LEAN TO DANCE…LOVE TO DANCE!

***With Catonsville’s Fusion of Dance (#400)***

Welcome to Catonsville Fusion of Dance dedicated to teaching various genres of dance. Our classes emphasize correct technique, fundamentals and familiarization of dance vocabulary. Classes are open to ages 7 to adult. Participants will learn combination of dance technique in ballet, lyrical, jazz, tap, contemporary and hip hop! Register today!

WHEN: Monday, Wednesday, Friday - 6:30 p.m. to 8:00 p.m.

Saturday – 1:00 p.m. to 3:00 p.m.

WHERE: Westowne Elementary School

401 Harlem Lane, Catonsville, MD 21228

COST: $70 per person/month includes combination classes in each program

**Twinkle Toes Program ·Ages 7-10**

Whether this is your child’s first class – we have something for everyone! From getting to try their first Ballet and Tap and Hip Hop beginning class they’ve found a dance style they really love. This is such a fun age to watch the dancers really progress and soak in all they learn each week. What you will learn in this program:

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​Class Descriptions:

**Tiny Dreamers Ballet**

A great way to introduce little ones to the art of dance.  We'll use games and songs to teach rhythm, movement, and introduce basic ballet positions. This is a great way to develop basic motor skills, as well as coordination and balance. Ballet shoes required.

**Pre-Ballet/Tap**

Basic ballet and/or tap skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement, music. ​Our pre-ballet and/or pre-ballet/tap classes also develop concentration and learning how to follow instructions. Ballet shoes and Tap shoes required.

**Hip Hop**

Our hip hop for kids uses clean and age appropriate music/movement! Jazz shoes are OK to wear in class. Kid-friendly hip hop moves!

\*Placement of dance depending on age and progression.

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**Elementary Dance Program · Ages 11 - 15**

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Dancers ages 11 to 15 should enroll in the following program, based on technique and experience. When unsure, please inquire for clarification for the appropriate level class your dancer would best progress and learn in. If we feel a child would do better in a different level class, we will always let you know after the first class. What you will learn in this program

Class Descriptions:

**Modern and Contemporary**

This class will incorporate many of the foundations of modern and contemporary dance technique, including suspension and release, fall and recovery, the use of momentum and connecting breath with movement. Dancers will explore new ways of moving in combinations, floor work and partnering, and also in various methods of improvisation.

**Jazz Levels**

Jazz class will focus on learning proper dance technique such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students will be exposed to various styles of jazz such as Broadway, Street and Contemporary to help develop a well-rounded dancer. Class is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations..

**Ballet Technique Levels**

Students will focus on building the strength, flexibility and control needed to execute ballet moves. Each class will emphasize barre exercises and may also include a combination of center floor work and across-the-floor combinations.

**Hip Hop**

Students will learn the fundamentals of hip hop movement, in an upbeat and high energy class. Stretching, isolations, rhythms, upper body strength and funky footwork will be incorporated. We use appropriate hip hop music

**Advanced Dance Program · Ages 16-Adult**

Dancers ages 16 to adult who have experience and a strong, solid foundation of jazz, lyrical, contemporary and ballet technique. Dancers typically take this level based on age and progression.

**Class Descriptions:**

**Ballet**

Focuses on overall body alignment and awareness with emphasis on proper usage of feet and legs and execution of turnout. Barre and center work, along with combinations.

**Jazz**

​Full of rhythm, jazz dance brings energy and life to dance. Explore body isolations of the head, shoulders, ribcage, feet and arms, which encouraging individual expression and personal style!​

**Lyrical**

Lyrical is a fusion of ballet and jazz technique, that utilizes slow fluid movements to interpret music and express emotion while telling a story through the art of dance.

**Contemporary**

Contemporary Dance combines ballet, modern, and jazz to develop an expressive style of movement also including improvisation

*DRESS CODE:*

**Hair**: A ponytail is required for Lyrical/Contemporary/Jazz/Tap classes. Short hair must be pulled back away from the face by using a headband or hair clips & bobby pins.

**Lyrical/Contemporary Dance** attire that is fitted and that you are comfortable dancing in. Tops such as tank tops, dance tops, Example: capri-length leggings or Leotards in any color. Dance Paws, Half Sole shoes or bare feet. \*No socks. Tights not required but can be worn.

**Jazz Dance** attire that is fitted and that you are comfortable dancing in. Example: Tops such as tank top, dance top or fitted Tee, dance shorts, capri-length leggings or Leotards in any color., Dance Paws, Half Sole shoes or bare feet. No socks. Tights not required.

**Tap Dance** attire that is fitted and that you are comfortable dancing in. Tops such as tank top, dance top or fitted Tee, etc. Bottoms are dance pants that do not hang down or cover the shoes, capri-length leggings, or Leotards in any color. Tights not required. Tap shoes are black lace up oxfords.

**Hip Hop** attire is preferred if you wear loose baggy clothing that you can comfortably have free range of motion in for this class. Acceptable attire of tank tops, dance tops, tee shirts, sweatpants, dance pants, shorts, athletic wear, etc. Shoes worn for Hip Hop are clean, dance class only “tennis shoes” which are not worn outside or for your normal everyday use. This keeps our dance floors clean and in good condition. No hats or jeans.