

YOUNG CHILDREN'S PROGRAM (3-6 YRS OLD)**Creative Dance (3 year olds)**

Tue. 5:30 (Nicole) Wed. 10:00 (Pam) Thurs. 4:30 (Pam) Sat. 10:00 (Erica) Sat. 11:00 (Amy)

Ballet/Acrobatics

Class capacity: 11

Dancers must be 3 by September 1st

Our 55 minute class for 3 year olds is designed to be a fun, first-time exposure to dance. Dancers will be taught beginning ballet steps and terminology and learn motor skills such as hopping, jumping and skipping. Singing, pantomime and creative movement activities are presented to encourage personality development. Strengthening and flexibility skills will be incorporated in the acrobatic portion of this class. Dancers will be taught beginning acrobatic skills to help develop their coordination and balance.

Intro to Dance (4 year olds)

Mon. 5:30 (Pam) Tue. 4:30 (Nicole) Wed. 11:00 (Pam) Wed. 6:30 (Pam)
Sat. 9:00 (Amy) Sat. 11:00 (Erica)

Ballet/Tap/Acrobatics

Class capacity: 12

Dancers must be 4 by September 1st

This 55 minute class is designed for 4 year olds and is the next progressive level after our "Creative Dance" class. This class incorporates ballet, tap, and acrobatics. Dancers will learn beginning ballet steps and terminology. They will start incorporating individual dance steps into combinations and work on coordination skills using both arms and legs. Beginning tap steps will be taught. At the same time children will be taught to count and hear different rhythms. Singing and pantomime activities are still incorporated in this class to encourage dancers to express and develop their feelings and emotions through their own creative movements. Strengthening and flexibility skills will be incorporated in the acrobatic portion of this class. Dancers will be taught beginning acrobatic skills to help develop their coordination and balance.

Dance Basics (5 year olds)

Mon. 4:30 (Nicole) Tues. 6:30 (Pam) Wed. 5:30 (Pam) Sat. 9:00 (Erica) Sat. 11:00 (Courtney)

Ballet/Tap/Jazz

Class capacity: 14

Dancers must be 5 by September 1st

This 55 minute class is designed for 5 year olds and is the next progressive level after our "Intro to Dance" class. This class incorporates ballet, tap and jazz. Dancers will learn ballet steps and terminology. They will incorporate individual dance steps into combinations, work on coordination skills using both arms and legs, including right and left distinction. Tap steps will be taught. At the same time children will be taught to count and hear different, more complex rhythms. Singing and pantomime activities are once again incorporated in this class to encourage dancers to express and develop their feelings and emotions through their own creative movements. Fun dance activities will be taught to introduce jazz steps. The style of jazz will be age appropriate, combining many of the elements of music and movement styles such as those found in Hannah Montana and High School Musical.

Acro 1 and 2 (5 & 6 year olds)

Please note: 5 year old students are required to be enrolled in a "Dance Basics" class in order to take this class. This is considered an additional class for them. A discounted rate is given to those who take multiple classes.

In an effort to encourage more boys to participate in dance, 5 year old boys may take Acro 1 or Acro 2 without being required to take a Dance Basics class.

Acro 1 - Wed. 4:30 (Pam) Fri. 4:30 (Nikki)
Acro 2 - Tues. 5:30 (Pam)

Class capacity: 14-16

Students must be 5 by September 1st

A 55 minute class directed to develop the individual strength, stretch, and confidence of each child. Students will learn floor work integrating tumbling skills with dance movements.

Hip Hop 1 (5 & 6 year olds)

Please note: 5 year old students are required to be enrolled in a "Dance Basics" class in order to take this class. This is considered an additional class for them. A discounted rate is given to those who take multiple classes.

In an effort to encourage more boys to participate in dance, 5 year old boys may take Hip Hop 1 without being required to take a Dance Basics class.

Hip Hop 1 - Mon. 6:30 (Denise) Tues. 5:30 (Fro) Sat. 10:00 (Amy)

Class capacity: 14 Students must be 5 by September 1st

This 55 minute class is a high energy genre of dance, concentrating upon style, funk and self-expression. Hip Hop combines all elements of dance and music while giving the student freedom to "let loose."

Primary Dance (6 year olds)

Ballet - Mon. 5:30 (Nicole) Sat. 9:00 (Courtney)
Tap - Tues. 4:30 (Pam) Sat. 10:00 (Courtney)
Jazz - Tues. 5:30 (Nikki)
Acro 1 - Wed. 4:30 (Pam) Fri. 4:30 (Nikki)
Acro 2 - Tues. 5:30 (Pam)
Hip Hop 1 - Mon. 6:30 (Denise) Tues. 5:30 (Fro) Sat. 10:00 (Amy)

Class capacity: 14-16 Students must be 6 by September 1st

Dancers may choose to take 55 minute classes in ballet, tap, jazz, acrobatics and hip hop. A discounted rate is given to those who take multiple classes.

Primary Ballet

A 55 minute class designed for the beginner through advanced-beginner dancer. This is the most serious and demanding of the dance forms. Ballet students will learn proper body alignment, traditional ballet technique and the grace of motion, while at the same time building muscle tone and strength.

