, 7-7:55pm
Phillips Recreation Center
Age 16 and up

If you are a beginning dancer and want to try tap for the first time, this class is for you. Learn basic steps and rhythm, choreography and style. You will be amazed how much fun you can have with tap. **No class November 22.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 6-Nov 29	$80R/$120NR | Aug 23	$96R/$144NR | Aug 30	4302

Adult Beginning Ballet

Saturdays, 12-1pm
Phillips Recreation Center
Age 14 and up

It's never too late to dance. In this class, we'll teach beginning ballet skills to those with up to four semesters of training. What a great time to try something new and tone your muscles and mind. **No class November 26.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 10-Oct 15	$40R/$60NR | Aug 27	$48R/$72NR | Sep 6	4278
Oct 22-Dec 3	$40R/$60NR | Oct 8	$48R/$72NR | Oct 15	4279

Adult Intermediate/Advanced Tap

Tuesdays, 8-8:55pm
Phillips Recreation Center
Age 16 and up

This class expands on the choreography and rhythms taught in Adult Beginning Tap. It is for students with at least four semesters of tap experience. **No class November 22.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 6-Nov 29	$80R/$120NR | Aug 23	$96R/$144NR | Aug 30	4303

Belly Dance 101

Thursdays, 6-7pm
Phillips Recreation Center
Age 12 and up

Trying out basics like hip shimmies, drops and lifts and infinity loops, plus snake arms, shoulder shimmies, some turns and traveling. Then learn to connect individual movements into small combinations. Veils may also be explored. Classes will incorporate a fusion of numerous Belly Dance styles and build confidence, body comfort, coordination and awareness. This beautiful art form celebrates women of all types in a comfortable and energizing atmosphere.

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 8-Sep 29	$23R/$35NR | Aug 25	$28R/$42NR | Sep 1	4284

Belly Dance 102

Thursdays, 6-7pm
Phillips Recreation Center
Age 12 and up

Journey further into the world of belly dance and find adventure at every turn. Delight in learning jewels, pendulums, egyptians, myas, and swivels. Explore more movements, combinations and transitions, with a focus on fluid connections in succession, adding arm embellishments. Previous Belly Dance experience recommended.

Date	EB Cost | Deadline	Cost | Deadline	Code
Oct 6-27	$23R/$35NR | Sep 22	$28R/$42NR | Sep 29	4285

Basic Belly Dance Choreography

Thursdays, 6-7pm
Phillips Recreation Center
Age 12 and up

Learn a fun and easy-to-follow choreography routine to one piece of music. By the end of this class you will have learned a dance that you can perform for others or just yourself. Some prior belly dance experience is required. **No class Nov 24.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Nov 3-Dec 1	$23R/$35NR | Oct 20	$28R/$42NR | Oct 27	4283

Intermediate Belly Dance Choreography

Thursdays, 7-8pm
Phillips Recreation Center
Age 12 and up

Have a fun time learning more intricate choreography which may include changing of formation and optional short solos of your favorite moves within the group choreography. Previous intermediate dance experience required. **No class Nov 24.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Nov 3-Dec 1	$23R/$35NR | Oct 20	$28R/$42NR | Oct 27	4286

Intermediate Steps, Layers, Turns, and Combos

Thursdays, 7-8pm
Phillips Recreation Center
Age 12 and up

This class is for those with previous Belly Dance experience who are ready to take it to the next level. Focus on body line, graceful embellishments, more combinations, and layering that encourages refinement and ease of important basic movements. Zils (finger cymbals) may be explored. This class can be a great complement to standard Belly Dance class. Previous Belly Dance experience required.

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 8-29	$23R/$35NR | Aug 25	$28R/$42NR | Sep 1	4287
Oct 6-27	$23R/$35NR | Sep 22	$28R/$42NR | Sep 29	4288

Zils Workshop

Thursdays, 6-7pm
Phillips Recreation Center
Age 12 and up

Master the art of finger cymbals (zils) with this comprehensive, step-by-step instructional workshop. rhythms and patterns to increase the material with which to build your repertoire. You will be taught the dynamic art of adding a bit of belly dance movements to zils. This composition shows how to build an exciting piece from the skills you have already learned.

