

# dance

## 2015-16



September 8—May 14 (No class: September 14, 15 & 23; November 3, 25-29; December 24-January 3, 18; February 15; March 21-27)

updated December 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
9:00 am				<b>BALLET/TAP</b> (4-6) Studio 1		9:00am	<b>HIP HOP</b> (4-6) Studio 3
9:30 am	<b>ME AND MY SHADOW</b> (1.5-3) Studio 1	<i>Tiny Twos</i> (2-3) Studio 1	<b>OH LITTLE BOYS</b> (2-3) Studio 1  Int <b>BELLY DANCE</b> Studio 2		<b>PRE-BALLET/TAP</b> (4-5) Studio 1  <b>BALLET</b> (Adult) Studio 2		10:00am
10:00 am				<i>Pretty Princess</i> (2-3) Studio 1		11:00am	<b>PRE-BALLET/TAP</b> (3-4) Studio 1  <b>BALLET/TAP</b> (6-10) Studio 1
10:30 am	<b>PRE-BALLET/TAP</b> (3-4) Studio 1	<b>OH BIG BOYS</b> (4-5) Studio 1	<i>Tiny Twos</i> (2-3) Studio 1		<b>ME AND MY SHADOW</b> (1.5-3) Studio 1  <b>JAZZ</b> (Adult) Studio 1	<b>REGISTRATION</b>	
11:00 am		<b>TAP</b> (Adult) Studio 3		<b>HIP HOP</b> (4-5) Studio 1  <b>PRE-BALLET/TAP</b> (3-4) Studio 3		<b>Member: August 24</b> Online 6:00 am   Walk-in 9:00 am Family Plus Programs Memberships are allowed to participate in 3 youth programming classes per week. No more than two in the same program. Members taking additional Youth Program classes must wait until the General Public registration date and pay the General Public Rate.	
11:30 am		<b>PRE-BALLET/TAP</b> (3-5) Studio 1	<i>Pretty Princess</i> (2-3) Studio 1		<i>Tiny Twos</i> (2-3) Studio 1	<b>General Public: August 31</b> Walk-in 9:00 am	
1:00 pm	<b>BALLET/TAP</b> (5-6) Studio 1			<b>PRE-BALLET/TAP</b> (3-5) Studio 1	<b>PRE-BALLET/TAP</b> (3-4) Studio 1	<b>COST</b> *Please inquire with the Program Desk for the Disney "Dance Around the World" pricing.	
4:00 pm		<b>PRE-BALLET/TAP</b> (3-4) Studio 3  <b>BALLET</b> (5-7) Studio 1			<b>BALLET/TAP</b> (5-7) Studio 1	<b>Family Plus Programs Membership</b> Free; plus \$50 reg fee <b>General Public</b> \$65 per month + \$10 reg fee Refunds will not be given at any time for programs cancelled by participants.	
4:30 pm	<b>BALLET</b> (5-7) Studio 3  <i>Musical Theater</i> (6+) Studio		<b>HIP HOP</b> (5-7) Studio 3	<b>DISNEY*</b> (7-10+) Studio 1  <b>PRE-BALLET/TAP</b> (3-4) Studio 3	<b>HIP HOP</b> (3-4) Studio 3	<b>CREDITS</b> Will be given with a doctor's note. Any cancellations after the start of the session will not receive a refund or credit.	
5:00 pm		<b>BALLET/TAP</b> (8+) Studio 1  <i>Tiny Twos</i> (2-3) Studio 3			<b>JAZZ</b> (6+) Studio 1		
5:30 pm	<b>IRISH</b> (3-5) Studio 1  Int. <b>JAZZ</b> (6+) Studio 3	<b>HIP HOP</b> (3-4) Studio 3	Int. <b>HIP HOP</b> (6+) Studio 1  Adv. <b>TAP</b> (7+) Studio 3	<b>MODERN</b> (5-7) Studio 3  <b>dancefinity</b> (5:45) all ages Studio 1	<b>PRE-BALLET/TAP</b> (3-4) Studio 1		
6:00 pm	<b>HIP HOP</b> (5-7) Studio 3	<b>ME AND MY SHADOW</b> (1.5-3) Studio 1			<i>Lyrical</i> (6+) Studio 1		
6:30 pm	<b>IRISH</b> (6+) Studio 1  Int. <b>BALLET</b> (6+) Studio 3	<b>Boys' HIP HOP</b> (6+) Studio 3	<b>HIP HOP</b> (5-7) Studio 3  Adv. <b>HIP HOP</b> (6+) Studio 1	<b>PRE-DANCE TEAM</b> (6+) Studio 1			
7:00 pm		Int. <i>Lyrical</i> (6+) Studio 1					
7:30 pm	POM / DANCE TEAM PREP (10+) Studio 1  Int. <b>BELLY DANCE</b> (Adult) Studio 3	Beg. <b>BELLY DANCE</b> (Adult) Studio 1	<b>Street JAZZ</b> (8+) Studio 1  Perf. <b>BELLY DANCE</b> (Adult) Studio 3 Invite only	<i>Country Line Dancing</i> (6+ & Adult) Studio 3  <b>HIP HOP</b> (Adult) Studio 4			



