



# Grade 9 & Up

## September 2022 - June 2023 Dance Class Schedule



If you can't find the time you need, please call the office and we will do our best to accommodate you.  
Classes may be added throughout the season based on interest and enrollment.

Music lessons are offered in voice & piano. Contact the office to schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:30pm *Ballet Technique	5:00-5:45pm *Strength & Conditioning				1:00-2:30pm *Stretch, Leaps & Turns Technique	
7:45-8:30pm Adult/Teen Tap	7:00-7:45pm Ballet		6:30-7:15pm Hip Hop			
8:30-9:15pm Adult/Teen Jazz	7:45-8:30pm Jazz		7:15-8:00pm Contemporary			
8:00-9:00pm Break	8:30-9:00pm Tap		8:00-8:45pm Lyrical			

### Ballet

Ballet is considered the basis of all dance techniques. It provides a solid foundation for the aspiring dancer by improving the body's strength, coordination, and flexibility.

### Jazz

Jazz provides strong technical training for a dancer, set to upbeat music. Class reinforces many of the same things taught in ballet class, making it beneficial to pair the classes together. Jazz introduces new, modern terminology and movement methods.

### Tap

Tap gives the student the unique ability to focus on creating rhythms and sounds. This technique is beneficial early on for reinforcement in counting music, feeling the rhythms, and additional coordination skills. Dances are typically taught to coincide directly with the beat of the music. In the teen and high school classes, rhythm tapping is introduced.

### Lyrical

Lyrical provides dancers with an outlet to tell the story of a song through their movements. This stylized class combines the techniques of ballet, jazz, and modern dance. We recommend this class be taken in conjunction with ballet and/or jazz.

### Contemporary

Contemporary dance pulls from ballet, jazz, and modern techniques to create an interesting style that includes shapes, gestures, and unique variations to classical movements.

### Break Dance

This form of hip hop dance requires a strong upper body and a willingness to try new and exciting things. Students will learn the basics, while progressing to head spins, back spins, and windmills in higher levels.

### Hip Hop

Hip Hop is a fun and exciting class that offers an alternative to ballet and tap. Class includes some elements of jazz technique. Hip hop is very energetic and unique in that it allows dancers to perform with freedom of movement, adding in their own personalities.

### Acro

All acrobatic classes follow hip hop for the student looking for a combination class. Acrobatic training with tricks such as handstands, cartwheels and rolls. As levels progress, tricks like walkovers and handsprings are introduced.

### \*Technique Classes

Technique classes focus strictly on technique including barre, center floor and across floor exercises. These classes do not do a recital dance.

### \*Strength & Conditioning

Stretch and conditioning focuses on yoga, Pilates, cardio, and strength training to loosen muscles and build strength. The class will focus on arms, legs, and abdominal strength. Flexibility will also be a key focus of the class, teaching students how to maximize flexibility after truly warming up their muscles. This class does not do a recital dance.

### Private/Semi-Private Lessons

Individual or small group instruction allows students to learn at their own pace and target specific needs. Private and semi-private dance lessons can be taken in any subject and can include coaching on specific skills. Semi-Private lessons can include up to 3 students.

### Monthly Tuition

30 MINUTES	\$60.00	2 HOURS	\$144.00
45 MINUTES	\$70.00	2 ¼ HOURS	\$156.00
1 HOUR	\$82.00	2 ½ HOURS	\$166.00
1 ¼ HOURS	\$98.00	2 ¾ HOURS	\$177.00
1 ½ HOURS	\$114.00	3 HOURS	\$186.00
1 ¾ HOURS	\$130.00	3 ¼ HOURS	\$195.00

Private Lessons \$126

Semi-Private Lessons \$75 per child (2-3 students)

Quad \$66.00 per child

\$50.00 discount offered annually for additional family members.