



# NEBRASKA DANCE

## CLASS DESCRIPTIONS

### **Peanut Classes for 18 months- 2 years**

#### **My Little One and Me**

Adult and child participate together in this class designed to introduce the world of dance and creative movement in the studio setting. Parachutes, stuffed animals, ribbons and more allow your child's creative mind to come alive!

#### **Creative Movement**

Creative Movement class is for older 2 year olds or young 3 year old students. This class serves as a transition between MLOM and our Tiny age classes. Because it can take time for students this age to feel comfortable taking class independently, parents are welcomed and encouraged to stay with their child as they're learning to be comfortable in this new dance environment. As the semester progresses, we will slowly aim to have parents outside of the classroom.

### **Tiny Classes for 3-4 year olds**

#### **Lovely Little Ladies**

A perfect start to every little girl's dream of being a ballerina or dancing queen! Introduction to ballet and jazz terminology and movement with whimsical music.

#### **Tiny Tap**

An upbeat introduction to tap! Tiny dancers will learn to find the beat while they make some sound with their feet learning basic tap technique.

#### **Tiny Jazz/Acro**

An introduction to Acro and Jazz technique! Acro skills will focus on limbering, balancing, tumbling, strength and flexibility. Our acrobatic program is based on safe and effective progressions with proven results! Tiny dancers will wiggle and groove to familiar songs as they learn the basics of dance.

#### **Tiny Hip Hop/Pom**

This combo class will explore both hip hop and pom dance techniques. Dancers will be taken through warmups, center floor exercises, upbeat combinations to high energy music and choreography as they learn new styles of dance.

### **Mini Classes for 5 years- 1st Grade**

#### **Mini Performance Crew**

Performance Crew has additional performing opportunities during the year. Additional class requirements and fees apply. Please email [info@nebraskadance.com](mailto:info@nebraskadance.com) for more information before registering for this class.

#### **Mini Ballet/Tap**

This combo class will cover an introduction to Ballet and Tap. Dancers will be taken through warmups, barre exercises, and rhythmic introductions to captivating music as they learn new styles of dance.



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### **Mini Jazz/Acro**

An introduction to Acro and Jazz technique! Acro skills will focus on limbering, balancing, tumbling, strength and flexibility. Our acrobatic program is based on safe and effective progressions with proven results! Tiny dancers will wiggle and groove to familiar songs as they learn the basics of dance.

### **Mini Jazz**

This class will cover an introduction to Jazz. Dancers will be taken through warmups, across the floor exercises, and jazz combinations music as they learn this new style of dance.

### **Mini Tap/Jazz**

This combo class will cover an introduction to Jazz and Tap. Dancers will be taken through warmups, across the floor exercises, and rhythmic introductions to captivating music as they learn new styles of dance.

### **Mini Musical Theater**

Release that inner Broadway star in this introduction to musical theater dance! Dancers will participate in character building, improvisation games and be encouraged in their performance as they learn choreography set to musical and Broadway tunes!

### **Mini Ballet**

An introduction to classical ballet technique with the young student in mind. Dancers will be taken through barre exercises and learn ballet combinations set to classical music.

### **Mini Acro**

An introduction to Acro limbering, balancing, tumbling, strength and flexibility. Our acrobatic program is based on safe and effective progressions with proven results! Engaging activities will keep young ones learning and growing.

### **Mini Hip Hop**

Dancers love to shake their groove thing and we love dancing with them! This class will be full of upbeat songs that may inspire new family dance parties as youngsters are introduced to some hip hop moves and grooves.

### **Mini Tap**

An upbeat introduction to tap! Dancers will learn to find the beat and have an introduction to basic tap technique.

### **Mini Pom & Cheer**

This combo class will cover an introduction to Pom and Cheer. Dancers will learn pom motions and skills as well as live cheers! A fun, high energy class that will allow dancers to explore both the pom and cheer world! This class is a great way to prepare and gain skills for the Performance Pom & Cheer Experience!

### **Mini Boys Hip Hop - Session Only**

This class is for boys and will explore hip hop style of dance. These boys are sure to make you get off your seat and dance when you see their moves!