Date	EB Cost | Deadline	Cost | Deadline	Code
Dec 8	$13R/$19NR | Nov 24	$15R/$22NR | Dec 1	4289

Teeny Ballereenies Dance with Me

Saturdays, 10:15-10:45am
Phillips Recreation Center
Age 2 with adult

Teeny Ballereenies Dance with Me is a fun place to enter the wonderful world of dance and movement. Be a part of the music and the movement of ballet with fun exercises perfect for adventurous and imaginative little ones. Adults participate along with the Ballereenies to give them the confidence and one-on-one support that they need. **No class November 26.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 10-Oct 15	$40R/$60NR | Aug 27	$48R/$72NR | Sep 6	4275
Oct 22-Dec 3	$40R/$60NR | Oct 8	$48R/$72NR | Oct 15	4276

Teeny Ballereenies

Saturdays from 11-11:30am (Ages 3-4) or 9:15-10am (Ages 4-5)
Phillips Recreation Center

Teeny Ballereenies is a great place for a budding ballerina to begin. Introduce your young dancer to the music and the movement of ballet with fun exercises perfect for little ones. Each session concludes with a demonstration of all that we've learned. This program fills quickly! You are welcome to quietly observe your child in class.
No class November 26.

Date	EB Cost | Deadline	Cost | Deadline	Code
Ages 3-4			
Sep 10-Oct 15	$40R/$60NR | Aug 27	$48R/$72NR | Sep 6	4271
Oct 22-Dec 3	$40R/$60NR | Oct 8	$48R/$72NR | Oct 15	4272
Ages 4-5			
Sep 10-Oct 15	$40R/$60NR | Aug 27	$48R/$72NR | Sep 6	4273
Oct 22-Dec 3	$40R/$60NR | Oct 8	$48R/$72NR | Oct 15	4274

Bigger Ballereenies

Saturdays, 1:15-2pm
Phillips Recreation Center
Ages 5-6

This program is for those who have completed our Teeny Ballereenies program or the equivalent and are ready to learn some new ballet skills. You are welcome to quietly observe your child in class.
No class November 26.

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 10-Oct 15	$40R/$60NR | Aug 27	$48R/$72NR | Sep 6	4269
Oct 22-Dec 3	$40R/$60NR | Oct 8	$48R/$72NR | Oct 15	4270

Youth Beginning/Continuing Ballet

Saturdays, 2:15-3pm
Phillips Recreation Center
Ages 6-12

Young dancers will gain understanding of proper ballet techniques used in subsequent ballet classes, all while having a blast! Some children start at this level based on age and ability, but it is intended for students who have completed Teeny Ballereenies, Bigger Ballereenies, or the equivalent. These split sessions are perfect for busy schedules. Parents may observe the first and last class of each session. For all other meetings, please relax in the lobby.
No class November 26.

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 10-Oct 15	$40R/$60NR | Aug 27	$48R/$72NR | Sep 6	4280
Oct 22-Dec 3	$40R/$60NR | Oct 8	$48R/$72NR | Oct 15	4281

Children's Beginning Tap

Thursdays, 6-6:55pm
Phillips Recreation Center
Ages 8-13

Energize both your body and your soul! No previous tap experience is necessary. Learn basic steps and rhythm, choreography and style. This is the perfect class for the beginning dancer who would love to try tapping. These shorter, six-week sessions are perfect for fitting into busy schedules. **No class November 24.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 8-Oct 13	$40R/$60NR | Aug 25	$48R/$72NR | Sep 1	4305
Oct 20-Dec 1	$40R/$60NR | Oct 6	$48R/$72NR | Oct 13	4304

Children's Intermediate Tap

Tuesdays, 6-6:55pm
Phillips Recreation Center
Ages 11-16

This is the next step in our Children's Tap program. Expand your knowledge and abilities through more challenging combinations and choreography. Previous tap experience and consent of instructor required for registration. **No class November 22.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Oct 4-Nov 29	$80R/$120NR | Sep 20	$96R/$144NR | Sep 27	4306

Children's Contemporary Dance

Saturdays, 10-10:45am
Phillips Recreation Center
Ages 6-12

This high-energy class will help dancers discover an array of movement styles from the Modern/Contemporary genre. This is the perfect place for a curious dancer who is interested in exploring creative dance methods. **No class November 26.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Oct 22-Dec 3	$40R/$60NR | Oct 8	$48R/$72NR | Oct 15	4297

