

Full Season Programs:

Youth & Teen Combo Programs (3-18 yrs.)

BabyMoves Combo (3 – 5 yrs.) - This program introduces the youngest students to the concept, structure and expectations of the studio environment. The combo consists of one hour of Tumble Tots (pre-tumbling) and one hour of BabySteps (pre-tap and pre-ballet). The combination of these classes emphasizes gross motor skills development and controlled body movement. Basic ballet and tap techniques are taught as well as an introduction to basic musicality and rhythm.

DanceMoves Combos & Classes (6-17 yrs. Ballet, Tap and Jazz): These age appropriate classes consist of one hour each of **ballet, tap and jazz** per week and are the core classes in our comprehensive dance program for youth and teens. This program provides excellent foundation and structure for serious young dancers at all levels. The classes are divided according to age and ability with two levels in each group.

- ❖ **Level I** – In each genre, beginning students will develop a basic understanding of movement, vocabulary, and dance terminology with an eye toward a contemporary dancer. Class structure will include warm-up and stretching, basic steps and routines or combinations.
- ❖ **Level II** – Ballet students will learn more advanced barre work and jumps as well as center floor and traveling exercises, with the more advanced students working on some pre-pointe or pointe skills. Strong emphasis on body alignment. Musicality and terminology are also further developed and ballet history is added. Tap students will concentrate on more advanced exercises including precision techniques and strong rhythmic skills. Jazz students will learn jazz techniques to further develop musicality, coordination, strength, and body isolation techniques.

KidMoves Combo (6-17 yrs.): This program allows students to take any three youth/teen classes offered (see available options under Full Season Classes). Students 15 years and up also have the option of participating in the adult Eight Week Program. However, the two programs cannot be combined.

Pre-Professional Dance Company & Competitive Dance/Pom Team Programs (6 –18 yrs.)

These programs offer students the opportunity to train at a professional/competitive level in dance or poms for performance and competition opportunities. All levels are welcome. Auditions are required! Members attend mandatory weekly technique classes and rehearsals where they learn timing, choreography, stage presence and technical execution to improve performance. The company/team monthly fee includes unlimited classes and most company/team expenses.

Full Season Classes:

Youth/Teen Classes (3-17 years)

African Dance (6-14 yrs. - all levels) – This class introduces young dancers to traditional African dance steps, music and routines while exploring the cultural history associated with traditional African dance movements. The class begins with warm-up and stretching exercises then gradually heats up to a fast paced crescendo of various African dance steps and routines that help to increase stamina and improve breathing techniques. The class ends with cooling down exercises and stretching for flexibility.

BabySteps – Pre-Ballet & Pre-Tap (3-5 yrs.) – This first dance class makes learning basic ballet and tap movements fun and interesting to our youngest dancers. Ms. Zahra's friendly, non-intimidating approach to teaching dance to toddlers and pre-schoolers, keeps them motivated, captivated and interested. This first exposure to dance offers a fun learning experience for your child.

Ballet, Tap or Jazz – See description of classes listed above under **DanceMoves Youth & Teen Structured Dance Program**.

Hip-Hop (6-17 yrs. - all levels) – These classes teach young dancers innovative moves and energetic dance routines with an emphasis on contemporary street-style dance. The classes encourage the dancers to be creative giving them opportunities to spotlight their own funky dance moves and routines. Students also enrolled in Tumbling Technique can combine the skill sets learned to create the urban dance style moves seen in recent popular hip-hop movies and videos. The classes are divided according to age and skill. No violent and profane lyrics are used.

Pom/Dance Team Technique (8-17 yrs. - all levels) – This class introduces the students to the world of competitive dance. This class reinforces the technique and choreography (with and without poms) required to compete under UDA/UCA Association Guidelines. This class prepares interested students for membership in the BodyMoves Competitive Dance Team. Students who show potential in the class may be recommended for the team.

Soo Bahk Do Martial Arts (all levels 5 - 15 yrs.) – BodyMoves offers Soo Bahk Do Moo Duk Kwan, a Korean art of self-defense whose ultimate purpose is to eliminate fighting by discouraging the stronger's oppression of the weaker with a power based on humanity, justice and wisdom. The students learn discipline, respect, body awareness, control, balance, coordination, self-defense, forms and age appropriate martial arts weapons. Students who have problems with self control and anger management may benefit from the techniques taught in these classes. The classes meet two times per week for an hour and 15 minutes each, and are divided according to skill level and body size. This program will be an optional competitive program. It is encouraged that students compete in tournaments at least once per quarter. More information regarding tournaments will be provided as it becomes available.

Starting Pointe (8-17 yrs. - intermediate/advanced) – This class designed especially for dancers, focuses on strengthening the leg and back muscles used on pointe. This class teaches students "everything they need to know" when starting on pointe, including pointe shoe selection and maintenance and foot care. The class also reinforces barre work, and center floor and traveling exercises to enhance ballet technique. Students must have previous ballet experience.

Tumble Tots – Pre-Tumbling (3-5 yrs.) – This class designed especially for toddlers to pre-schoolers focuses on gross motor skill development, coordination and balance. Students learn proper stance and technique for forward roll and cartwheel. Students work at their own pace and comfort level to master these skills. This class is also excellent for improving social skills and introducing students to the structured classroom environment.

