

2015-2016 **Recreational Program**

Boys & Girls Ages 9 & Older

www.dancespectrum.net



In addition to being a physical activity, dancing is also a highly social activity. Dance lessons can help boys and girls improve their social and communication skills, learn how to work as a team, develop a greater sense of trust and cooperation, and help make new friends!

- Regular dance practice can increase your child's flexibility, range of motion, physical strength, and stamina.
- Class focus is on fun, geared towards current styles in music and dance.
- Always age appropriate.



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

Pre-Pointe - For dancers, Ages 12 and older

Before beginning pointe work, a Ballet dancer must accomplish many pre-pointe exercises to ensure they are strong enough to dance on pointe without injury. All Pre-pointe dancers must take 2 additional Ballet Classes and have a minimum of 3 years ballet experience at the Dance Spectrum.

Pointe - Pointe is available to advanced Ballet students by teacher recommendation. Dancers must take 2 additional non-performing Ballet Classes.

Tap - Timing and agility will be focal points during this class while dancers create rhythms with their feet.

Jazz - Turns, leaps, and flexibility will be focused on while learning steps to upbeat and current music.

Hip Hop - This class is packed full of fun, energetic, athletic movements.

Lyrical - 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 9 and older

This class combines music, movement, lip-sync & acting to Broadway style & popular Musical songs.