



dancespectrum.net

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**Dance classes are an amazing tool for teaching children basic life skills and these skills can be used for the rest of their lives.**

- Spacial Awareness
- Taking Turns
- Standing In Line
- Listening
- Talking When Appropriate
- Respect
- Good Posture
- Following Directions
- Sharing

# Dance Spectrum's 2015-2016 Children's Programs

## Boys & Girls, ages 3 - 8 years old

**Boys Only Preschool** - Boys Ages, 3-6. A combination of creative movement, Tap and Hip Hop is introduced in an energetic, masculine, fast moving format. Boys will perform a Hip Hop dance in the Recital.

**Preschool 1** - Boys & Girls, Ages 3 & 4. A Combination of creative movement and beginning pre-Ballet skills are introduced. This 45 minute class is geared toward improving basic motor skills, agility and rhythm. Dancers will perform a Ballet Song & Dance in the recital.

**Preschool 2** - Boys and Girls, Age 5. Continuing from pre school 1, this 45 minute class will combine both pre-Ballet & beginning Tap for pre-school age dancers. This class is geared toward improving basic motor skills, agility and rhythm. Dancers will perform a Tap Song & Dance in the recital.

**Ballet** - Boys and Girls. Ages 6 and older. Basic positions, technique and exercises will be covered as dancers develop poise, grace and confidence. This is the building block for all dance forms.

**Tap** - Boys and Girls. Ages 6 and older. Timing and agility will be focal points during this class while dancers create rhythms with their feet.

**Jazz** - Boys and Girls. Ages 6 and older. Turns, leaps, and flexibility will be focused on while learning steps to upbeat and current music.

**Hip Hop** - Boys and Girls. Ages 6 and older. This class is packed full of fun, energetic, athletic movements.

**Lyrical** - Boys and Girls. Ages 6 and older. While blending Ballet and Jazz techniques dancers will learn to express themselves through music. Students are encouraged to take a Ballet class in addition to Lyrical.

**Acrobatics** - This class is very athletic in nature. It involves strengthening, flexibility, floor work and tumbling.

**Musical Theatre** - Boys and Girls, Ages 6 and older. This class combines music, movement, lip-sync & acting to Broadway style & popular Musical songs.