

Spring Dance Schedule

January 7th – April 20th, 2019

Monday

4pm- 5pm Beg Ballet/Tap (5-9)

Tuesday

4:30- 5:30pm Beg Ballet/Jazz (4-7)

5:30- 7pm Yoga (16+)

Friday

4:45- 5:45pm Beg/Int Ballet (8+)

Saturday

9am- 11am Competition Team (8-17)

11:30- 12:30pm Cardio Dance Class (8+)

Class Descriptions/ Pricing

Beginning Ballet/ Tap: (ages 5-9)

\$40 per month, \$150 per semester, \$300 per year

No prior dance experience required.

Ballet- Dancers will learn a combination of both Cecchetti and Vaganova ballet techniques. They will have the opportunity to master combinations both at the barre, and in the centre. They will learn about proper ballet alignment, and use that to help with leaps, turns, and jumps. Tap- Dancers will learn basic tap rhythms, and explore sounds a tap shoe can make. They will learn the difference between a shuffle, flap, and a brush. We will also start to work on basic tap combos like: paradiddles and cramp-rolls. They will gain an ear for rhythms in music, while building ankle strength and coordination.

Beginning Ballet/ Jazz: (ages 4-7)

\$40 per month, \$150 per semester, \$300 per year

No prior dance experience required.

Ballet- Dancers will learn a combination of both Cecchetti and Vaganova ballet techniques. They will have the opportunity to master combinations both at the barre, and in the centre. They will learn about proper ballet alignment, and use that to help with leaps, turns, and jumps. Jazz- Dancers will learn basic jazz steps, while learning to move the body in new ways. They will learn how to pivot turn, jazz walk, and more. We will also start to work on basic jazz combos that mix upper and lower body movement.

Beginning/ Intermediate Ballet: (ages 8+)

\$40 per month, \$150 per semester, \$300 per year

At least 1 year of ballet experience or a recommendation from the teacher is required.

Dancers will develop technical precision, grace, and musicality. Students will learn more difficult skills and utilize both the barre and centre to improve their technique. Students in this class should be starting to develop a movement vocabulary of common ballet terms.

Cardio Dance:

\$25 per month, or \$5 a class

Dancers with all or no levels of experience are welcome.

Learn techniques from different styles of dance while getting your heartrate up. We will explore dance styles such as hip-hop, jazz, modern, and even ballet! You'll leave with some new dance moves to show off, and a great workout!

Competitive Dance Team:

\$60 per month, \$220 per semester, \$460 per year

Prior dance experience is recommended, but not required.

Dancers will get the opportunity to learn a variety of dance techniques, build confidence, make new friends, and showcase their skills at competitions, and events! Styles learned include: Jazz, Hip-Hop, Contemporary, Modern, and Ballet. Classes will have a warm-up, technique breakdown, across the floor, and choreography. Expect to learn at least two group pieces with options for trios, duets, and solos.

Yoga:

\$5 per class

For more info contact: Tanya Lawyer 970-759-3199

DRESS CODE

Ballet:

Plain black leotard, pink tights, pink ballet shoes. Skirts are optional.

Tap:

Plain black leotard, pink/black tights, black tap shoes.

Jazz:

Plain black leotard, pink/black tights, black jazz shoes.

Cardio Dance:

Comfy clothes to dance in. (Not baggy or loose). Bare feet, sneakers, or jazz shoes.

Competitive Dance Team:

Clothes you are able to dance in. (preferably not baggy. NO CROP TOPS!) Bare feet, jazz shoes, or lyrical shoes.

Hair:

Neat bun for ballet. Hair should be pulled back in a ponytail for all other classes. Short hair should be secured off the face.

Jewelry:

No necklaces or bracelets.