

Dance Programs



Tues-Fri Classes: \$54members/\$107 non-members Sat-Mon Classes: \$47 members/\$94 non-members

DANCE CLASSES

Creative Movement Ages 3-4, with Maureen

Children use their bodies as a means of self-expression through movement, games and other creative exercises.

Thursday 9:30 - 10:10 am 05201-41

Pre-Ballet / Tap Ages 4-6, with Maureen

Fundamentals of ballet are introduced in a playful and creative way. Ballet vocabulary will be introduced. Tap shoes required.

Prerequisite: Creative Movement, Tiny Dancers, or Ballet & More
Thursday 10:15 - 10:55 am 05201-42

Ballet & Jazz Ages 5-7, with Maureen

Students are introduced to classic ballet — dance rhythm, positions, and Jazz movements. **Prerequisite:** Creative Movement, Tiny Dancers, Pre-Ballet, or Ballet & More

Monday 4:15 - 4:55 pm 05201-13

Yoga for Children Ages 4-6, with Maureen

Children will learn to breathe like a fire dragon and jump like a frog. We will use our imaginations to learn simple yoga poses. Yoga improves coordination, posture, concentration and focus.

Thursday 11:00 - 11:40 am 05202-41

Drama for Kids Ages 7-12, with Maureen

This class builds acting skills, speaking skills and confidence in young people. This class is exciting and fun!

Monday 5:45 - 6:30 pm 05201-15

Acting For Kids, with Maureen

Must be enrolled in Drama for Kids.

Warm up in Drama for Kids then act and rehearse for an informal performance at the end of the session.

Monday 6:30 - 7:15 pm 05201-16

Hip-Hop, with Maureen

Students learn the hip hop moves to the latest music. Fast warm up, strength training and choreography.

Junior Hip-Hop Ages 6-9

Monday 3:30 - 4:10 pm 05201-12

Hip-Hop Ages 10 +

Monday 5:00 - 5:40 pm 05201-14

Fairy Tales & Imagination Ages 3- 5, with Maureen

Let the story come alive! Each week students will listen to a story the story then becomes their stage. Join this fun filled journey into the magical world of role playing and spontaneous drama.

Thursday 11:45am - 12:30 pm 05203-43

Tiny Dancers Ages 3-4, with Courtney

This class introduces children to creative movement and fundamentals of ballet and other styles of dance. Children's music, games, and props are used to encourage their creativity and the love of movement.

Adult Tap Ages 17+, with Judith

No experience is necessary; all levels are welcome. This exciting class introduces basic tap steps, combinations and routines set to great music. Tap provides a fun workout and develops rhythm, using both mind and body. Tap shoes required.

Thursday 7:00 - 8:00 pm 05203-42

Ballet....And More! Ages 5+6, with Judith

A taste of ballet, folk and creative dance with an emphasis on body and spatial awareness, motor skills and cooperative interaction. Students delight in dancing with props of different kinds to a variety of musical styles and sounds. At the same time, poise, grace, and self esteem will increase as coordination and creative ability improve.

Thursday 3:40 - 4:30 pm 05203-41

NEW Making Dances Ages 7-10+, with Judith

Working within the dance styles of ballet and modern dance, we will focus on developing the physical skills and aesthetic values needed to become good dancers and dance makers. Students will notice that their range of expression has expanded as they explore how dances are made using the dance elements of space, rhythm, and dynamics.

Thursday 4:40 - 5:30 pm 05204-41

NEW Adventure Dance! Boys & Girls Ages 5-6, with Valerie

This is a loosely structured introduction to dance and movement. Students will creep like a caterpillar, fly like a butterfly, chugga chugga like a choo choo train, or float on the open sea. Movement activities encourage creative expression through imaginary play and the use of props like hoops, balls, bean bags and scarves.

Thursday 12:45 - 1:30 pm 05203-44

NEW Dance and Tumble, Ages 3-5, with Jennifer

This class is fun for everyone! Stretching, imaginative dance and tumbling on a mat are all included to keep the students actively motivated. Balance and coordination are developed through this fun filled session.

Wednesday 2:20 - 3:00 pm 05202-32

NEW BABY BOOGIES Ages 3 mo - 11 mo or Prewalking, with Tory.

This class focuses on developing your baby's interest in the world through movement and sensory exploration. Movement with music is a fun way to encourage social awareness, stimulate brain development, and build strength. Activities will include dance, yoga for moms and babies, flashlight play, tummy time, and infant massage. There will be parent discussion time during each class. Class is taught by a children's dance and yoga instructor and former infant/toddler teacher.

Wednesday 11:00 - 11:50am 05201-34