LOLA PITTENGER
ZUMBA-YOGA EN
ESPAÑOL INSTRUCTOR

NEW! Zumba-Yoga en Español

Mondays, 6-7pm
Age 15 and up for class
Child care provided for ages 6 months–12 years

Spend your Monday evenings with our talented instructor, Lola Pittenger, learning new dance/fitness moves and Yoga poses in Spanish! This immersive experience is open to everyone, regardless of Spanish-speaking ability. Child care will be provided in a nearby classroom. **No class October 10 or October 31.**

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 19-Nov 7	$25R/$38NR | Sep 6	$30R/$45NR | Sep 12	4697

Child care Code: 4627

Nuevo! Zumba-Yoga en Español

Lunes, 6-7pm
Edad mayores de 15 para clases
Guardería para edades 6 meses-12 años

Pasa la noche del lunes con nuestro talentosa instructora, Lola Pittenger, con ella aprenderás nuevos baile/movimientos de acondicionamiento físico y posturas de yoga en español! Esta experiencia de inmersión está abierto a todo el mundo, independientemente de la capacidad de hablar español o inglés. Cuidado de niños será proporcionado en un aula cercana.
No habra clases el 10 octubre o 31 de octubre.

Date	EB Cost | Deadline	Cost | Deadline	Code
19 Sep-7 Nov	$25R/$38NR | 6 Sep	$30R/$45NR | 12 Sep	4697

Child care Code: 4627

NEW! Folkloric Dance

Wednesdays, 6-7pm
Age 5 and up
All ages, child care provided for ages 6 months-12 years

This is an exciting and fun cultural experience that embraces community. Baile Folklorico, (folkloric dance in Spanish), is a traditional Latin American dance form that emphasizes local folk culture with movements similar to ballet. Traditional dress is worn. Please bring drinking water, comfortable shoes, clothing in layers with short sleeves underneath, and a fruit or protein snack. Child care will be provided in a nearby classroom. Please register any children who will not participate in the class but will be present for child care.

Date	EB Cost | Deadline	Cost | Deadline	Code
Sep 21-Oct 26	$13R/$16NR | Sep 7	$20R/$24NR | Sep 14	4625

Child care Code: 4695

Nuevo! Baile Folklórico

Miércoles, 6-7pm
Edad mayores de 5 años para clases
Guardería para edades 6 meses-12 años

Esta es una experiencia cultural, excitante y divertida que abraza la comunidad. Baile Folklórico, es una forma de danza tradicional latinoamericana que hace hincapié en la cultura popular local con movimientos similares al ballet. La vestimenta tradicional es vestida. Favor de traer el agua potable, calzado cómodo, ropa en capas con mangas cortas por debajo, y un snack de fruta o proteína. Cuidado de niños será proporcionado en un aula cercana. Por favor regístrese todos los niños que no participará en la categoría, pero estarán presentes para el cuidado infantil.

Date	EB Cost | Deadline	Cost | Deadline	Code
21 Sep-26 Oct	$13R/$16NR | 7 Sep	$20R/$24NR | 14 Sep	4625

Child care Code: 4695

Friday Night Contra Dances!

With the Urbana Country Dancers
Phillips Recreation Center
$5 at the door/$4 students and seniors
All Ages (young children must be directly supervised at all times)

Fridays from 8-11pm (New dancer orientation at 7:30pm)
Sep 2, 16, 23 | Oct 7, 14, 28 | Nov 4/5, 11, 18 | Dec 2, 9

Join us for fun, energetic dances with great live string-band music on a beautiful sprung-wood floor. All dances are taught by our callers and experienced dancers will welcome you and other new dancers. No partner or experience is necessary. Contra Dancing is the American descendant of English Country Dancing and has figures similar to those from square dancing (swing, do-si-do, etc).