**QUESTIONS?**  
Call the Program Desk  
215.968.0600 ext 112

# dance Guidelines and Descriptions



**BALLET | 50 mins .....Age 4-10+**  
Traditional ballet training, students learn concentration and endurance and become proficient in fundamental dance movement and ballet technique. Each class includes barre exercises, center floor work, and across-the-floor combinations. The class level placement is determined by the faculty. As students progress through each level curriculum will become increasingly more complex and intricate.

**BALLET/TAP | 50 mins .....Age 4-10+**  
Beginner Elements of ballet and tap skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement and music. This is a combination class including ballet and tap technique. Introducing children to basic tap choreography, as well as the foundations of ballet in a fun environment.

**BOYS HIP HOP | 50 MINS .....Age 6-9**  
This dynamic, upbeat class teach boys hip hop moves, technique and choreography with no suggestive music/movements. Dancers develop rhythm, coordination, and self-expression.

**HIP HOP | 50 MINS.....Age 3-10+**  
These dynamic, upbeat classes teach hip hop technique and choreography with no suggestive music/movements. Dancers develop rhythm, coordination, and self-expression. As students progress through each level curriculum will become increasingly more complex and intricate.

**JAZZ | 50 MINS.....Age 3-5 & 6+**  
**STREET JAZZ | 50 MINS.....Age 8+**  
Focus is 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 curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. As students progress through each level curriculum will become increasingly more complex and intricate.

**PRE BALLET/TAP | 50 MINS.....Age 3-7**  
Basic elements of ballet and tap skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement and music. With the use of props such as scarves, ribbon wands, stuffed animals and instruments.

**LYRICAL | 50 MINS .....Age 6+**  
Lyrical/Modern dance is a fusion of ballet and jazz, with expressive motions that tell a story. Students will learn lyrical technique along with how to express

emotion through movement. The class level placement is determined by the Facility. As students progress through each level curriculum will become increasingly more complex and intricate.

**MODERN DANCE | 50 MIN.....Age 5+**  
Classes integrate various traditional disciplines of modern dance foundations with current contemporary styles. These classes are for dancers who like physical complicated floor work, patterns of movement and self-expression. Elements of improvisation are also introduced.

**ME & MY SHADOW | 45 mins ..... Age 1.5-3**  
Movement and music class designed for little dancers 14 months to 2 years and their caregiver. The class is the perfect introduction to music and movement for the very young child not ready to separate but ready to explore in a nurturing learning environment. The basic elements of dance are introduced in a positive and loving way using props such as scarves, stuffed animals and musical instruments. Caregivers (in comfortable clothing) and children participate together throughout the class. Child must be walking.

**OH LITTLE BOYS | 30 MINS .....Age 2-3**  
**OH BIG BOYS | 50 MINS.....Age 4-5**  
A creative movement class designed especially for active boys! This class maintains the structure of a traditional dance class with a warm up, stretching, imaginative center work, and corner to corner moves. With the use of props such as scarves(capes), ribbon wands(swords), stuffed animals and musical instruments.

