

Dance Dimensions School of Dance and Music

Summer 2008 CLASS DESCRIPTIONS—prices are for 6 week program

For a complete schedule in spreadsheet format, please see front desk or download at www.dancedimensions.com

PRE-SCHOOL CLASSES

SUMMER ONLY! Fairytale Ballet: Offered for ages 3-6 – 45 minute class **Price for summer \$89.00 + tax** See flyer for more detailed description

Our fairytale program is designed to inspire imagination and creativity for our pre-school age students while teaching them to love dance. Each week we highlight a different fairytale such as Cinderella, Beauty and the Beast, Little Mermaid and more! Story time is included in each class before costumes and props are handed out to dance out the story. Basic dance steps such as plie, tondu and chasse are introduced as well as some fun choreography to fairytale inspired music. More information is available upon request.

Days/Times Offered:

Monday 9:30-10:15 age 3-4, Monday 10:15-11:00 age 5-6, Tuesday 10:00-10:45 age 3, Tuesday 10:00-10:45 age 3, Tuesday 10:45-11:30 age 4, Tuesday 9:30-10:15 age 5-6, Wednesday 11:00-11:45 age 3-4, Wednesday 2:30-3:15 age 3-4, Wednesday 3:15-4:00 age 5-6, Thursday 10:00-10:45 age 4, Thursday 10:45-11:30 age 3, Thursday 9:30-10:15 age 5-6, Friday 10:00-10:45 age 3-4, Saturday 9:30-10:15 age 3-4, Saturday 10:15-11:00 age 5-6

Musical Minis: 45 minutes once a week - ages 3-6 **Price for summer: \$79 + tax**

Each structured session introduces music and percussion to children in a relaxed group atmosphere. It concentrates on rhythm, song, sound and movement to encourage early musical expression and creates a world of music for children. Each session contains music ranging from classical to modern, concentrating on rhythm, song, sound and movement and promoting early musical expression. Classes are limited to 8 children which enhances enjoyment and helps to create a relaxed group atmosphere. This class is a great opportunity to meet new people and make friends..

Days and Times offered:

Tuesday 9:30-10:15, Wednesday 9:30-10:15, Thursday 9:30-10:15

Tumbling Tots: Offered for ages 3-6—45 minutes class **Price for summer \$79.00 +tax (see attached flyer)**

Acrobatics at its best! This class incorporates all the fun tumbling exercise that our little ones love in a safe environment. Students will learn several different acrobatic skills which build in difficulty as the class progresses. Cartwheels, illusions, summersaults, backbends, back walkovers, seal walks and so much more! Safety mats are provided. More detailed information on attached flyer.

Dates and Times Offered:

Wednesday 4:00-4:45

Little Hip Hop: Offered for ages 5-6 – 45 minute class **Price for summer \$79.00 +tax (see attached flyer)**

Learn all the basics of hip hop in this fun fast paced class! Stylish choreography to age appropriate music provides an energized class. If your child loves to dance at home and make up their own “moves,” then this is the perfect class! For more detailed information, please see attached flyer.

Days and Times Offered:

Tuesday 4:00-4:45, Wednesday 10:45-11:30, Thursday 10:45-11:30, Friday 10:45-11:30, Saturday 11:00-11:45

Baby Cheer & Little Cheer: Offered for ages 3-6 – 45 minutes class **Price for summer \$79.00 +tax (see attached flyer)**

If your child loves to yell, jump and dance, then come join our new little cheerleading class! Students will learn basic cheers, the safest way to stunt (safety mats provided) and cheer with music routines. More detailed information on attached flyer.

Days and Times Offered:

Wednesday 4:45-5:30 Little Cheer 5-6, Thursday 3:45-4:30 Baby Cheer 3-4, Saturday 10:15-11:00 Little Cheer 5-6

Baby Tap: Offered for ages 3-4 **Price for summer \$79.00 +tax (see attached flyer)**

Perfect introduction to tap class! If your child loves rhythm and to make noise—this is the perfect class for you! Basic tap skills will be taught in this fast paced class. See flyer for more information.

Days and Times Offered:

Wednesday 10:00-10:45

Dance is Fun: Offered for 2 year olds—30 minute class **Price for summer \$62.00 +tax**

Fast paced, fun and creative class. Basic dance is taught in a class structure that our two year olds thrive in! Basic ballet and some terminology is covered.

Days and Times Offered:

Tuesday 10:15-10:45, Wednesday 9:30-10:00, Thursday 10:15-10:45, Friday 9:30-10:00, Saturday 9:00-9:30

LEVEL 1 – ADULT CLASSES

Ballet - Offered Level 1- advanced - 1 hour class **Price for summer: \$99.00 +tax (includes open technique class)**

Ballet is the core of all dance. Classical ballet focuses on body placement, proper technique, body alignment, flexibility, strength and skills. You must take ballet to become a well-rounded dancer! Pointe will be offered in the advanced ballet class only.

Days and Times Offered:

Monday 5:00-6:00 Ballet 2-3, Monday 5:00-6:00 Adult Ballet, Wednesday 5:00-6:00 Ballet 1

Hip Hop - Offered from Level 1-Adult/Advanced- 1 hour class **Price for summer: \$99.00 +tax (includes open technique class)**

Hip Hop is a more contemporary form of dance. It utilizes complex rhythms and the most current video/street dance styles. Dancers will master these funky synchronized skills in an upbeat and fun environment.

