



## ***CLASS DESCRIPTIONS***

### **DANCE CURRICULUM:**

**CREATIVE DANCE MOVEMENT** – (40 Min.). This program is for children under 4 years old and serves as an orientation for school by getting them accustomed to a new social environment through varied experiences planned to develop basic dance skills, coordination, directionality, social and body awareness while promoting an enjoyable first experience. Our program also touches on baton, and very basic gymnastic tumbling, singing and animation of all the favorite songs we know.

**TAP & BALLET** – (45 Min. Ages 4-5) (1 Hr. Ages 7-12). This program is specifically designed to offer the basics in tap and ballet for building a sound foundation in dance while also promoting poise, confidence, self-esteem, and an enjoyable time. For ages 4&5, this class also touches on baton and very basic gymnastic tumbling.

**TAP** – (1/2 Hr. Ages 4-12) (45 Min. Ages 13 & up). This class is for ages 8 years through adult which takes the basics of tap done in various repetitions stressing techniques and speed while advancing to various combinations increasing in difficulty with the advancement of classes.

**CLASSICAL BALLET** – (1 Hr.). Ages 10 years through adult. Our ballet classes are for those who are truly interested in obtaining poise and grace while continuing to build on the fundamentals stressing proper Vagnova (French) technique and terminology. Eventually, students may progress to pointe upon teacher recommendation.

**MODERN/LYRICAL/CONTEMPORARY** - (45 min. Ages 8 and up). Mixtures and use of all forms of dance techniques developing the full use of the body, less formalized than in classical ballet.

**JAZZ** – (45 Min.). This class is for ages 7 years through adult. Using music with a definite upbeat, the class stresses proper technique and includes ballet. It is advised that students under 9 years also take a tap and a ballet class along with their jazz training in order to guarantee a good foundation in their dance.

**BATON** – (45 min. Ages 5 to adult). This class is for ages 5 and up. Basic skills are taught progressing to the many tosses and catches necessary for twirling competition. The above is combined with creative dance to compliment the twirling. Students will also learn to march and strut.

**FUNK/HIP HOP/POP LOCKING/BREAKIN'** – (45 Min.). This class is for all ages. It introduces the newest “fad” dance ads often seen on MTV or VH-1. It is a high energy, high aerobic class of quick, unusual and unique movements.



## **GYMNASTIC CURRICULUM:**

**ROLLIN' RASCAL PRE-SCHOOL MOM AND TOT PROGRAM** – (45 Min.). For specific detailing of this program, please refer to our separate brochure. This program can begin as early as 12 months to 3 ½ years old. The program teaches the very basics in tumbling, bars, vault, ropes and the balance beam and is also combined with various concepts in movement.

**GYMNASTIC TUMBLING AND EQUIPMENT** – (1 Hr.). This program is for ages 4 though adult. The younger student experiences various concepts and movements designed to challenge their particular age group while continuing their interest in gymnastics. After the basics (various rolls front and back, cartwheels, head/handstands back bends) are learned, it is imperative that the student be strong enough to progress to the next skill. By doing the different movements each week, the student is constantly receiving reinforcement of their basics, and while having fun, becomes stronger to progress to the harder and more difficult feats. (front & back walkovers, handsprings, aerials, etc.)

**CHEERLEADING** – (45 Min. Ages 6 & up). This program is for ages 6 and up. In addition to cheering, the students are taken through cheerleading moves, dance steps and combinations. They progressively go through moves culminating with cheerleading mounts. Gymnastic technique and terminology is also taught appropriately.

**RIBBON DANCING / FUNKY JAZZ COMBINATION** - (45 Min. Ages 6-12). Ribbon dancing is an art form of dance originating from ancient Chinese culture. In this class, ribbon-dancing is combined with funky jazz to create a dance form that presents an aesthetic, free-flowing picture of grace and poise set to music and choreographed dance.

- *Our Gymnastic programs are for learning proper technique and form while increasing self-confidence and body awareness, and also receiving the enjoyment of exercising, stretching the student's body in gymnastics, while progressing as far as their potential will take them. We leave gymnastic competition to the strict "gymnastic school" where students should have the desire to put in long hours for practice, forsaking all other activities to do what they truly love.*