**POM/DANCE TEAM PREP | 50 MINS .....Age 10+**  
A style seen performed by high school dance teams. Pom is a class designed to introduce dancers to the basics of proper jazz dance technique while including the sharp synchronized movements and visual effects of working with pompoms! This class translates into competitive performance styles. Class curriculum will include a proper warm-up and stretches, jazz, kickline, turn, leap, jump and Pom technique with concentration on complete and correct execution of motions. We will create fun, high energized Pom routines.

**PRE DANCE TEAM | 50 MINS.....Age 6+**  
Are you interested in joining the NAC Dance Team next year? This class will help prepare dancers for NAC Dance Team tryouts, which will be held in 2016. Throughout the year, dancers will learn a variety of styles of dance. The focus of the class will be to improve skill and form.

**PRETTY PRINCESS | 30 MINS.....Age 2-3**  
This Pre-Ballet class combines basic ballet fundamentals and creative movement with fairytale music, scarves, ribbon wands and musical instruments. Lessons consider students' attention spans and keeps

them happily engaged.

**TINY TWOS | 30 MINS.....Age 2-3**  
Foster a love of movement in your child with this fun and energetic class. Lessons consider students' attention spans and keeps them happily engaged while learning to translate music to movement, using props such as scarves, stuffed animals, ribbon wands and musical instruments. Interaction is consistent and incorporates a high level of praise to promote a strong sense of accomplishment. This class does not participate in the recital.

**TAP | 50 MINS.....Age 6+**  
This technique class will focus on faster and more intricate footwork. The dancer at this level will develop speed, clarity, dynamics, and the ability to execute to complex rhythmic combinations. Students will put the fundamentals to work by learning new steps, rhythms, patterns, and combinations. The class level placement is determined by the Facility. As students progress through each level curriculum will become increasingly more complex and intricate.

**IRISH DANCE | 50 MINS..... AGES 3-5 & 6+**  
The dancers will learn the basics of counting Irish music and two Ceili Reel dances that are still done today throughout Ireland, The Walls of Limerick and The Siege of Ennis. The 3-5 class will be taught with a fun spirit focusing on enjoying the dances and the tradition of Irish music. The 6+ class will be taught with rigor, but the focus will be on the enjoyment of the dances and the tradition of Irish music.

**COUNTRY LINE DANCING | 50 MINS..... AGES 6+**  
**Children will learn some of the newest country line dances to pop/country music. Bring sneakers or dance shoes and get ready for a hoe down stompin' fun time. Great exercise without even realizing it! Fun dancing and a great time listening to some of children's favorite artists in country music. Learn all the basic steps such as kickball change, boxstep, Grapevine, sailor steps and more. Requests will also be taken for special songs.**

**DINSEY-DANCE THE WORLD.....AGES 7.25-10+**  
**(MUST TURN 8 BY JUNE 28TH)**  
Dance the world will be run as a combo class covering all types of dance this class will perform in the NAC recital. This class will also march in a magical Walt Disney world parade.

**THE NAC DANCE RECITAL WILL BE HELD IN TWO SEPRATE SHOWS.**  
**MONDAY, WEDNESDAY AND FRIDAY WILL PERFORM IN SHOW 1.**  
**TUESDAY, THURSDAY AND SATURDAY WILL PERFORM IN SHOW 2.**

## ATTIRE / EQUIPMENT

It is important to wear proper dance clothing to enable the instructor to observe and correct the students. Any extra clothing must be removed. All jewelry must be removed, exception stud earrings. All students must have hair pulled back in a bun or ponytails. Jeans may not be worn for any class. See instructor for specific shoe types. Proper shoes are not required until October.

## PARENT RESPONSIBILITY

An adult must escort all children to the Dance studio. No one is permitted in the Dance studio prior to class time. Any child originally from Kid's Club will be taken back after class unless you receive a pick-up pass from the Kid's Club, all others must be picked up promptly after class by a parent. The Dance instructors are not responsible for your child once the class has ended.

## ATTENDANCE POLICY

If your child misses two classes in a row without notification, she/he will be dropped from the class. Please send us an email for any absences.

[attendance@newtownathletic.com](mailto:attendance@newtownathletic.com)