

Aerobic dance steps into traditional curriculum

by Donna Bates

The department of dance arts is setting aside its traditional dance shoes to acknowledge some new ones—aerobic dance shoes.

An experimental aerobic dance team was introduced this semester as independent study course that will count for one credit hour.

Instructor Martha Quillin is hopeful the high intensity, low impact workout she provides will reach the level of a performance aerobic team.

"The purpose of the class is to develop an aerobic dance team that will learn performance skills using dance techniques," Quillin said. "If the team is successful, it will represent UNLV's dance department both on campus and in the community."

"I was delighted that the

students found the interest for an aerobic dance team," said Lonny Gordon, dance arts department chair.

"Something unique about the aerobic dance team is that it is a cardiovascular, scientific, highly educated group of people," Gordon said.

Lauren Whitman, a psychology major, said, "It's a really good idea. It just needs to be refined and then it will be a great idea."

Amy Yohnka, a dance major who was a member of a local high school drill team said, "In order to form a good dance team, everyone must get along and be committed."

Quillin said students can have their cake and eat it too by getting course credit in addition to a physical workout.

Initially, Quillin is looking for a cohesive group. Once it is

established, she can do house-keeping chores such as choosing costumes and places to perform.

Quillin reiterated the purpose of the class.

"The idea behind the class is fitness through dance," she said. "I want this to be the student's team. I want this to be something that the students are proud of."

Gordon said the price was right for the services offered, "Students dance here cheaper than anywhere else in the state. It works out to a little over \$1.17 per class."

"The aerobic dance team is just one aspect of our department," Gordon said. "We also offer classes in ballet, ballroom, modern, Spanish, social, tap, jazz and dance for seniors. And next semester, we will offer a country and western dance course that will have an emphasis in line dancing."



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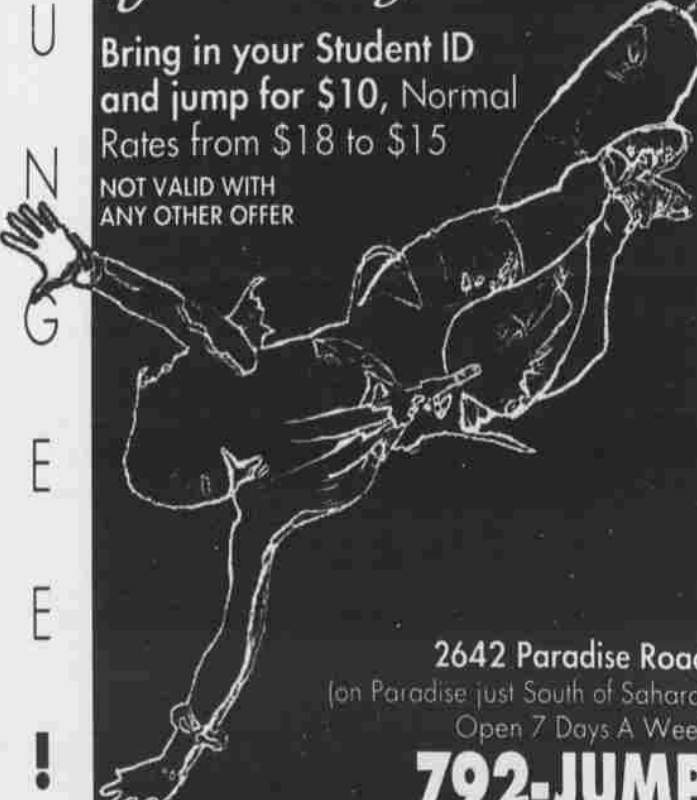
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