Please bring an additional pair of clean, soft-soled shoes to protect the floor. Please refrain from wearing perfume or cologne. Admission is usually $5 ($4 for students and senior citizens), which pays for our callers, bands, and dance hall rent. **Be sure to arrive in time for the 7:30pm New Dancer Orientation.**

For more information and updates about dances, workshops, musician jams, pre-dance potluck dinners, schedule/venue changes and special events, sashay to **urbana-contra.org** or call the UCD Hotline: **217-359-8225.**

English Country Dancing

With the Central Illinois English Country Dancers
Saturdays from 7-10pm or Sundays from 2-5pm
Sep 17 | Oct 29 | Nov 20 | Dec 3
Phillips Recreation Center
$2 at the door
Age 14 and up

English Country Dancing was popular in England, Europe and the Colonies during the 17th and 18th centuries. A forerunner of American square dance and contra dance, it has been featured in movie adaptations of Jane Austen's books. Programs will consist primarily of the dances and music from England in the 1600s and 1700s and from the American Colonial and Revolutionary periods.

All dances will be taught at these social and recreational programs where there is always live music provided by the Flatland Consort. Partners, costumes and experience are not necessary. Wear comfortable clothes and bring a separate pair of clean, soft-soled, non-marking, non-street shoes to help protect the floor. Unless otherwise noted, all dances are held at the Phillips Recreation Center. For more information, **call Jonathan Sivier at 217-359-8225 or visit www.CentralIllinoisECD.org.**

Urbana Park District Senior Citizens Club

Second Tuesday of the month at 12pm
Phillips Recreation Center
Age 50 and up

The Urbana Park District Senior Citizens Club meets on the second Tuesday of every month at the Phillips Recreation Center for a potluck luncheon, meeting and entertainment. Past programs have included speakers from the Red Cross, singer Logan Kirby, and games like Mini Let's Make a Deal and BINGO. All seniors are welcome to join us for fun, fellowship and a great meal. The Club also offers a variety of one-day and extended trips throughout the year. Members get great entertainment and create friendships at regular meetings and these great trips. In addition, members gather each year for a special Christmas lunch at the Round Barn Banquet Center with special holiday entertainment. For more information about the Club or to become a member ($12 resident of Urbana and Champaign Park Districts, $15 nonresident), please call Janet at 367-1544, extension 277.

Urbana Park District Senior Citizens Club Trips

This season, our Club will be going on some fabulous trips. If you're interested in joining us, call Travel Chair Karen Hackett at 217-367-1394. Please call between 9am and 8pm Monday-Saturday.

Lifelong Leisure-Senior News

The Urbana Park District's free senior newsletter is your source for information regarding senior activities. With a monthly calendar, you can stay updated on all upcoming trips, events and programs offered through both the District and the Club. Call the Recreation Office at 217-367-1544 to get your name on our mailing list. We also send the newsletter electronically, so if you'd like to save paper and postage, send an e-mail to Janet Soesbe at **jlsoesbe@urbanaparks.org** to get on the list, or join directly from **www.urbanaparks.org.**

FREE! Rules of the Road

Thursday, Sep 1 from 10am to 12pm
Phillips Recreation Center
Age 50 and up

This free review of Illinois traffic laws and signs, held in cooperation with the Illinois Secretary of State's Office, allows experienced drivers to polish their skills and keep on top of changing traffic laws. Registration is not necessary, just drop in!

Brown Bag Movie Days

Various afternoons at 1pm – check the Lifelong Leisure newsletter
Phillips Recreation Center James Room
Age 50 and up

Join us for a movie on the big TV in the James Room at the Phillips Recreation Center. Each meeting's movie will be announced in the Lifelong Leisure newsletter. Bring your own lunch at 12:30pm and we'll start the movie at 1pm. Hope to see you; Janet will bring the popcorn!

Knitting Drop-In

Saturdays, 10am-3:30pm
Phillips Recreation Center, James Room
Age 21 and up
We will not meet Sep 3; Nov 26; Dec 10-31

All are welcome to come for knitting and socializing. We have comfy shairs, great lighting and access to the kitchen microwave and fridge to bring your lunch.

COMING SOON
New Senior Technology Help

Look for new information about this program in fall Lifelong Leisure Newsletters.

