

Tumble 'N Dance Class Descriptions

Ballet: The *mother* of all dance. Ballet is the technical base for all other dance forms. Terminology, placement and movement will be taught through exercises at barre, centre, and across the floor in a developmentally appropriate manner. Students wear pink flat ballet shoes to class.

Tap: Style of dance using special shoes for making music with your feet. Tap teaches rhythm, coordination, and musicality. Students wear flat tan tap shoes.

Jazz: Fun, upbeat style of dance. The basics of jazz dance stem from ballet. Jazz incorporates turns, kicks, and leaps with current dance moves and contemporary music. Students **MUST** take ballet while enrolled in jazz class. Students wear tan jazz gore boots.
Jazz – ages 4 ½ and up.

Hip Hop: Funky style of dance widely seen in music videos. Hip Hop is fun, energetic and good exercise. Students must be at least 6 years old and wear dance sneakers to class.

Gymnastics/Tumbling: Class consists primarily of floor tumbling in addition to stretching and conditioning exercises to increase flexibility and strength. Students will work on a floor balance beam and are eligible to participate in our annual Christmas Program and Spring Recital as well.

Mom & Tot: Class designed specifically for kids ages 18 months – young 3's. One parent participates with their child. Students will learn turn-taking skills, basic rhythm, musicality, and coordination through age-appropriate dance and gymnastics activities. We even use fun props and music! Mom & Tot is a non-performing class.

Adult Classes: Students ages 15 and up may take adult classes. Classes offered to adults vary each season. Adults with or without children enrolled at Tumble 'N Dance are invited to take classes. Participants pay by the class. Classes are usually held in sessions for adults.

Lyrical: Optional class for Teams only. Contemporary style of dance that is expressive and interpretive, with strong foundations in ballet. Dancers will utilize muscle control, strength, and emotion to perform this style of dance. Students must be 9 years old with at least 2-3 years of ballet training, and teacher approval.

Acro-Contortion: Optional class for Teams only. Class is designed to teach the art of contortion in addition to acrobatic skills. The class is similar to rhythmic gymnastics. Students will increase flexibility, muscle control and fluidity of movement to create unique poses and tumbling skills. Class is reserved for Team students ages 6 and up.