



# YOUTH DANCE CLASSES

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

BALLET, TAP, JAZZ, ACROBATICS, HIP HOP, CELTIC TAP & CREATIVE MOVEMENT!

FALL SESSION 2023 (September 14th - December 14th)

Registrations Begin August 28th

## BALLET & BALLET TECHNIQUE

Express ideas and feeling through the art of ballet. Ballet participants will learn balance, grace, poise, self control, and positive self esteem. Ballet technique classes will focus on terminology, the execution of barre work, floor exercises, body alignment, movement quality, and flexibility (must be enrolled in Ballet I). Proper dance attire is required. Girls – black or pink leotard with black or pink tights and ballet slippers with a strap. Ballet skirts optional. Boys – black leggings and white top with black ballet slippers. **\*Dancers over 8 wanting to progress to pointe should be in technique class.**

Creative Movement	Ages 3-4	Thursday 5:00-5:20 pm
Pre- Ballet I – Novice to Intermediate	Ages 4-6	Thursday 5:20-5:50 pm
Pre-Ballet II – Intermediate to Advanced	Ages 6-8	Thursday 5:50-6:20 pm
Ballet I	Ages 8-18	Thursday 6:00-6:50 pm
Ballet Technique	Ages 8-18	Saturday 10:45-11:30 am



(\*Dancers with little/no dance experience should start in the lowest class of their age range)

## TAP/JAZZ COMBO & CELTIC (IRISH STEP DANCING)

This tap/jazz class will focus on rhythmic tap and learning the basics of jazz dance with an upbeat tempo. Celtic is traditional Irish dancing. It includes intricate and accented footwork and stiff upper body where arms and hands do not move (1 year of basic tap knowledge is required). Dancers should wear tight fit clothing that can expand, i.e. leggings and tank tops. **\*Tap shoes required**

Pre-Tap/Jazz	Ages 6-8	Thursday 6:20-7:00 pm
Tap/Modern-Jazz	Ages 8-18	Thursday 7:00-7:50 pm
Celtic Tap	Ages 8-18	Saturday 10:15-10:45 am



## HIP HOP & ACROBATICS

Our Hip Hop class will cover the very basics of hip hop dancing mixed with traditional jazz. Acrobatics will help develop flexibility and will focus on building strength, while using safety techniques. Goals are to master backbends, cartwheels, handstands, headstands, round offs, front and back handsprings (with use of gymnastics belt) and more. The ability to complete a cartwheel and forward summersault is required.

Acrobatics	Ages 6-18	Saturday 9:00-9:45 am
Hip Hop	Ages 8-18	Saturday 9:45-10:15 am



## COST

**Members: \$50.00** (\$15 per additional class)

**Non-Members: \$110.00** (\$25 per additional class)