★ ★ ★ Open Gym ★ ★ ★

Pickleball

Tuesdays and Thursdays, 9–11am
September 13 – December 8
Brookens Gym
$1/person at the door
Age 15 and up

New Players are welcome! Open gyms may be cancelled occasionally for activities. Notices will be on the Athletics page at **urbanaparks.org**, and signs will be posted at Brookens Gym no less than one week prior to cancellation. **No Open Gym November 8, 24.**

Brookens Gymnasium
1776 E. Washington, Urbana
Questions: 217-255-8601

Candy House Creations

Saturday, December 3,
make your house anytime between 2:30 and 4pm
All ages (under 15 w/adult)

Get in the spirit of the season with an afternoon of candy fun. Create fabulous decorated houses from all sorts of goodies and treats we provide: graham crackers, cookies, candies, and frosting. Listen to holiday tunes while your sweet tooth builds its dream house. Best of all, we clean up the mess! Registered participants may drop in between 2:30pm and 4pm.

EB Cost | Deadline	Cost | Deadline	Code
$10 per candy house | Nov 19	$15 per candy house | Nov 26	4296

Holiday Camp

7:30am-5:30pm during winter break
Lake House in Crystal Lake Park
Ages 5-12

Do something over break that you can't wait to get back to school and tell your friends about! Join the fun leaders at the Urbana Park District on great trips to area attractions. You'll play fun games and make cool holiday crafts. All movies will be rated G or PG. Campers should bring a lunch and drink each day. Snack will be provided. Camp meets at the Lake House in Crystal Lake Park. **Sign up for individual days or for all of them at a discount!**

Date	EB Cost | Deadline	Cost | Deadline	Code
M, Dec 19	$38R/$57NR | Dec 5	$44R/$66NR | Dec 12	4311
T, Dec 20	$38R/$57NR | Dec 6	$44R/$66NR | Dec 13	4312
W, Dec 21	$38R/$57NR | Dec 7	$44R/$66NR | Dec 14	4313
Th, Dec 22	$38R/$57NR | Dec 8	$44R/$66NR | Dec 15	4314
F, Dec 23	$38R/$57NR | Dec 9	$44R/$66NR | Dec 16	4315
T, Dec 27	$38R/$57NR | Dec 13	$44R/$66NR | Dec 20	4316
W, Dec 28	$38R/$57NR | Dec 14	$44R/$66NR | Dec 21	4317
Th, Dec 29	$38R/$57NR | Dec 15	$44R/$66NR | Dec 22	4318
F, Dec 30	$38R/$57NR | Dec 16	$44R/$66NR | Dec 23	4319
All Days	$304R/$456 NR | Dec 5	$352R/$528NR | Dec 12	4310

C-U Around Town!

7:30am-5:30pm on days off school
Phillips Recreation Center
Ages 5-12

Celebrate the day out of school by exploring local sites, participating in group games, and experiencing new activities. All movies will be rated G or PG. Children will ride MTD buses to field trip locations. Please bring a lunch and beverage. We provide a snack.

Date	EB Cost | Deadline	Cost | Deadline	Field Trip	Code
Fri, Sep 30	$38R/$57NR | Sep 16	$44R/$66NR | Sep 23	Leonhard Recreation Center	4292
Wed, Oct 12	$38R/$57NR | Sep 28	$44R/$66NR | Oct 5	Urbana Indoor Aquatic Center	4293
Mon, Oct 31	$38R/$57NR | Oct 17	$44R/$66NR | Oct 24	Savoy 16	4294
Wed, Nov 23	$38R/$57NR | Nov 9	$44R/$66NR | Nov 16	Skating	4295

Sloppy Science

Fridays, 6-7:30pm
Phillips Recreation Center
Ages 4-9

Concoct ooey-gooey creations, cook up tasty chemistry creations, and more! Sign up with a friend and get ready for crazy experiments.

Date	EB Cost | Deadline	Cost | Deadline	Code
Oct 7	$13R/$20NR | Sep 23	$16R/$24NR | Sep 30	4300
Nov 4	$13R/$20NR | Oct 21	$16R/$24NR | Oct 28	4299

NEW! Preschool Art

Fridays, 6-7pm
Phillips Recreation Center
Ages 3-5

Let your little artist's imagination explode in this hands-on art program. Your child will experiment with clay, paint, plaster, and more!

Date	EB Cost | Deadline	Cost | Deadline	Code
Oct 14	$13R/$20NR | Sep 30	$16R/$24NR | Oct 7	4321
Nov 18	$13R/$20NR | Nov 5	$16R/$24NR | Nov 12	4322