

## **8 Week Sessions Schedule**

Classes start week of Oct. 6<sup>th</sup> and run thru Dec. 6<sup>th</sup>. No classes Nov. 26-29

Rate: There is a \$30 non refundable annual registration fee per new family. The cost of the class is \$96 for the session. There is a family discount and multiple class discount. For current DX families the cost will be based on your current tuition rate. Ask for details.

### **Mommy and Me ages 1.5-3**

Wednesday 5:15-6

Friday 1:15-2

Parents will assist their children by leading them through exercises designed to help them learn movement and rhythm techniques. Through out the class students will use props such as rhythm sticks, bean bags, scarves, maracas and many more. Students will begin to learn locomotor skills and tumbling. With the use of nursery rhymes and children's music and books students will explore dance. Also while making friends and having a lot of fun, students will gain classroom and socialization skills. Ballet shoes or bare feet are required.

### **Story Time Dance ages 4-7**

Saturday 9:30-10:15

Students will learn pre-ballet technique. Through use of children's ballet music and Disney music students will begin to explore the world of classical ballet, learning basic positions, body posture and so much more. Through the use of a story book students will create dancing fairytales such as Sleeping Beauty, Cinderella and many more. Ballet shoes and leotard are required.

### **Tap/Acro Combination ages 3-6**

Saturday 10:15-11

Students will learn the basics of tap and acrobatic techniques. Through use of rhythm exercises and games students will begin to explore the world of tap dancing. Students will gain coordination skills, balance and rhythm. Students will also begin to explore the world of acrobatics, learning basic locomotor skills and tumbling exercises. Students will begin to develop stretch and strength through these exercises. Tap shoes and leotard are required. Bare feet or acro shoes will be needed for acro.

### **Jazz/Hip Hop ages 5-9**

Saturday 11-11:45

Students will learn jazz and hip hop techniques. They will develop basic locomotor skills, stretch, strength and balance. Through the use of upbeat music such as Cheetah Girls, Hannah Montana, Jonas Brothers and High School Musical students will learn jazz and hip hop moves all their friends will want to learn. Students will gain self confidence and self control while making friends and having fun. Jazz or Hip Hop shoes and leotard are required.

### **Adult Dancercise**

Thursday 8:30-9:30pm

Looking to get out of the house? Want some exercise? Looking to tone up those muscles? Don't go to the gym and build bulky muscles when you can have some fun while building lean muscles? This class is right for you! Through dance based exercises created for total body workout students will increase their heart rate. An increased heart rate is what you need to build muscles. Dance based exercises using strength and stretch are what build lean muscles. While learning basic rhythm skills and work on having great posture you'll meet new people and feel good about your self. Dress comfortable and have bare feet or socks.

### **Adult Tap**

Wednesday 7:10-8:10

Calling all those adults who always wanted to learn tap dancing or those adults who took tap as a child and want to tap again! This class is great for you! Through the use of music learn basic rhythm skills while learning the technique of tap dancing. This class is designed using repetitive exercise technique so students can build muscle tone as they progress. No experience is necessary just a desire to learn tap.