

Class Descriptions for Summer 2018-



Little Movers

A music & movement class for ages 18-36 months & their parent or caregiver

This is a creative movement class designed for the toddler ages 18-36 mos. The child's parent or caregiver will join us in this class to help ease anxiety about separation while encouraging independence. In this class children will participate in circle time, stretching, creative movement, sing alongs, basics of ballet and make believe!!! *30 minute class*

Intro Dance

This class is designed for our little dancers ages 3-4! This class combines basic ballet technique, jazz combinations, age appropriate music and creativity. Intro Dance class structure focuses on early childhood development including fine and gross motor skills. Also, the child will be encouraged to discover their "inner artist" through dance and song. The children in this class will develop a love for dance, while fostering friendships and developing independence!

Combo Classes

A combo class focuses on two or more styles of dance – this is a great class for a dancer to try who is looking to decide on style of dance for the Fall! Also, Combo class teachers focus on individualizing instruction for every dancer at any level!

We offer these Combo classes in the summer: B.T.J= Ballet, Tap, Jazz/ J.HH= Jazz , Hip Hop/ A.J=Acro , Jazz

Adaptive Dance Classes

These classes are geared towards the student with special needs.

Heels Class

A great class to bring out your inner fierceness and have fun while getting a great work out! Learn how to walk, strut and dance in HEELS! Every class includes a warm up and routine all done in HEELS you feel comfortable moving in!

Meditation Practice for ages 12 +

The class will focus on guided meditation and learning how to meditate on your own. The class will also include journaling, discussions & dance improvisation.

We also offer the following classes this summer for all ages and levels:

JAZZ, BALLET, CONTEMPORARY, LYRICAL, POINTE, TAP, HIP HOP

Please check the back of this flier for our SUMMER SCHEDULE of classes.

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