

# COMBO CLASSES - BALLET & JAZZ

Students concentrate on graceful movements, expression, and musical understanding. They build strength, coordination and technique while being introduced to steps and combinations. **No experience necessary. MIN 4/MAX 10 students.**

**All classes in Studio B**

## COMBO 1

M: 10:45a - 11:45a

Grades: K - 2nd

Member: \$44 Prog. Part: \$88

## COMBO 2

T: 11:30a - 12:30p

Grades: 3rd- 5th

Member: \$44 Prog. Part: \$88

## COMBO 3

TH: 1:00p - 2:00p

Grades: 6th - 9th

Member: \$44 Prog. Part: \$88

## COMBO 4

F: 3:00p - 4:00p

Grades: 10th - Adult

Member: \$44 Prog. Part: \$88



## STRETCH, STRENGTH & FLEXIBILITY

Students will concentrate on training and improving their body for the physical requirements necessary for dance. This class is designed to improve a student's range of motion, enhance muscle flexibility and increase their level of core muscle strength.

**No experience necessary.**

M: 1:00p - 2:00p

Grades: 2nd- Adult

Member: \$44 Prog. Part: \$88

#05222-01

W: 4:00p - 5:00p

Grades: 2nd- Adult

Member: \$44 Prog. Part: \$88

#05222-02

F: 1:00p - 2:00p

Grades: 2nd- Adult

Member: \$44 Prog. Part: \$88

#05222-03

# HIP-HOP

Hip-hop dance refers to street dance styles primarily performed to hip hop music, which has evolved as part of hip-hop culture. This class allows students to discover their own hip-hop style in a stress-free and fun environment. **No experience necessary. MIN 4/MAX 12 students** |



## HIPPITY - HOP

TH: 10:15 - 11:00A

Age: 4 - 5 years old

Member: \$33 Prog. Part: \$66

## HIP - HOP 1

T: 1:30p - 2:15p

Grades: 1st - 3rd

Member: \$33 Prog. Part: \$66

## HIP - HOP 2

TH: 11:00a - 12:00p

Grades: 4th- 8th

Member: \$44 Prog. Part: \$88

## HIP - HOP 3

W: 3:00p - 4:00p

Grades: 9th - Adult

Member: \$44 Prog. Part: \$88

# CHOREOGRAPHY HOUR

Learn the process, creativity, and art of choreography. Come with a style and/or song in mind and work alongside the instructor or come with your own choreography to receive input and constructive criticism. This class will help you grow and become a well-rounded choreographer. Styles-Ballet, Jazz, Lyrical, Contemporary, Tap, Team, Hip-Hop & Pointe.

M: 11:45p - 12:45p

Grades: 2nd - Adults

Member: \$44 Prog. Part: \$88

F: 4:00p - 5:00p

Grades: 2nd - Adults

Member: \$44 Prog. Part: \$88

# LYRICAL

These classes are for students who are curious or interested in the lyrical dance style. Students will begin to learn how to express a wide range of emotions through their dance. No experience necessary. **MIN 4/MAX 10 students** **All classes in Studio B**

## BEGINNER LYRICAL

T: 10:30a - 11:30a

Grades: 2nd- 8th

Member: \$44 Prog. Part: \$88

## LYRICAL & CONTEMPORARY

W: 2:00p - 3:00p

Grades: 9th- Adult

Member: \$44 Prog. Part: \$88

# TAP

This dance is for dancers new to tap style dancing. Students learn tap-rhythm and timing. Class consists of warm-up, center, and across the floor training. Students learn shuffles, flaps, time steps, buffalo, hops, drawbacks, cramp rolls, and basic turns. Students learn dance routines to all types of music. No experience necessary. **All classes in Studio B**

## BEGINNER TAP

F: 11:00a - 11:30a

Grades: K- 3rd

Member: \$22 Prog. Part: \$44

## TAP 2

F: 11:30a - 12:00p

Grades: 3th - 8th

Member: \$22 Prog. Part: \$44

## CREATIVE MOVEMENT & PRE - DANCE

These are the perfect classes for young children new to a classroom and dance setting. Dancers will focus on movement, rhythm and flexibility. Children will be urged to show their creativity through movement, music and play. Dancers will do floor work, across the floor drills and stretches.

### CREATIVE MOVEMENT

W: 10:30a - 11:00a Age: 3 - 4

Member: \$22 Prog. Part: \$44

#05201-01



### PRE - DANCE

M: 10:00a - 10:45a Age: 4 - 5

Member: \$33 Prog. Part: \$66

#05205-01

## INTENSIVE ONE-ON-ONE TRAINING

For serious dancers who want to excel. Dance training enables dancers from all dance backgrounds to develop skills that bridges the gap between styles. The training increases skills, flexibility and transferability to other genres. **All classes in Studio B**

Schedule determined individually at registration.

Age: 5 - Adults

Package of 4 lessons: 30 minutes or 1 hour lessons available

Contact Erin Elliott to schedule and register for lessons

eelliott@spemcerymca.org



# INTRO TO Y DANCE COMPANY TEAM

This class is perfect for any student interested or curious in our YDC Team. We will cover specific focus areas associated with the expectations and requirements involved with competing and being a Studio Y Company Team member. This is only an introduction class. It does not guarantee acceptance on the team.

**MIN 1/ MAX 10 STUDENTS** All classes in Studio B

TH: 3:00p - 4:00p

Grades: 2nd - Adults

Member: \$44 Prog. Part: \$88

#05271-01



## TINY TUMBLERS

Introduction to balance, flexibility, movement patterns and basic skills using gross motor coordination. Requirements: must be toilet trained,

**NO EXPERIENCE NECESSARY. MIN 4/MAX 12**

## LEVEL 1: ROLLERS

Gymnasts will be taught basic floor skills. This class will focus on building a strong foundation of tumbling skills. **NO EXPERIENCE NECESSARY.**

**MIN 4/MAX 12 STUDENTS**

M: 2:30-3:15p

Grades: 1st - 4th

Member: \$30 Prog. Part: \$60

Location: East Gym

## LEVEL 2: SKIPPERS

Gymnasts that are ready to expand their skills will focus on perfecting and expanding Level I skills to the next level. Gymnasts must pass the Level 1 class or seek instructor approval.

**MIN 4/MAX 12 STUDENTS**

M: 3:15-4:00p

Grades: 2nd-6th

Member: \$30 Prog. Part: \$60

Location: East Gym