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, modern, contemporary and hip hop and dance fitness! Register today!

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

\*Saturday – 1:00 p.m. to 3:00 p.m. for Rehearsals as needed

WHERE: Westowne Elementary School

401 Harlem Lane, Catonsville, MD 21228

COST: $75 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 Jazz 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:

**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. 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. Ballet shoes and Tap shoes required.

**Jazz**

Our jazz for kids uses age appropriate music/movement! Jazz shoes are OK to wear in class. Kid-friendly 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 your child would do better in a different level class, we will always let you know after the first class. This program will consist of combination sessions comprising of various genres of dance alternating from week to week, such as Contemporary, Modern, Lyrical, and Jazz. It will also comprise of Ballet and Hip Hop classes as stand-alone classes to be taught every week.

Class Descriptions:

**\*Combination Dance Class: Modern/Contemporary/Lyrical/Jazz**

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. The student will learn isolation 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

*\*Contemporary, Modern, Lyrical, Jazz genres of dance classes will alternate from week to week*

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

Dancers ages 16 to adult who have experience and a strong, solid foundation of jazz and contemporary technique. Dance Fitness will also be offered. Dancers typically take this level based on age and progression.

**Class Descriptions:**

**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!​

**Contemporary**

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

**Dance Fitness**

Dance fitness stands out from technical or traditional dance in that technique and intricate choreography aren't the focus. Participants work up a sweat while doing their best to follow the instructor, and leave feeling good about their workout. Focus will be on cardiovascular exercise incorporating easy-to-follow choreography that keep you moving. Improve balance, coordination, flexibility, and core strength while having fun!

*SCHEDULE OF CLASSES*

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| **TIMES** | **MONDAY** | **WEDNESDAY** | **FRIDAY** | **SATURDAY** |
|  | **CLASS** | **CLASS** | **CLASS** | Hold for all group rehearsal as needed.  (1pm to 3 pm) |
| *6 - 6:40pm* | **7-10 GROUP BALLET** | **7-10 GROUP**  **TAP** | **7-10 GROUP**  **JAZZ** |
| *6:40 – 7:20 pm* | **11-15 GROUP BALLET** | **11-15 GROUP**  **\*COMBO CLASS: CONTEMP/JAZZ/LYRICAL/MODERN** | **11-15 GROUP**  **HIP HOP** |
| *7:20 – 8:00 pm* | **16 to ADULT**  **JAZZ** | **16 to ADULT**  **CONTEMPORARY** | **16 TO ADULT**  **DANCE FITNESS WITH DEE** |
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\*Combination classes will alternate dance genre from week to week

*DRESS CODE:*

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

**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.