

# STARLIGHT BALLROOM DANCE STUDIO

## ABOUT US

The Starlight Dance Studio was founded in 1991 with a vision of creating an environment that was both professional and friendly, where anyone can learn, dance and have fun. If you are interested in any style of dance, whether it be Latin or ballroom, belly dancing, or anything else, here at Starlight you will find everything you need. We teach international and American styles at any level and it doesn't matter if you have a partner or not or what your goal is. We offer both private lessons and group classes in a wide variety of programs and scheduling options.

## THE DIFFERENCE

### Class Size

If the class has fewer students in it, each student will receive more personalized attention, learn more and have more fun! With younger students it is easier for an instructor to maintain control over the class to make sure each student understands the concepts and instructions. A smaller class size also allows instructors to ensure that students are not developing bad habits or improper technique.

Our studio limits all group classes (ages 6 through adult) to a maximum of 12 students per class. With our younger students, we limit our group classes to 6 students per class.

### Teaching Faculty

Here at Starlight, we highly value the quality of instruction provided to our students. Each instructor has been specifically selected to teach classes based on their expertise and training.

### Variety

Our studio offers a variety of dance styles to provide a broad range of choices for every student. In addition, we offer various fitness classes that help students to improve their dancing by learning stretching techniques, establishing mind and body connection and improving their cardiovascular level.

## GETTING STARTED

Private lessons are the best method to get started in world of ballroom and latin dance and are also important as a way of refining your dancing skills. Before you select a class, it is important that you schedule an introductory lesson and/or group orientation class.

Whether you have never stepped on a dance floor or have dance experience, an introductory lesson and/or group orientation class will allow you to visit our studio, experience a private lesson and discuss your goals with one of our consultants.

## CLASS TIMES & SCHEDULE

Classes are held between the hours of 5:30pm and 9:30pm. Please see our Monthly Calendar of Events and Schedule of Classes for specific class days and times.

## WEEKLY PRACTICE PARTIES

If you wish for your child to become a good dancer, it only makes sense that they should practice what they have learned. Practice parties are held on Friday at 9:30pm. Open to all members.

See Monthly Calendar of Events for special events and parties.

## DROP-IN GROUP CLASSES

Class changes from week to week and month to month to cover all of the Ballroom and Latin Dances. These classes are open to the public and no registration is required. Scheduled classes are listed on our Monthly Calendar of Events. Open To All Levels. Classes are 30 minutes in length.

## CLASS CARDS

Our new convenient class cards are available for our Group Dance and Fitness classes. You may purchase a 4, 10 or Unlimited StarHopper card at the Front Desk. Check the back of this brochure for rates.

## EXTRAS

### Competitions

Instructors invite students with desire and commitment to participate in competitive classes. The students compete in competitions held in the New York, New Jersey, Pennsylvania and Florida areas.

### Workshops & Events

In addition to our private and group classes, we offer workshops, master classes and special events. Please visit our website often for updated information. Flyers and brochures are also available at the front desk.

### Performance Opportunities

We are pleased to present our Student Showcase in the fall and spring or each year. Students perform with their fellow students or instructor in a dance piece choreographed by their instructor.

## PAYMENT

We accept cash, checks, Mastercard and VISA. All students must pay in advance for all private and/or group lessons.

## SHOES

All students are expected to have proper dance shoes by the second class meeting. To learn dance, you need the right tools and proper dance shoes are literally the foundation of your dancing! Although there are different styles of dance shoes for different styles of dancing, most students wear a "practice shoe". You may purchase dance shoes from any dance shoe retailer.

## HAVE CHILDREN?

BE SURE TO ASK ABOUT OUR  
MOMMY & ME, CHILDREN AND  
TEEN PROGRAMS  
(516) 326-7787

## PRIVATE LESSON FEES

Introductory Lesson (30-Minutes)	\$20
1 Private Lessons	\$100
5 Private Lessons	\$475 5 Week Membership
10 Private Lessons	\$900 10 Week Membership
VIP Package A 36 Private Lessons	\$210/month 1 Year Membership
VIP Package B 36 Private Lessons	\$258/month 1 Year Membership
VIP Package C 36 Private Lessons	\$306/month 1 Year Membership

## BALLROOM & LATIN GROUP CLASS FEES\*

Group Class Orientation	\$20
4 Class StarHopperDANCE	\$69.99 (Reg.\$74.99)
10 Class StarHopperDANCE	\$99.99 (Reg.\$109.99)
StarlightEXPRESS UNLIMITED DANCE/FITNESS CLASSES	\$124.99 (Reg.\$149.99)
Drop-In	\$12
Practice Party	\$10
Drop-In & Practice Party	\$15

## FITNESS GROUP CLASS FEES\*

Fitness Trial Class	\$20
4 Class StarHopperFIT	\$59.99 (Reg.\$69.99)
10 Class StarHopperFIT	\$84.99 (Reg.\$99.99)
StarlightEXPRESS UNLIMITED DANCE/FITNESS CLASSES	\$124.99 (Reg.\$149.99)

\* Lessons are 55 minutes in length.

\* All packages include 1 complimentary Drop-In and Practice Party per week to be used during current membership.

\* Special rate only valid with enrollment in Auto-payment program.

## CLASS DESCRIPTIONS

### Rhythm A

Rumba, Samba & East Coast Swing.

### Rhythm B

ChaCha , Bolero & West Coast Swing.

### Smooth

Waltz, Foxtrot, Tango & Viennese Waltz.

### Night Club

Hustle, Merengue, Bachata & Argentine Tango.

### Salsa

On 1, On2, Mambo and Miami Style.

### Rueda De Casino

Learn how to dance Cuban/Miami Style Salsa.

### Zumba Fitness

This class fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind latin-based cardio dance class that will blow you away.

### Zumba Toning

This class takes a regular Zumba class to another dimension. With the use of lightweight toning sticks that you use like a set of maracas, in a very short period of time, this workout will help you build coordination, muscular strength and reshape your body. Zumba Toning Sticks are available for purchase at the Front Desk.

### Salsa Suelta

Feel the music and free your body in this class – the ideal complement to partnering classes. Be a more solid dancer, feel the music, free your torso, develop your style, and move with sabor!

### Cardio Ballroom

The Dancing with the Stars Workout is here! Burn calories and learn to date the Jive, Paso Doble, Cha-Cha, Samba and more! No partner required!

### Flirty Girl Fitness Booty Beat

An outrageously entertaining cardio intensive dance-based class that works out the entire body.

### Please Note:

Class size is limited, so we recommend that you register early to avoid getting closed out!

# STARLIGHT BALLROOM DANCE STUDIO

## DANCE & FITNESS PROGRAMS FOR ADULTS



102 JERICHO TURNPIKE  
NEW HYDE PARK, NY 11040  
(516) 326-7787

[WWW.STARLIGHTDANCESTUDIO.COM](http://WWW.STARLIGHTDANCESTUDIO.COM)