

Simon Says Dance

Class Descriptions

Class Placement: Students will be placed in the appropriate class level according to the instructor's recommendation. Please remember that every student is unique and therefore advances at their own pace. We ask that you rely on the instructor's expertise concerning this matter. We do offer free trial classes, so we can find the class(s) that best fit each dancer.

Hip Hop: This class focuses on age appropriate hip hop dancing and music that your kids will love. They will not only learn high energy hip hop choreography but basic dance technique as well.

Jazz: Our jazz classes enrich and extend students' technical skills through center and progression work. Skills such as leaps and turns are incorporated into choreographed routines which challenge the dancers' jazz and memory skills.

Tap: A style of dance which uses precise rhythmical patterns of foot movement and audible foot tapping. Tap helps students develop rhythm, coordination and timing as well as allowing them to make music with their feet.

Acrobatics: Non-stop movement combining gymnastic tumbling and fun fitness skills, as well as flexibility, agility, balance and strength.

Musical Theater: This upbeat class teaches Broadway-style choreography, show-stopping stage presence, and acting, with a focus on learning song-and-dance numbers from a variety of musical productions, past and present.

Lyrical: Lyrical is a fusion of ballet and jazz, with expressive movements that tell a story. Students will learn lyrical dance technique along with how to express emotion through movement.

Tiny Tots: Our signature class for little ones designed to bring out the best in your child! Your child will learn the "Stepping Stones" of dance while experimenting with levels, shapes & rhythm. This is a perfect first experience for the child who dances around the house and loves music. This class is a terrific beginning foundation of ballet, jazz & creative movement skills.

Ballet Classes (Royal Academy of Dance Program)

Pre-Primary - Consists of the Pre-Primary set of dance exercises designed by the Royal Academy of Dance, which prepare children for beginning ballet and the creative exploration of the four elements of dance: body, space, time, and effort. Children develop coordination, balance, control, and awareness of space, rhythm, and effort qualities. They also develop their abilities to learn movement combinations and cooperate and dance well with others. Classes include practice in all loco motor steps, expressive

dancing to music and the preparation of creative dances for a performance for parents during the last class of each semester.

Primary - The beginning of classical ballet technique is introduced in this class which includes the study of proper placement, partner and group work, and musicality.

Graded/Vocational Ballet

Grades 1-5 –A progression of ballet technique and performance qualities based upon the Royal Academy of Dance Grades Syllabus.

Grades 6-8 - A progression of ballet technique and performance qualities based upon the Royal Academy of Dance Grades Syllabus. (For more advanced students with several years of ballet experience)

Intermediate Foundation, Intermediate, Advanced Foundation, Advanced 1, and Advanced 2:

A further progression of technique for the vocational student which includes Pointework. For the more advanced and serious ballet student, with several years' experience taking them to the level of a professional ballet dancer.

Adult Classes

Ladies Tap: A tap class for dancers with a good basic tap understanding and knowledge.

Tapp'n Dolls: A performing tap group with tap dance experience.

Senior Tap: A beginner tap class for adults wishing to learn tap basics.

Ladies Irish: An Irish tap class for more experienced tap dancers.

Ladies Ballet: A ballet class for adults with some or basic ballet experience.

Zumba: Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy to follow, Latin – inspired, calorie burning dance fitness party that's moving millions of people toward joy and health. Zumba is the only Latin inspired dance fitness program that blends red hot international music and moves into one great workout.

**Students may wear any dance or athletic clothing and tennis shoes.*