

CLASS DESCRIPTIONS

Walkers / Toddlers:

Baby Steps (walking - 2 years): It's never too early to start dancing! Boys and girls who are already walking will have fun with creative movement and dancing with props to a variety of music. Parents and tots should wear comfy clothes and shoes.

Cha Cha Dance (walking-3years): This class is based on the book Cha Cha Chimps by Julia Durango. Parents and students will be able to dance their way through the book learning steps from dances such as the cha cha, the banana tango and macarena. At the end of the class, students will receive a signed copy of the book and a chance to perform for the author. This class meets for 4 weeks and includes the price of the book.

Toddling Tutus and Parents Too (Ages 2 & up): For tots and their parents who like to dance. Students and parents will have fun when simple ballet steps are introduced. Ballet shoes are required for child only.

Tap for Two and Parents Too (Ages 2 & up): For tots and their parents who like to dance. Students and parents will have fun when simple tap steps are introduced. Tap shoes are required for child only.

Classes Just for Boys:

Just Boys (Ages 3-6): There are no "girlie" songs in this class. Boys have fun in this high energy class dancing to super hero, sport, car and train songs.

Just Boys Combo (Ages 3-6): There will be 20 minutes of high energy movement across the floor and 20 minutes of tap instruction with 5 minutes to change shoes in between. (Parents assist in changing shoes).

Fun for Boys and Girls:

Cha Cha Dance (Ages 3 -6): This class is based on the book Cha Cha Chimps by Julia Durango. Students will be able to dance their way through the book learning dances such as the cha cha, the banana tango and macarena. At the end of the class, students will receive a signed copy of the book and a chance to perform for the author. This class meets for 4 weeks and includes the price of the book.

These classes are seasonal: Look for them in March near St.Paddy's day!

Little Lads and Lassies (Ages 4 -6): This basic Irish dance class will have your little lad or lassie hop stepping around your house. Soft -soled shoes are needed for this class.

Jr. Lads and Lassies (Ages 6 -9): Who says that Leprechauns only come out on St. Paddy's Day? You can be a dancing leprechauns every week of this class.

Leaping Leprechauns (Ages 10 & up): Keep St. Patrick's Day alive all year. Learn some of those leaps that you see Irish dancers doing.

Irish Dance Workout: This 30 minute workout will begin with a warm-up and stretch. The rest of the class will have you hop stepping like you were in Ireland.

Ballet:

Bitty Ballerinas (Ages 3 & 4): This is the first ballet class designed for a ballerina ready to take a class all on her own. Basic ballet steps, positions, stretches and movements will be taught to children's music.

Bitty Ballet/Tap Combo (Ages 3 & 4): This class is designed for children who would like to try tap and ballet, but are not ready to have two full classes back to back. There will be 15 minutes of ballet and 15 minutes of tap with 5 minutes to change shoes in between. (Parents must assist in changing shoes).

Beginner Ballerinas (Ages 4 & 5): Students in this class have already learned some ballet basics. This class will continue to add simple ballet steps, positions and stretches as well as moving across the floor.

Blooming Ballerinas (Ages 5 & up): For school-aged dancers who want to learn basic ballet positions and steps. Soon they'll bloom into a ballerina. Some 4 year olds who have been dancing awhile may join this class.

Beyond Blooming Ballerinas (Ages 6 & up): A continuation of Beginner Ballerinas & Blooming Ballerinas.

Pre-Prima Ballerinas (Ages 7 & up): Dreaming of becoming a Prima Ballerina? This class is for the students who are beginning to be serious about learning the art form of Ballet. Students have had previous ballet.

Prima Ballerinas (Teacher Recommendation): This class is designed for the serious ballet students who have begun to move across the floor with grace and poise. Intermediate ballet steps will be taught at this level with an emphasis on technique, body alignment and lyrical movement. This class is 45 minutes in length.

Advanced Ballet (Teacher Recommendation): This class is designed for the serious ballet students who have begun to move across the floor with grace and poise. Advanced ballet steps will be taught at this level with an emphasis on technique, body alignment and lyrical movement. When age and skill level are appropriate, students may be asked to join the Pirouette Club (those in pre-pointe and pointe). This class is 45 minutes in length.

Tap:

Tiny Toe-Tappers (Ages 4 & 5): Do you have a child who loves to make noise to music? Get a pair of tap shoes on him/her and set those feet to music. Students will learn how to do simple movements and work on rhythm.

Tap Time (Ages 5 & up): For school-aged dancers who want to make some noise when they dance.

Tap Time II (Ages 6 & up): A continuation of Tap Time.

All That Tap (Age 7 & up): This class is for the students who are beginning to be serious about learning the dance form of Tap. Students must have had previous tap experience.

Totally Tap (Teacher Recommendation): You'll be totally exhausted at the end of this class which is designed for the intermediate tap student. To enroll in this class, the student must have teacher approval. This class is 45 minutes in length.

Advanced Tap (Teacher Recommendation): This class is for the serious tap student. To enroll in this class, the student must have teacher approval. When age and skill level are appropriate, students may be asked to join the Time Step Club.

Combo Classes (combines at least 2 dance forms together):

Ballet Tap/Time (Ages 5 & up or those 4 year olds with previous dance experience): This class is designed for children who would like to try a little ballet and a little tap. There will be 15 minutes of ballet and 15 minutes of tap with 5 minutes to change shoes in between. (Parents must assist in changing shoes).

Jr. Jazz Hop (Ages 6 & up or age 5 with previous dance experience): Classical Jazz steps will be the basis of the class with new and fun hip hop movements to popular music.

Jazz Hop (Ages 10 & up or 9 year olds with previous dance experience): Jump into this class and be ready to move across the floor with popular music and hip hop moves while learning Jazz techniques.

Lyrical (Ages 10 & up or 9 year olds with previous dance experience): Lyrical uses a combination of ballet and jazz technique while exploring movement through space. There is a theatrical element to the execution of the steps. No shoes are required for this class.

Special Needs Classes:

Extra Special Halloween Dance: This class is designed for special needs children and a parent/guardian to enjoy dancing to some Halloween music. This class is a one time event. Please call to register ahead of time. Payment of \$10.00 for the class can be made on the day of the class. No registration fee is applied to this class.

Extra Special Cha Cha Dance: This class is based on the book Cha Cha Chimps by Julia Durango. Parents and students will be able to dance their way through the book learning steps from dances such as the cha cha, the banana tango and macarena. At the end of the class, students will receive a signed copy of the book and a chance to perform for the author. This class meets for 4 weeks and includes the price of the book

Adult Classes:

Adult Tap Workout: Did you tap dance as a child? Did you always want to? You can tap too, and it's great exercise. Or try the **Adult Tap 80's Workout:** You'll tap dance to some of your favorite 80's music. Bring along one of your favorite songs!

80's Dance Workout: Did you have the big hair, the big florescent earrings and yes leggings? Well you don't have to wear any of that to class, just work up a sweat to your favorite 80's music. Bring along one of your favorite songs.

Ballet Stretch and Strength: Ballet dancers use core muscles and improve strength and flexibility in arms, legs and back. Learn to stretch and build muscle too. Some exercises are adapted from Jason Mikelson of Newsome Physical Therapy.

* **Belly dance:** Please check out the Belly dancing page of our website to find out what classes Annette Egan, Laura DeFrancisco and Karen Rossi from Real Women Bellydance will be teaching. You'll find a variety of classes taught such as Bellydance for Mommy & Me, Beginner Bellydance, Continuing Bellydance and Bellydance for 40 and up.