Days and Times Offered:

Monday 4:00- 5:00 Hip Hop 2, Tuesday 4:45-5:45 Hip Hop 1, Wednesday 4:00-5:00 Hip Hop 1, Wednesday 7:00-8:00 Hip Hop 2, Tuesday 6:45-7:45 Adult/Teen Hip Hop, Saturday 11:00-12:00 Hip Hop 1

Jazz – Offered from Level 1-Adult/Advanced - 1 hour class **Price for summer \$99.00+tax (includes open technique class)**

Jazz is a combination of dance movements with an emphasis on technique, body placement, personal style, and technical skills such as leaps, turns, kicks, formation changes. This class is for those dancers looking for a challenging and fun way to develop personal style within a group atmosphere. **Advanced Class**

Pre-Requisite: You must have taken one year of Jazz 3 or have equal training

Days and Times Offered:

Monday 7:00-8:00 Jazz 3, Thursday 3:30-4:30 Jazz 1, Thursday 4:30-5:30 Jazz 2, Wednesday 6:30-7:30 Advanced Jazz

Open Technique: Offered from Level 1-adult – 1 hour class—**Price for summer:** FREE if you are currently taking another class, otherwise \$99 +tax

Offered in level basic-advanced, these classes are designed to give the basics to students that either are brand new to dance or just need additional work to help them in their current classes. It is highly recommended that you take one of these classes if you have never danced before in conjunction with the class of your choice. Instructors may also recommend this class to students throughout the year.

Days and Times Offered:

Tuesday 5:45-6:45

Open Tumbling: Ages 7-adult – 1 hour class – **Price for summer \$99.00 +tax** FREE to 5th Dimension Allstar Cheer Members

Work with certified tumbling instructors to better your tumbling skills.

Pom - Offered from Level 1-3 - 1 hour class **Price for summer:** \$99.00+tax (includes open technique class)

The name says it all, Pom is a class of dance that utilizes hand held pom-poms. The emphasis is on uniformity, sharp arm and leg movements, arm placement, technique, visual effect, tricks, illusions, and group work. This class will develop strong upper body strength, strength of motion, and uniformity within a team atmosphere.

Days and Times Offered:

Tuesday 5:45-6:45 Pom 1, Wednesday 5:30-6:30 Pom 2-3

ALLSTAR TEAMS

Next Dimension All-star Team: Ages 18 and older- **Price for summer: \$60 +tax** this price does not include additional classes—it does include technique

Out of high school or college and love to dance? Do you miss being a part of a team atmosphere or performing? Due to popular request, we are now offering an over 18 allstar dance team. This team will represent the studio at many local venues as well as perform outside the state. Private tryouts are available, please see the front desk for a flyer with more details.

Days and Times Offered:

Thursday 5:30-7:00pm

Pups All-star Team: Ages Kindergarten-Fifth grade (as of fall 2008) **Price for summer \$118.50 + tax** this price includes a dance class of your choosing

This team is open to anyone of the above age who wishes to join. We perform at competitions, exhibitions and local venues throughout the year. For more information on this team, please see the front desk for a pup allstar flyer.

Days and Times Offered:

Tuesday 4:00-5:45pm

5th Dimension All-Star Cheer Team: Tryout team only **Price per month \$99 +tax**

Students must be able to execute a back handspring. For more information or private tryout, please see the front desk.

Special Needs All-Star Cheer Team: Interview required **Price per month \$65 +tax**

For more information, please see the front desk for a flyer.

SPECIALTY

ZUMBA: Classes open for Teen/Adult-Prices: \$12 drop in, 5 class pass \$55, 10 class pass \$99 or \$145 for summer unlimited pass

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Ask about your free introductory class! Grab a friend and come check out the newest fitness craze to sweep the country!

Kickboxing/Jiu Jitsu: Ages 5-adult- **Price per month \$58.00 -- (two classes-\$99 per month, three classes \$129 per month) + tax**

Train with Master Instructor-Art Baca. Jiu Jitsu is a Japanese martial art that is based on the principle of using an attacker's energy against him, rather than directly opposing it. Kickboxing refers to sport-fighting using kicks and punches and sometimes throws and bows representing a certain martial art or can be practiced for general fitness, or as a full-contact sport. Learn self-defense and discipline in a positive atmosphere. More information available upon request.

Days and Times Offered:

Tuesday 6:45-7:45, Thursday 7:30-8:30

Custom Coaching and Private Instruction -Price upon request

We also offer custom coaching for teams. This is a great opportunity for coaches to have their teams critiqued by professionals in the dance field. Price is based on a per team member basis. Private instruction can be given to those students who want one-on-one attention from our fabulous staff. Price is based on an hourly basis.

**PARENT AND SIBLING
DISCOUNT 10%.**

Age 7-adult Multiple class discounts:
1st class: \$99 +tax
2nd and beyond class: \$89 +tax

Age 3-6 Multiple Class Discounts:
1st class: Regular Price
2nd and beyond class: \$10 off

Prices are based on a 6 week program
(holidays are scheduled during but does not reduce the 6 week program cost-
makeup lessons can be scheduled during summer session only)
Multiple class, parent and sibling discounts available

www.dancedimensions.com

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