

# CLASS DESCRIPTIONS & AGE DIVISIONS

(as of Dec. 31st/09)



## DANCE READINESS

Level 1 - Age 3    Level 2 - Age 4

A fun class for our youngest dancers which introduces rhythm, co-ordination, participation, poise and flexibility at an easy pace. It also gives the children a chance to explore their own creativity and imagination through music and movement. (30 minute class)



## DANCE (Ages 5 & 6)

A continuation from Dance Readiness, dance introduces new movements (increasing in difficulty) while paying attention to details such as placement of arms, correct body positioning, spatial awareness, knowing right from left and the memorization of connected dance combinations in time with the music. (30 minute class)



## DANCE COMBO (Ages 5-7)

A 45-minute energetic class combining dance and gymnastics. This is a great introduction to tumbling, co-ordination, rhythm, flexibility, dance technique, poise, balance and fun all in one.



## TAP (Ages 6 & over)

Learn how to make music with your feet. The most rhythmic of dance forms, tap is an excellent way to increase co-ordination of the mind and body and develop a sense of rhythm, timing and expression. Hear the beat of tapping feet. Snappy sounds, rhythmic agility, footwork with a flair. (30 minute class)



## GYMNASTICS (Ages 7 & over)

Learn how to tumble on floor mats. This is a great class for improving flexibility, balance, strength and physical control. Progress from rolls, cartwheels and handstands, to the more complex walkovers and handsprings.



## JAZZ (Ages 7 & over)

Jazz is the most commercial dance form, emphasizing presentation, extension of the limbs, and isolations. This upbeat style of fancy footwork, big leaps and quick turns is sure to get your body moving. (45 minute class)



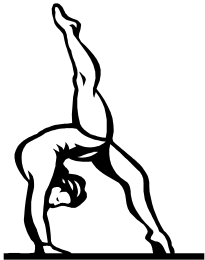
## HIP HOP (Ages 7 & over)

This style of dance is the latest craze. Hip hop gets you grooving to the beats of the hottest music, as seen in music videos and pop concert tours. It is a fun, funky and energetic class for students with plenty or no previous dance experience.



### **BALLET** (Ages 7 & over)

Ballet is fundamental in the development of the dancer. Ballet training emphasizes good posture, grace, proper placement and the important relationship of one body part to another.



### **ACRO** (Ages 6 & over)

The combination of dance technique and acrobatics forms this graceful dance discipline. Movements flow into flexible bends and stretches and the strength of balances and aerial challenges give this dance form its uniqueness. Improve your flexibility, strength and physical control while learning cartwheels, splits, walkovers, handstands, balances, round-offs, handsprings and aerials. Students will be placed by ability and not necessarily by age.



### **MUSICAL THEATRE** (Ages 7 & over)

Designed to bring out the performer in everyone, Musical Theatre combines the elements of voice, acting and different dance mediums to produce entertaining Broadway type routines. This class requires memorization of lyrics.



### **LYRICAL** (Ages 10 & over)

This powerful dance form is a combination of jazz and ballet techniques. Lyrical develops a student's emotional interpretation of dance, focusing on the lyrics of the chosen music and expression through soft and flowing movements. This class is open to students who are currently enrolled in both jazz & ballet.



### **MOMMY & ME** (2-3 years)

This class is a great opportunity for mom and child to interact in a fun and creative way. Enjoy singing songs, crawling or walking through obstacle courses and moving to favourite toddler tunes. The class objective is to enhance baby's gross motor skills and social development



### **ADULT CLASSES** (Ages 18 & over)

Fulfill a dream. Relax and treat yourself. Develop a new skill or revive an old one. Students in our adult classes learn moves and routines in a casual atmosphere. Many of our adult students use the jazz or hip hop programs for fitness and social activity. Classes are available in jazz, hip hop and tap. Regular adult classes do not participate in the year-end recital.



### **BALLROOM**

Have some fun learning to Waltz, Fox trot, Swing, Rumba, Cha Cha and Tango. Group and private lessons available. Classes are held on Sundays starting in September for a 10-week session. \* Do we hear wedding bells? Let us help you prepare for that special day.