



DANCE CLASS DESCRIPTIONS:

MOMMY AND ME - A wonderful way to introduce your child to a fun and exciting dance/movement program. The class incorporates the fun of music and rhythm, with bubbles, parachute, hoola hoops and more. Learning to march, jump, hop and skip are many of the fundamentals that your little ballerina will learn. The child must be accompanied by a caregiver.

PRE-DANCE -A first time drop off program for young budding dancers. Basic jazz and ballet steps are learned through fun and creative movement. As in Mom and me the child will learn to march, jump, hop and skip as well as combine steps into to fun and entertaining dance routines.

MINI-DANCE -This 45-minute class is an excellent introduction to dance that incorporates elements from ballet, jazz, and acro. This class is specifically designed for three and four year olds in order to provide a foundation for first time dancers to enhance their love of dance, music and movement!

BALLET- The foundation for all dance forms. Improve strength, poise, balance, and control. Technical skill gained through the study of ballet is necessary for all other forms of dance. Dancers will study the discipline of ballet through the Royal Academy of Dancing (R.A.D.). Students considering the dance company in the future should enroll in a ballet class.

JAZZ- Jazz is a fundamental dance form that complements all other dance forms. Jazz classes are comprised of a warm-up, centre work and progressions including jumps and turns. Technique and style through choreography are emphasized. Beginner students will learn basic jazz steps, progressive skills and jazz combinations and routines. Jazz is offered to all ages from beginner to advanced.

TAP - Make music with your feet! Students will learn basic, progressive and intricate tap steps and rhythm combinations. Develop and improve timing, rhythm, and coordination. Once you start tapping, you'll never want to stop! Dancers will make music with their feet by performing rhythm-based choreography and having tons of fun!

ACROBATICS- Classes work towards improving flexibility, strength, and control. Dancers will learn how to properly execute Acro tricks similar to the mat component of gymnastics. Routines are comprised of a combination of Acro tricks and Jazz movements; therefore we strongly recommend that dancers register for a Jazz or Hip Hop class in order to compliment their Acro training.

HIP-HOP - Dance to your favorite hip hop music and learn all the current dance steps from today's popular music videos! This program is a high-energy dance experience that is fun for dancers of all ages!

MUSICAL THEATRE – This program combines dance movements with an emphasis on developing acting and performance skills. Routines and combinations are inspired by musicals and movies. Dancers will use facial expressions and body movements to portray different characters and story lines.

JAZZ/HIP-HOP – Combines jazz dance and hip hop into one class. This combo class will present one routine at the annual year end recital in one of the two dance forms. This class is a great mix of the fundamental Jazz moves and the high energy funky moves of hip-hop.

JAZZ/TAP In this 45 minute class, young dancers will experience an introduction to jazz movements and tap dance. This allows them to get a real feel and understanding for both forms of dance.

BREAKDANCE This class is a fun-filled dance experience for both genders. Involving elements of 'breaking', 'popping', 'locking', and fundamentals of hip hop, dancers will learn how to Breakdance in a structure environment.

ALL BOYS HIP HOP -Designed for dancers to learn to dance in a male-oriented and well-supported learning environment. Dancers will learn dance moves that can be used in social situations and gain confidence by infusing this high energy dance with their own attitude and personalities