### **Mini Pirouettes & Leaps- Session Only**

This class will focus on technique through engaging age appropriate music and methods. Our technique program begins with simple, thoughtful progressions that become building blocks for dancers to grow.



# NEBRASKA DANCE

## CLASS DESCRIPTIONS

### Track A/B/C/D for 2nd-12th Grade

#### **Crew**

Crew is a non-competitive ND Program that provides extra performances for students- Additional class requirements and fees apply. Please email [info@nebraskadance.com](mailto:info@nebraskadance.com) for more information before registering.

#### **Ballet**

Dancers will study classical ballet technique, developing grace, strength and coordination.

#### **Pointe/Pre-pointe**

Dancers will study pointe technique with teacher permission or continue work on developing strength through pre-pointe exercises. Must take in conjunction with a preceding ballet class.

#### **Clogging**

Clogging is a fun, percussive dance style from the Appalachian Mountains that focuses on hitting the downbeat in the music.

#### **Tap**

Experience tap technique through warm-up, center and across the floor rhythmic exercises and choreography set to upbeat music.

#### **Jazz**

Experience this upbeat opportunity to learn and perform fun jazz choreography.

#### **Lyrical**

Experience lyrical dance, which combines the fundamentals from both ballet and jazz technique, with choreography set to soft and inspiring music.

#### **Lyrical/Contemporary**

Experience lyrical dance, which combines the fundamentals from both ballet and jazz technique, with choreography set to soft and inspiring music. Dancers will also work on contemporary in this class.

#### **Musical Theater**

Experience the world of musical theater through character building, improvisation exercises and choreography set to musical and Broadway tunes!

#### **Hip Hop**

Experience the world of hip hop (a street dance style) with upbeat and fun music.

#### **Acro**

An introduction to Acro limbering, balancing, tumbling, strength and flexibility. Our acrobatic program is based on safe and effective progressions with proven results!



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## CLASS DESCRIPTIONS

### **Pom & Cheer**

Experience pom & cheer skills, motions & technique and learn choreography and live cheers. This class is a great way to prepare and gain skills for the Performance Pom & Cheer Experience!

### **Dance Team & Cheer**

This class will emphasize pom foundations, including motions, jumps, and technique, while working on team skills that focus on athleticism and performance through upbeat pom choreography and live cheers. This class is a great way to prepare and gain skills for high school cheer and dance teams!

### **ND Senior Dance**

This class is just for graduating seniors! Dancers must be in 12th grade to register. This class will perform a special dance in the Track CD dance concert show celebrating their senior year. Style will be determined by the teacher and the dancers in the class.

**Session Only Classes** - *Classes listed below may be offered during our seasonal 6 week session classes. Please note that not all classes listed are offered during all sessions.*

### **Pirouettes & Leaps- Session Only**

This class will focus on technique through engaging music and methods. Our technique program is built on progressions that allow dancers to grow with proper execution of challenging skills and dance elements.

### **Dance Team Prep- Session Only**

A class for students interested in trying out for a high school dance team in the future. Pom motions, turn and jump technique and choreography will all be covered in this class.

### **Cheer Prep- Session Only**

A class for students interested in trying out for a high school Cheer team in the future. Pom motions, jump technique, cheer combos and choreography will all be covered in this class.

### **Show Choir Class- Session Only**

A class for students interested in trying out for show choir in the future or students currently on a program who wish to continue to advance their skills. Show choir movement will be the main focus of this class.

### **Mini Hip Hop/Pom- Session Only**

This combo class will explore both hip hop and pom dance techniques. Dancers will be taken through warmups, center floor exercises, upbeat combinations to high energy music and choreography as they learn new styles of dance.

### **Jazz Technique Skills- Session Only**

This class will focus on jazz technique skills used in numerous classes. Our technique program is built on progressions that allow dancers to grow with proper execution of challenging skills and dance elements.

### **Tiny Boys Hip Hop- Session Only**

This class is for 3 to 4-year-old boys and will explore hip hop style of dance. These boys are sure to make you get off your seat and dance when you see their moves!