Ballet from page 1H

"There's a lot of people floating out there who have had dance lessons," said Rose Marie Gregor, who for 29 years has directed the Birmingham Ballet and Jazz School at The Community House in Birmingham. "Kids 13-14 who have had eight to 10 years of background drop out to become a cheerleader. I tell them, "If you stick with your classes you'll have somewhere to go when you're 35."

Many do come back as adults.
"One has a lead role in our show,"
Gregor said, referring to a musical
dance production that's in the
works. "In their 30s, they have
beautiful bodies. They're quick.
They're adept."

"Normally, we just had a ballet barre and stretch class," said Lauren Toth, who teaches adult ballet at The Community House. "But we've gotten such a fabulous turnout to our adult ballet pro-gram."

The hour-long ballet barre and stretch is an advanced beginner, or mixed-level class. "If they wanted to do more advanced, they had to take classes with the younger students," Toth explained.

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plained.

This summer, adult classes will continue, and be expanded to offer more individualized training.

Three classes — beginner, intermediate and advanced — start in June. In the fall, Toth will divide the adult ballet class into two, one for novice and one for those who have had experience.

CCS in Southfield

Youth and adult ballet classes are offered in combination, through the Institute of Music and Dance at the Center for Creative Studies in Detroit. CCS has a North Branch studio at Evergeen Center — the Lycee International School in Southfield.

"Some students take four nights — two in Detroit and two in Southfield," said Judith Sheldon, who directs the school of dance at CCS. "The more skilled you become, the more you need to take classes on a daily basis."

Classes for the least experi-enced are at the North Branch and the most experienced in De-

In the combined classes, one-third of the students are youth and the rest are adult, "from high school through college, through career, through parenting, through grandparenting," Shel-don said.

Karen Hass of Southfield, who

takes classes at CCS, dances with teenagers, rather than adults.
"Most of the classes I take, I take
with the kids because they're
more advanced," she said.

more advanced," she said.
Hans studied ballet as a child, then quit, and returned after her daughter, now grown, was around seven years old. "I've always danced. It's a big commitment," she declared. This avid dancer takes classes six night a week, Monday to Saturday.

"It's almost to the point once you start dancing the stronger you get. You have to work your feet every day, It's a wonderful hobby because you have to use your mental (ablifities) as well as your physical," she said.

Haas plans to keep on dancing forever. "I'm unique. I also study plane and sing," she said.

Besides ballet classes at CCS, she dances at Lascu's Ballet in Bloomfield Hills, Carole's School of Classical Ballet in Farmington Hills, the Geiger Studio in West Bloomfield and the Rochester School of Ballet.

Not for kids

Not for kids

A Geiger, her teacher is Brazilian-born Christina Kammueler,
a former professional dancer who
teaches mostly adults. Kammuler's classes in the local area are
held weekday mornings at Geiger
and Sunday morning and
Wednesday evening at the Jewish
Community Center in West
Bloomfield.

Kammueler, who first came to the Detroit area four years ago, said, "I started a little group with adults. The adults had ballet when they were kids or teensgers, and quit."

In her classes, students range in age from 18 to 70. A 70-year-old woman "took ballet as a baby, she told me. She Keeps going," Kammucler said.

mucler said.

Four men attend her classes.
She described them: "One does
performances here and there, one
is a music teacher, one is from
Chicago and has taken a lot of
ballet classes, and one works for
Chrysler and is on the board of
the Oakland Ballet. He comes
three or four nights a week. He
just enjoya class."

Just enjoys class."

Although she was skeptical at first, Kammueler said she has discovered that adults can learn ballet. "At first I doubted it how can you improve at this age?"

Through her hard work and theirs, she has been pleasantly surprised.

FASHION CALENDAR

SATURDAY, APRIL 10

Neiman Marcus)
Lee Brevard personal appearance 10 a.m. to 4 p.m. in Fashion Accessories, Level One, at Nei-

man Marcus at the Somerset Col-lection in Troy.

WEDNESDAY, APRIL 14

Jeweiry show Estate Jewelry Show during

store hours in Precious Jewels Salon, Level One, at Neiman Marcus at the Somerset Collec-tion in Troy.

THURSDAY, APRIL 15

Stone setting Swarovski Stone Setting event during store hours in Fashion Jeweiry, Level One, at Neiman Marcus at the Somerset Collec-tion in Troy.

Beaumont offers classes in care of newborn

The best time to learn how to care for a newborn is before the birth.

To help expectant mothers present for one important senset of

To help espectant mothers pre-pare for one important aspect of care, Beaumont Heapital's Mater-nal Child Health Department of-fers a monthly prenatal breastfeeding class. "Preparing for Breastfeeding" will meet 7:30-9:30 p.m. Monday, April 12 and 19, at William Beau-mont Hospital, 3601 W. 13 Mile,

Expectant mothers are encouraged to take the class between their 34th and 38th week of pregnancy.

Royal Oak, Administration Building West Conference Dining

Room.
The class at Beaumont, Troy,
44201 Dequindre, will meet 9 a.m.
to noon Saturday, April 17.
Maternal Child Health staff

will discuss a variety of topics at the class including the nutritional value of breast milk, anatomy of the breast, breastfeeding posi-tions, advantages and disadvan-tages of breastfeeding, returning to work, father's role in nursing,

Expectant mothers are enco Expectant mothers are encour-aged to take the class between their 34th and 38th week of preg-nancy. Fathers-to-be also are wel-come to attend. Class fee is \$32 for each individual or couple.

To register for the class, or for more information, call Beau-mont's Physician Referral and In-formation Service at 1-800-633-



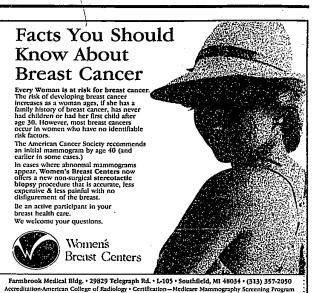
Finding a Doctor In a new community isn't easy...

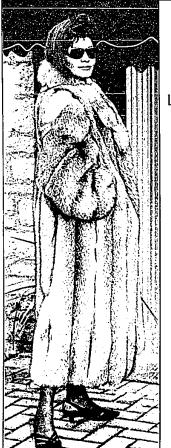
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