

# TAKE 5 DANCE - Class Descriptions



## PRE-DANCE

**Mini – Movement:** Dancers will be introduced to the art of dance through creative movement and music. They will learn basic dance steps while exploring their imagination and movement together. The class is structured to provide repetition so the dancers are able to feel a sense of comfort each week, allowing them to grow musically, improve their coordination, and balance. Most importantly it is fun, using their interests to learn movement.

**Tiny – Tumblers:** This class is designed as an introductory class to dance and acrobatics. The class focuses on developing body awareness, form and develop strength for the younger dancer. Dancers will also build a basic understanding of creative movement and dance. This class is structured, to ensure safety for these tiny-tumblers, with a focus on fun!



## TWINKLE TOES

The **Twinkle Toes** class is created as an introduction to the basic movements of ballet. This is a fun-filled class where dancers are encouraged to explore creative dance while developing their musicality, coordination, rhythm, and creativity.



## COMBO 1 & 2

**\*\* Specially designed classes to allow dancers the opportunity to explore more than one style of dance in one trip to the studio! \*\***

**Combo 1:** Two times the fun! This class is a fantastic way to introduce your dancer to both Ballet and Jazz! Dancers will learn both genres of dance focusing on rhythm, patterns, musicality, and the movement. These dancers will perform either their ballet or jazz routine at the year-end recital.

**Combo 2:** Three's a charm! Learn ballet, jazz, and tap all in one class. This class is designed for dancers to develop a wide range of dance ability continuing to develop their rhythm, patterns, musicality, and movement. These dancers will perform 2 routines in the year-end recital (using one costume).



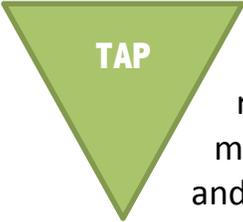
## BALLET

Ballet is the foundation of all types of dancing. It is a great place to start if you and your dancer are unsure of what type of dance to participate in. There is a strong focus on proper technique, body alignment, terminology, and both traditional and current ballet techniques. Ballet is a beautiful and challenging form of dance that develops and enhances technique, poise, grace, & strength.



## JAZZ

This energetic and upbeat class teaches the fundamentals of jazz technique, focused on movement in the centre and across the floor training. Dancing to popular, age appropriate, music while learning kicks, jumps, turns, and flexibility. Dancers will be placed accordingly, by both age and individual level.



## TAP

Making music with our feet! This class is full of energy helping to improve rhythm, musicality, footwork, & coordination. Dancers will participate in movement across the floor and in the centre. Placement is based off of both age and individual ability.



## ACRO

This class is a combination of dance and gymnastics. Dancers will combine jazz and acrobatics together to learn different tricks, balancing positions, tumbling, and contortion skills. There is a large emphasis on flexibility, strength and control. Dancers will be placed based off of their individual needs, abilities, and age.



## HIP HOP

This popular form of dance is commonly seen on T.V. and in music videos. Your dancer will learn the coolest and most popular moves in a fun and energetic class. This class is great for any age and skill set. This class helps your dancer to improve their personal style, fitness level, and confidence!



## MUSICAL THEATRE

A great combination of theatre, dance, and drama! If your child loves dramatic play this is the class for you. Musical theatre classes are all about telling a story through your dancing, facial expression, and body language. This class is LOADED with fun.



## LYRICAL & CONTEMPORARY

This class is a combination of ballet & jazz, using the strength from ballet combined with the expression of jazz to help dancers learn to interpret and express feeling and tell a meaningful story through movement.