

DANCE CLASSES OFFERED – JANUARY-JUNE 2010

COMBO CLASSES

This introductory dance class focuses on the basic dance techniques of ballet, jazz, tap, & tumbling. It is a technique based class for all ages to incorporate the love of dance. Ages 2 through 1st grade are offered for combo classes.

Attire Requirements: Pink or Black Leotard, Pink tights, Tan Tap shoes and Pink Ballet Shoes.

Ages 2-3- Wednesdays 4:00-5:00 pm or Saturdays 9:00-10:00 am

Ages 3 ½-4 ½ - Tuesdays 4:30-5:30pm or Saturdays 10:00-11:00 am

Kindergarten-1st Grade- Mondays 5:00-6:00 pm or Thursdays 5:30-6:30 pm

BALLET LEVELS I

In this class, students will be introduced to basic ballet fundamentals, including body alignment, vocabulary, and basic positions of the feet & arms.

Attire Requirements: Purple/Lavender Leotard, Pink Tights, Pink split sole ballet shoes

Mondays 6:00-7:00 pm

BALLET LEVELS II-III *

This class will be centered on more intermediate dance technique. Students will move through barre, center work, & progressions which include basic turns, jumps, & leaps.

Attire Requirements: Ballet 2 must wear a blue leotard, Ballet 3 Black leotard. Pink Tights and Pink split sole ballet shoes.

Ballet II- Thursdays 6:30-7:30 pm

Ballet III- Tuesdays 5:30-7:00 pm

BALLET LEVELS IV *

This is an advanced class for the ballet student who is disciplined, professional, and posses the desire to dance.

Attire Requirements: Black Leotard, Pink Tights, Pink split sole ballet shoes.

Mondays 4:30-6:00 pm and Wednesdays 7:00-8:30 pm

** This class runs twice a week and attendance is required on both days**



INTERMEDIATE/ADVANCED TAP

Students will learn the fundamentals of tap. Styles of tap offered are street and rhythm tap and Broadway styles.

Attire Requirements: Comfortable clothing

Tuesdays 7:00-8:00 pm

Thursdays 7:30-8:30 pm

HIP HOP

This high energy dance class will go in depth with hip-hop training, including the latest dance trends and break-dancing moves. This class is great for the student who just wants to come & get funky as well as the serious dancer looking to improve their hip hop skills. Breakdancing is also offered.

Attire Requirements: Comfortable Clothing

Hip Hop 1 Ages 4-6- Thursdays 4:30-5:30 pm

Hip Hop 2 Ages 7-9- Thursdays 4:30-5:30 pm

Hip Hop 3 ages 9-11- Mondays 7:00-8:00 pm or Wednesdays 6:30-7:30 pm

JAZZ

Students will learn the technique of jazz dance through turns, leaps, rolls, jumps, and runs. The class includes a warm-up with stretching, isolations, strengthening exercises. The class will then move on to across the floor and fast paced combinations.

Attire Requirements: Black Jazz pants, capris or booty shorts, tan tights, tan slip on jazz shoes.

Intermediate Teen Jazz- Thursdays 6:30-7:30 pm

POMS

Students hoping to try out for a high school pom pom team will benefit from this class. Students will learn proper pom technique, jumps, leaps and turns. Teamwork, synchronization, and creativity are stressed.

Teen Poms- Tuesdays 7:30-8:30 pm

LYRICAL

Modern dance explores movement, space, rhythm and the dancers own creativity with emphasizes on momentum, shapes and patterns. This form of dance is inspired by music and human emotions. This style is highly influenced by ballet, jazz, and modern dance.

Lyrical 1- Thursdays 5:30-6:30 pm



Teen Lyrical- Mondays 8:00-9:00 pm

TUMBLING/POMS

Students will learn gymnastic skills done on the floor mats. Students will learn proper technique and will build overall body strength.

Attire Requirements: Leotard, tan tights, tan slip on jazz shoes

Tumbling/Poms ages 4-6- Wednesdays 4:30-5:30

STRETCH AND STRENGTH

This class will focus on strengthening the dancers to become more flexible and strong. This class will ensure improvements in other areas of dance.

Stretch and Strength- Wednesdays 5:30-6:30 and Wednesdays 7:30-8:30 pm

JUMPS AND TURNS

This class is designed to specifically work on jumps and turns that will be used in all other dance classes. From the simple to the complex, beginner classes will focus on basic technique while more advanced classes will work on perfection and skill combinations. Recommended for any dancers taking beginner through advanced classes.

Attire Requirements: Booty shorts, leotard or cami, tan tights, jazz shoes (any kind)

Level 1- Tuesdays 5:30-6:30 pm

Level 2- Wednesdays 5:00-6:00 pm

Level 3- Mondays 6:00-7:00 pm

****Approval by teacher required for this class***