

# CLASS DESCRIPTION

**CREATIVE MOVEMENT** (Ages 2 ½-3) .....Class length: 30 minutes

A breakdown of primary motor skill movement to fun and exciting activities. Through imagery and play the children learn cooperation, patience, gross motor skills, and self esteem. Includes some mat work

**INTRO TO DANCE** (Ages 3-4) .....Class length: 45 minutes

A children's class which incorporates Pre-Ballet and Creative Movement. An introduction of basic ballet steps and vocabulary while continuing primary motor skills to build self-assurance and confidence. Includes some mat work

**PRE-DANCE** Ages 4-5 (I) Ages 5-6 (II) .....Class length: 45 minutes - 1 hour

A children's class which incorporates Pre-Ballet, Beginning Tap and Creative Movement. Class includes development of basic steps, vocabulary and movement, while maintaining a fun and positive atmosphere. Emphasis on cooperation, participation and encouragement.

**COMBO** (Combo I, 6-7) (Combo II, 7-8) .....Class length: 1 – 1 ¼ hour

A children's class which incorporates Ballet, Tap and Jazz. Class includes breakdown of the basic dance steps with an emphasis on proper technique. Careful attention is given to positive encouragement while working on technical corrections.

**MINI MOVERS** Mini Movers I, 5-6, Mini Movers I/II, 5-8, Mini Movers II, 7-8 .....Class length: 45 minutes - 1 hour

A high energy, high impact class exploring current styles of movement seen on TV and in music videos. Inspired by urban hip hop music.

**BALLET** (Ages 8+) .....Class length: 1- 1 ½ hours

The foundation of all dance forms. Body placement, flexibility, alignment, alignment, strength and technique are achieved through barre and center floor work based on a variety of techniques. At the more advanced levels students must take several classes per week. Class will have a strong emphasis on classical technique with advanced levels incorporating contemporary movements. Students will also learn ballet vocabulary and a basic introduction of dance kinesiology. Advanced classes will include optional work en Pointe.

**JAZZ** (Ages 8+) .....Class length: 1 – 1 ¼ hours

This popular form of dance incorporates many styles such as contemporary and theatrical. Jazz is the dance style of the stage, screen and music videos. The classes include a warm-up, isolations, across-the-floor work and technique ending with choreography set to contemporary music.

**TAP** (Ages 8+) .....Class length: 1 hour

This form of dance teaches the student the basic fundamentals of tap sounds and steps leading to advanced rhythms and syncopation. Students develop coordination of mind and body and a more perceptive sense of rhythm, timing and phrasing.

**HIP-HOP** (Ages 5+) .....Class length: 45 minutes/1 hour

A high energy, high impact class exploring current styles of movement seen on TV and in music videos. Inspired by the urban hip hop music.

**CONTEMPORARY** Ages (8+) .....Class length: 1 hour

Contemporary dance provokes, expresses, and reflects through movement the point of view of the dancer and/or choreographer. It capitalizes on the universal language of dance by using all types of movements, from stylized to pedestrian. Some "thread elements" visible in contemporary dance include modern, ballet, jazz, gymnastics, and world dance forms. Movement images, ideas, and emotions are set to a variety of sounds, from music to spoken word to the richness of silence. It is dance that crosses frontiers on many levels

**TURNS AND LEAPS** (Ages 12+) (Level II & Up) .....Class length: 1 hour

A class designated to all turns and leap progressions. A great way to get extra help on advanced skills

**MUSICAL THEATER** (Ages 8+) .....Class length: 1 hour

Introduces the three basic skills of musical theatre: acting, singing and dancing. Combines those three skills to produce scenes and musical numbers. Emphasis is placed on following stage directions, developing self-confidence and creating characters for acting. Focus is placed on breath, tone and projection for singing. Also, we begin to understand how to use the body and learn basic movement for dancing.

**CHOREO/IMPROV** (Ages 13+) .....Class length: 1- 1 ½ hours

This studio elective covers the fundamentals of developing improvisational skills and choreographic techniques. Emphasis is placed on observation, exploration, vocabulary, development, and articulation. The format includes class critique, solo work, and group assignments. Prerequisites: At least one year of ballet, contemporary, and jazz. Instructor approval required. All level 2 students must take level 1 as a prerequisite.

## **ACTING PROGRAM**

**ACTING I** (Middle/High School).....Class length: 1hour

This class is perfect for students that want to try out the theater arts, or just love theater games and improvisation! No experience is required. Through games, exercises, improvisation and some scene study, students will gain confidence and poise onstage as actors. There will be a brief education on theater history, and basic theater terminology will also be introduced.

