TANYA'S DANCE CO.

Dance Curriculum

Parent Tot ***Ages 18 months to 3*** ***30 min.*** ***1 student $49/mo.***

This fun class is for children ages 18 months to age 3 along with their mom, dad or another adult. This is a great introduction to tumbling for children just developing their coordination. It introduces the child to a group class with the presence of someone there to make them feel more comfortable. The teacher guides the parent/tot team in a way that makes discovering movement, balance and listening skills easy and fun! This class is an excellent first group activity! This class aides in the skills necessary to become an independent learner and move to either the Creative Movement or Tumbling Tots class.

Creative Movement ***Ages 3 & 4*** ***30 min.*** ***1 student $49/mo.***

This creative movement program covers many pre-ballet skills such as rhythmic coordination, simple exercises, tested dance movements, development of large motor skills, counting, singing and make-believe. This level of training provides the child with a social outlet, exposing the child to others outside their usual circle of personal contact. It also introduces the child to the experience of taking instruction from a person other than their own parent. This discipline of dance training also aids in the development of the child's attention span.

Tumbling Tots ***Ages 3 & 4*** ***30 min.*** ***1 student $49/mo.***

This class provides a foundation in the basics of physical movement using gross motor skills such as rolling, jumping and climbing as well as balance, flexibility and coordination. This class not only concentrates on the physical aspects but also on the mental and social aspects (i.e. following directions, forming a line, working within a group, sharing equipment and space). Children begin to accomplish their own goals within the structure of the class while developing a sense of athletic achievement, self-esteem, and social skills that will last a lifetime.

Kinderdance ***Ages 5 & 6*** ***50 min.*** ***1 student $65/mo.***

Kinderdance classes are combination ballet, jazz, and tap classes for students who are in kindergarten or first grade. The class introduces them to dance and movement while developing an awareness of their bodies as an instrument of art. This program is designed to keep the body supple while introducing movement, song, music, rhythms, and very elementary pre-ballet, tap, and jazz. Students will be taught to dance independently of the teacher and will memorize simple exercises and sequences.

Kinder Hip Hop ***Ages 5 & 6*** ***50 min.*** ***1 student $65/mo.***

Kinder Hip Hop is a class designed to focus on introductory hip hop skills for students who are in kindergarten or first grade. Students will learn basic isolations and breaking movements and they will begin to work on basic popping and locking. Students will gain strength while in the class while developing a sense of athletic achievement, self-esteem, and social skills that will last a lifetime.

Acro/Tumbling ***Ages 7 & up*** ***50 min.*** ***1 student $65/mo.***

This class teaches the fundamentals of tumbling by focusing on flexibility, conditioning, body control, strength development, and terminology. Students will learn basic body positions and tumbling skills at their level. Acrobatic skills include backbends (bridges), handstands, cartwheels, rolls (forward, backward, straddle), walkovers, aerials, and handsprings.

Ballet ***Ages 7 & up*** ***50 min.*** ***1 student $65/mo.***

Ballet consists of many basic principles and movements. This class breaks down feet and arm positions, barre and center combinations, and across the floor combinations. Students will gain flexibility, improve their body carriage and attain the look, grace and confidence of being a dancer. This ballet program can lead to basic pointe work and will familiarize your child with proper technique while having fun!

Clogging ***Ages 7 & up*** ***50 min.*** ***1 student $65/mo.***

Clogging is a dance that is done in time with the downbeat of the music, with the heel keeping the rhythm. The toe and heel movements occur on the upbeat of the music followed by the heel, which occurs on the downbeat. Students are taught to use the feet as an instrument to make rhythmic and percussive sounds while accompanying the music.

Contemporary ***Ages 7& up*** ***50 min.*** ***1 student $65/mo.***

Since busting onto the dance scene, contemporary has become a genre loved by so many for being open to interpretation. Elements of fluidity and breath stern from the influence of lyrical, modern, and ballet while the intricacies, speed, and power of jazz and hip hop have quickly made their mark on this wildly popular style. Dancers are encouraged to trust their muscle memory while emotionally diving into the intent of each phrase.

Hip Hop ***Ages 7 & up*** ***50 min.*** ***1 student $65/mo.***

Hip hop dance is a funk style dance that has an urban background. It covers gliding, popping, locking, and breaking movements. This class breaks down the basics of break dancing and fuses together today's latest hip hop and funk styles mixed with old school movements and stunts. This style of dance trains dancers to develop a strong use of body isolation.

Jazz ***Ages 7 & up*** ***50 min.*** ***1 student $65/mo.***

Jazz dance has many different styles, ranging from a cool lyrical base to a very stylized form of jazz. It is a mixture of ballet, modern, and ethnic techniques all fused together to complimentary music. This class focuses more on proper technique and flexibility while working on more advanced steps and progressions across the floor. This style of dance trains dancers to develop a versatility of styles.

Jazz/Lyrical Technique **Ages 7 & up** **50 min.** **1 student $65/mo.**

Jazz/Lyrical Technique is a class that focuses specifically on skills. Through across the floor, as well as stationary exercises, students will build the foundation needed to execute technical elements that have been deemed appropriate for his/her age and level of dance experience. This class will also focus on taking simple steps to another level that pushes that students' range of motion, stamina, precision, and attack. Classes will also work to develop confidence and a genuine connection to movement.

Lyrical ***Ages 7 & up*** ***50 min.*** ***1 student $65/mo.***

Lyrical dance fuses together the techniques of both jazz and ballet while adding emotion. It is a flowing and emotional style of dance that has depth to it. Students will learn about understanding the lyrics of the song and how to relate their movement to them in order to tell a story.

Tap ***Ages 7 & up*** ***50 min.*** ***1 student $65/mo.***

Tap dancing emphasizes rhythm, tempo, timing, counting and basic coordination. This class offers the fundamentals in correct technique and can advance to trick steps such as wings, over the tops, pullbacks as well as rhythm turns and progressions across the floor and in center. Students will learn variations of mastered steps and work on strength, speed, skills, stamina, style and virtuosity.

Student Discount for Multiple Classes

Second class is an additional $55/mo.

Third-Ninth classes are an additional $49/mo.

Tenth class and above is FREE

(Discounts do not apply to classes that are less than 50 minutes in duration.)

Private Lessons ***All Ages*** ***60 min.*** ***1 student***

$75 per class plus choreography fee (if applicable)

Private lessons are by special arrangement with the studio and the teacher. Because time must be set aside in advance, it must be scheduled through the office by reservation. If you schedule a private lesson and cannot be present at your reserved time for any reason, you will be charged for the lesson because the instructor and facilities will have been kept idle on your behalf.