Tumbling Technique (6-16 yrs. - beginner/intermediate) – These classes are excellent for gymnasts, dancers, martial artists, cheerleaders, athletes or anyone interested in learning tumbling skills to strengthen the body, develop agility and enhance coordination. The classes are divided according to skill level from beginner through intermediate.

Students enrolled in any Youth/Teen classes are expected to perform in the end of year student showcase. Costume fees are additional.

Eight Week Programs/Classes:

Adult Combo Programs

BodyMoves & SeniorMoves Combos (18 yrs.- up) – These adult programs offer three hour long classes per week for eight weeks at one low program price. Students may select any three from the wide range of adult classes offered (see available options under adult class listings).

Adult Classes: (15 yrs. and up unless otherwise indicated)

African Dance – High energy African dance steps and routines choreographed to authentic African music, combine to provide a fun and stimulating cultural experience. Total body stretching included to increase overall flexibility.

Belly Dance – Learn the mystical, sensuous art of belly dance. Belly dance incorporates swaying hips, undulating torso and articulated isolations in a range of dynamic and emotional expressions. This class teaches the characteristic movements of the dance including curving patterns, undulations, thrusts, lifts, locks and drops. This is an excellent class if you want to strengthen and tone your waistline and hips.

Body Conditioning & Stretch Class (13 yrs.-up) – This class uses exercises and techniques designed specifically for dancers, to tone and strengthen muscles and improve breathing. Although the class was designed with dancers in mind, it is an excellent class for anyone (at any level) interested in overall toning and targeting specific “problem” areas.

Creative Drumming (8 yrs.-up) – This freestyle class teaches creative African style drumming techniques that focus mostly on self expression through the music. No musical background is necessary to master the techniques taught in this class.

Jazz – This class uses body isolation techniques, stretching and across the floor Fosse style combinations to provide a full body workout that increases flexibility and improves stamina. A great class for adults at any age or level!

Kickboxing – Get ready for the best workout ever! Through controlled punching and kicking movements carried out with the discipline and skills required for martial arts, kickboxing offers a rigorous workout that can do wonders for feelings of frustration and anger. Practicing kickboxing moves can also help to improve balance, flexibility, coordination and endurance. Kickboxing is also a great way to get a total body workout while learning simple, practical self-defense moves. Fans of the sport say kickboxing helps them to feel more empowered and confident. This class is excellent for both men and women of all ages and fitness levels.

Liturgical – This class emphasis the connection of the choreography to the lyrics and the emotional expressiveness of the movement. The class combines music with ballet and modern dance techniques to convey a story to the audience through dance. The class allows the dancers the ability to express themselves openly and without reservation.

Modern – In this class students explore movement, space, rhythm and inner creativity with an emphasis on momentum, shapes and patterns. The class incorporates the basic technique, study and improvisation of Graham and Horton. Lots of strengthening exercises and stretching make this an excellent body conditioning class.

Self Defense Techniques – This 45 minute class teaches quick, effective and easy to learn self defense techniques for self protection and confidence. A necessary class for men, women and teens 15 years and up.

Tap – This class teaches students basic exercises, precision, coordination and strong rhythmic tap techniques. The music is jazzy, the atmosphere is relaxed and the pace designed to accommodate adults of all ages and levels.

Vinyasa Yoga Technique – Based on the ancient fitness science of Hatha Yoga, this class blends balance, strength, flexibility and power in a fitness format. It is a practical, user friendly style of yoga which is appropriate for individuals at any level of fitness.

Students participating in the Eight Week Program have the option of performing in the annual student showcase. See requirements in Student Handbook.

Special Programs/Classes:

Youth Etiquette Program (6-12 yrs.)

Youth Savvy Social Skills – This interactive 6 week session will cover social skill basics that will give participants the competitive edge they deserve! Knowledge of social etiquette allows people to feel confident in various social situations, and gives them the ability to handle themselves and deal with others with ease. Topics learned are welcoming behaviors, the art of the handshake, proper greetings and introductions, etiquette for public outings, common courtesies, eye contact, image and first impressions! Classes meet once a week for an hour each.

Youth Dining Etiquette Skills – Appropriate dining skills are impressive and very important so individuals feel comfortable in formal and informal dining situations. This interactive 6 week session will prepare participants to be able to dine at the finest restaurants or with Queens and Kings without offending anyone! Topics learned are setting the table, proper use of the napkin, identifying tableware and utensils, American style and European styles of dining, eating common foods, appropriate conversation at the table, entering and exiting the table, mealtime manners and more! Practice food is included. Classes meet once a week for an hour each

Services:

Resource Center – Resource center with fully loaded computer workstations with controlled internet access is available to all students at no charge.

Childcare – Childcare is available for any adult student who brings children to the center while taking classes. This service is available for children between the ages of 18 months and 10 years. Payment is made at the front counter and the children are brought to the student lounge where they are signed in. You must show your payment receipt in order to sign your child in. Children 10 years and under who are not attending class must be with an adult chaperone or in childcare at all times while in the center. Children 11 years and older may stay in the student lounge when waiting on parents if there is available space. Children in childcare receive first preference on space in the student lounge.