**ACTING II** (High School).....Class length: 1hour

This class emphasizes a deeper look into character and scene study, with some attention to improvisation and theater games. Students will enjoy working together with each other to create vivid characters and engaging scenes while learning to interpret scripts and monologues as well. In addition, the acting methods will be briefly touched on, and will begin to build their knowledge of terminology and theater history.

## **GYMNASTICS PROGRAM**

### **TUMBLE TOTS I (Ages 18 mos-2 yrs)** 32 & 6 Week Program .....Class length: 1/2 hour

This 30 min class is an introduction to a class without mom. Boys and girls will play games while being introducing to gymnastic terminology and beginning gymnastic skills such as forward rolls, backward rolls, hand stands, head stands & cartwheels while improving their fine and gross motor skills. They will get an introduction to the gymnastic equipment (bars, beam, vault, trampoline) in addition to jumping, hopping, balance and eye hand & eye foot coordination. This class helps to introduce early socialization skills such as listening, following directions, line making, and taking turns.

### **TUMBLE TOTS II** (Ages 3-5 yrs) 32 & 6 Week Program .....Class length: 1 hour

Boys and girls will learn basic gymnastics skills and improve fine and gross motor skills in classes that blend physical and social development. In addition to listening, turn taking and following directions, we will introduce gymnastics terminology, additional basic gymnastics skills, body positions and the children will have greater exposure to gymnastic equipment.

### **PRE SCHOOL GYMNASTICS** (Ages 3-5 ½) .....Class length: 45 minutes

Our preschool classes are without parent participation. These children learn basic tumbling skills used in cheerleading forward rolls, backward rolls, hand stands, and cartwheels while starting to build upper body strength and flexibility. They will learn basic skills and jumps on the trampoline to help develop leg strength and air and body awareness, in addition to jumping, hopping, balance and coordination. This class helps to re-enforce preschool skills such as listening, following directions, line making, and taking turns.

### **ELEMENTARY GYMNASTICS** (Grades K-2) (Beginner/Intermediate) .....Class length: 1 hour

Boys and Girls will focus on tumbling (forward and backward rolls, cartwheels, headstands and handstands), vault, bars, balance beam, trampoline. This class begins to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, strength, form and focus.

### **GYMNASTICS I** (Ages 8+) .....Class length: 1 hour

Boys and Girls will continue the skills learned in the earlier classes and further focus on vault, tumbling (round-offs and back- walk- overs), bars (pull-over and back hip circle), and balance beam. This class continues to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, strength, form and focus.

### **GYMNASTICS 2** (Ages 10+).....Class length: 1 hour

Boys and Girls will fine tune their basics skills while working strongly on the form strength and beauty of these moves. With weekly drills and core conditioning we will continue to grow our tumbling skills with front and back handsprings and begin learning our ariels. We will continue the skills learned in the earlier classes and further focus on vault, trampoline, bars (pull-over and back hip circle), and balance beam. This class continues to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, upper body strength, form and focus. As children improve we will continue to build upon the skills they have learned.

### **GYMNASTICS 3** (By permission only) .....Class length: 30 minutes

This class continues to teach the fundamentals of gymnastics as well as enhancing self-esteem, coordination, balance, flexibility, upper body strength, form and focus. As children improve we will continue to build upon the skills they have learned.

## **VOICE PROGRAM**

### **GROUP VOICE 1** (Ages 8+).....Class length: 1 hour

This class is an introductory class designed for students with little or no previous voice training. This class will teach you how to make your voice sound more powerful, how to use vocal technique to expand your range, expression, diction, tone and proper breathing. Become more confident in vocal performances. This course is a fantastic starting point for anyone wanting to make the most of their voice. Learn the basics of a cappella in a comfortable group setting. Not only will students see an increase in performance skills and musicality, but also in self-confidence, presence, and the ability to work as part of a team

### **GROUP VOICE 2** (By permission only).....Class length: 1 hour

This class is designed for students with experience in vocal training. This class is offering a refreshing and fun approach to a cappella singing. This class provides a platform for you to perform with like-minded, enthusiastic singers. Develop your ensemble singing and individual performance technique as well as expand your overall knowledge of the industry. Not only will students see an increase in performance skills and musicality, but also in self-confidence, presence, and the ability to work as part of a team.

## **ADDITIONAL PROGRAMS**

### **TUTUS & TIARAS** (Ages 3-5) ..... Class length: 45 minutes

Join us for a Magical Experience as we take your little one into the wonderful world of dance! Watch them twirl, flutter & sparkle with joy as they dance & make new friends. Tutu & tiara provided. A Mini Performance on the last day of class. Smiles guaranteed.

### **SPORTS NINJAS** (Ages 3-5) ..... Class length: 45 minutes

Join us for this fun 8 week program that will help your child gain fitness and sports skills while improving confidence and self-esteem.