Primary Tap

A 55 minute class designed to teach coordination and rhythm skills. As dancers progress, steps will get increasingly more intricate and complex rhythm patterns will be explored.

Primary Jazz

A 55 minute class consisting of strong, sharp, placed movements executed to today's music. Jazz develops agility and coordination while instilling a sense of rhythm and interpretation of music. Theater style choreography and hip hop style moves makes this class a favorite.

Primary Acrobatics 1 and 2

A 55 minute class directed to develop the individual strength, stretch and confidence of each child. Students will learn floor work integrating tumbling skills with dance movements.
Please note: This class will include 5 year olds.

Primary Hip Hop 1

This 55 minute class is a high energy genre of dance, concentrating upon style, funk and self-expression. Hip Hop combines all elements of dance and music while giving the student freedom to "let loose."
Please note: This class will include 5 year olds.

ELEMENTARY LEVEL **(7-9 YRS OLD)**

Elementary Dance

Ballet - Wed. 4:30 (Nicole)

Tap - Wed. 6:30 (Nicole)

Jazz - Fri. 5:30 (Nikki)

Acro - Tues. 4:30 (Nikki) Fri. 6:30 (Nikki)

Hip Hop - Mon. 7:30 (Denise) Tues. 4:30 (Fro) Thurs. 6:30 (Denise) Fri. 4:30 (Fro)

Boys' Hip Hop - Tues. 7:30 (Fro)

Musical Theatre - Mon. 4:30 (Sarah) Wed. 4:30 (Sarah) Wed. 5:30 (Sarah)

Class capacity: 14-16 Students must be 7 by September 1st

Dancers may choose to take 55 minute classes in ballet, tap, jazz, acrobatics and hip hop.
A discounted rate is given to those who take multiple classes.

Elementary Ballet

A 55 minute class designed for the beginner through intermediate dancer. This is the most serious and demanding of the dance forms. Ballet students will learn proper body alignment, traditional ballet technique and the grace of motion while at the same time building muscle tone and strength.

Elementary Tap

A 55 minute class designed to teach coordination and rhythm skills. As dancers progress, steps will get increasingly more intricate and complex rhythm patterns will be explored.

Elementary Jazz

A 55 minute class consisting of strong, sharp, placed movements executed to today's music. Jazz develops agility and coordination while instilling a sense of rhythm and interpretation of music. Theater style choreography and hip hop style moves makes this class a favorite.

Elementary Acrobatics

A 55 minute class directed to develop the individual strength, stretch and confidence of each child. Students will learn floor work integrating tumbling skills with dance movements.

Elementary Hip Hop

This 55 minute class is a high energy genre of dance, concentrating upon style, funk and self-expression. Hip Hop combines all elements of dance and music while giving the student freedom to "let loose."

Elementary Muscial Theatre

This 55 minute class introduces students to the world of voice, rhythm and drama. Students will be introduced to creative expression, animation, mime, and creative movement. The goal of the class is to build self confidence and enhance the performers communication skills.

SECONDARY LEVEL **(10-12 YRS OLD & TEENS)**

Secondary Dance

Ballet - Thurs. 6:30 (Jean)

Tap - Thurs. 7:30 (Maryanne)

Jazz - Tues. 7:30 (Nicole) Wed. 7:30 (Nicole) ★NEW CLASS!

Acro - Tues. 4:30 (Nikki), Fri. 6:30 (Nikki) (ages 7-10) | Tues. 6:30 (Nikki) (ages 11 & up)

Hip Hop - Tues. 6:30 (Fro) Wed. 7:30 (Chris) Thurs. 7:30 (Denise) Fri. 5:30 (Fro)

Boys Hip Hop (up to age 11) - Tues. 7:30 (Fro)

Musical Theatre - Mon. 4:30 (Sarah) **Wed. 4:30 (Sarah) **Wed. 5:30 (Sarah)****

Class capacity: 16

Students must be 10 by September 1st

Dancers may choose to take 55 minute classes in ballet, tap, jazz, acrobatics and hip hop.
A discounted rate is given to those who take multiple classes.

Secondary Ballet

A 55 minute class designed for the beginner through intermediate dancer. This is the most serious and demanding of the dance forms. Ballet students will learn proper body alignment, traditional ballet technique and the grace of motion while at the same time building muscle tone and strength.

Secondary Tap

A 55 minute class designed to teach coordination and rhythm skills. As dancers progress, steps will get increasingly more intricate and complex rhythm patterns will be explored.

Secondary Jazz

A 55 minute class consisting of strong, sharp, placed movements executed to today's music. Jazz develops agility and coordination while instilling a sense of rhythm and interpretation of music. Theater style choreography and hip hop style moves makes this class a favorite.

Secondary Acrobatics

A 55 minute class directed to develop the individual strength, stretch and confidence of each child. Students will learn floor work integrating tumbling skills with dance movements.

Secondary Hip Hop

This 55 minute class is a high energy genre of dance, concentrating upon style, funk and self-expression. Hip Hop combines all elements of dance and music while giving the student freedom to "let loose."

Secondary Musical Theatre

This 55 minute class introduces students to the world of voice, rhythm and drama. Students will be introduced to creative expression, animation, mime, and creative movement. The goal of the class is to build self confidence and enhance the performers communication skills.