



DANCE

Dance/Gymnastics Combo (Ages 3-4 Beginner) (Ages 4-5 Intermediate) (Ages 5-6 Advanced)

This 55 minute class will include tap, ballet, and gymnastics. This class is designed to introduce ballet and tap basic movements and terminology through creative instruction and music during the first 25 minutes of class time. The class will come out into the gym for gymnastic instruction for the remaining 30 minutes. This is a perfect blend of dance and gymnastics' is a great class for young children who enjoy dancing and tumbling!

Hip Pop Combo (Ages 5-7)

Dynamic, upbeat class teaches the fundamentals of Hip Hop technique and basics of gymnastics all in 55 minutes. Dancers learn rhythm and coordination through age-appropriate choreography with no suggestive music or movements. This class is great for energetic kids who love to dance and do gymnastics!

Dance Twirl (Ages 6 and up)

Learn basic dance movements, technique and stretching along with baton twirling movements taught by national twirling champion, Miss Rachael. The class will be structured into 25 mins of dance followed by 20 mins of twirling.

Jazz Dance (Ages 6-8 Beg) (Ages 8-15 Int/Adv)

Great class for all levels of Jazz. Fun upbeat music while learning combinations and a group routine. This class will focus on posture and technique for turns, leaps, and kicks. Body control and musically will also be a big part of the class. 30 minute of Jazz instruction and 25 minute of gymnastics instruction.

Hip Hop (Ages 7-12)

(Beginner, Intermediate, Advanced)

This 45 min. class focuses on age appropriate hip hop dancing and music that your kids will love. They will not only learn high energy hip hop choreography but basic dance technique as well. This will help create well rounded hip hop dancers.

Contemporary Dance (Ages 11-16)

Our contemporary dance class introduces modern technique from different decades and cultures. Dancers will learn modern dance terminology and become familiar with using musicality and rhythm as tools to enhance their performance. Each student will come away from this class with better body awareness, confidence for dance auditions, and the discipline it takes to be a modern dancer.

Creative Dance I (Ages 6-10)

60 minute tap and ballet class. or 45 minutes of just ballet. Students will be introduced to basic ballet and tap movements along with terminology and proper technique through barre' and floor work. Each class will learn tap and ballet routines to increase memorization and the ability to put movements together.

Creative Dance II (Ages 7-12)*

60min class specializing in Ballet/ Tap. Ballet provides the fundamentals for all aspects of dance. At this level dancers will continue to work on strength, stamina, flexibility and technique. This class will help each student gain poise and self-confidence to use the body as an instrument of creativity. Students will learn correct body ballet positions and the correct terminology when practicing at the ballet barre'. Dance skills that require body control will be introduced and put into final routines for community performances and recitals. This tap portion of class will emphasize the development and strengthen basic tap technique and terminology highlighting the importance of rhythm and sound.

Creative Dance III (Ages 7-12)*

This 60 minute Ballet and Tap class will build on the skills taught in Creative Dance II. This class will consist of ballet barre' work as well as advanced floor combinations (turns, leaps, and feet work) will be taught. Correct terminology will be used as well as high expectation of body control and the ability to make corrections when given. Conditioning and stretching will also be a part of the class. This tap portion of class will emphasize the development and strengthen tap technique and terminology highlighting the importance of rhythm and sound. Musicality and style will be taught to finish out a high energy tap routine that will be performed in our annual recital.

**Recommendation: Must be at least 7 years old or recommended by dance instructor. This class is designed to continue and strengthen skills mastered in the previous class.*



Class Times
Listed on Back!

IA Dance Schedule

AUGUST 2016-JUNE 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11-11:55am Beg Dance Combo Rebecca & Lynzi	11-11:45 Baby Barre Liz		11-11:55am Beg Dance Combo *Beth/Stephanie	9-9:55am Beg Dance Combo Liz/ Allie./ Lauren H.
1-1:55pm INT Dance Combo Rebecca		4-4:45 Toddlers & Tutu's Liz	3-3:55pm Hip Pop Combo Brooke		★ 9-9:55am Int. Dance Combo Liz/Allie & Kim
4-4:55pm Hip Pop Combo *Brooke/Stephanie G./Vita	4-4:55pm Beg Dance Combo *Brooke & Lauren H.		★ 4-5pm Dancing Stars Gabby		10-10:55am Beg Dance Combo *Liz/ Allie & Brooke H.
4-4:55pm Beg Dance Combo *Brooke/Rebecca & Vita	★ 4-4:55pm Int. Dance Combo *Rebecca				
★ 4-6pm Youth Dance Team *Rachael/Rebecca	★ 4-6pm Int. Junior Dance Team Liz/Lorenda		★ 5:00-6:00pm Team Ballet Technique 1 Gabby		★ 11-11:55am Int. Dance Combo Rebecca
★ 5-6pm Mini DS *Christy	★ 5-7pm Adv Dance Team Lauren/Lorenda	★ 5-5:45pm Int Hip Hop Brooke	5-5:55pm Beg Dance Combo *Rebecca/Rachael/Brooke/Emilie		
			★ 5-5:55pm Int. Dance Combo *Rebecca/Rachael/Brooke		11-12pm Creative Dance 1 Liz
		5:30-6:25pm Hip Pop Combo *Christy/Courtney & Kim	6-6:55pm Beg Dance Combo Gabby		12-12:45 Int/Adv Jazz Rebecca
6-6:55pm Beg Dance Combo *Beth/Brooke/Lauren H.	6-6:55pm Beg Dance Combo *Liz/ Kellee/Brooke & Lauren	6-6:55pm Beg Dance Combo *Christy/Courtney	6-6:45pm Beg Hip Hop Brooke		
★ 6-6:55pm Adv Dance Combo *Beth/Brooke	★ 6-6:55pm Int Dance Combo Liz/Rebecca /Brooke	★ 6-6:55pm Int Dance Combo *Brooke	★ 7:00-8:00pm Team Ballet Technique 2 Gabby		
★ 6:30-7:15pm Adv Hip Hop Rebecca	★ 7-8pm Adv Tap Lorenda		7-7:45 Dance TWIRL Rachael		

Dance Combo: Beg (Ages 3-4) Int (Ages 4-5) Adv (Ages 5-6) – tap/ballet/gymnastics

Jazz Class: Beg (Ages 6-10) Int/ADV (previous jazz class required Ages 7-16)

Hip Pop Combo: Ages 5-7 hip hop/gymnastics

Hip Hop: Beg, Int, and Adv (Ages 7-16)

Creative Dance: 1(Ages 6-10) 2/3 (Ages 7-14)

Dance Twirl- Ages 6 and up- dance and baton basics

★ Recommendation Only *Lead Dance Instructor

***Must be enrolled Oct-June to participate in Summer Recital**

Questions? Contact Beth at beth.michalak@interactivegym.org

Updated 4/3/17