

UNIVERSEity of Dance

Why Dance?

Dancing is fun, enjoyable and a great teacher of skills and abilities that will be very useful throughout your life. It teaches leadership, teamwork, discipline, goal-setting, and an appreciation and further understanding of music's rhythm and tempo. It helps with building strength, coordination, stamina, flexibility, balance, poise and, most importantly, self-confidence. It combines utilization of the body, mind, and spirit. If you are looking for it all, dance is where you can find it.

Twinkling Stars (Mommy & Me)

*45 minutes

This parent and child class is designed for children 12-24 months. It will take you and your child on a sound and motion journey designed to bring out the natural bond between movement and music.

Mondays: 10:00 & 6:15

Tuesday: 9:00

Tiny Dancers (age 3)

*45 minutes

This program is a stimulating, fun, and imaginative series of classes that introduce the fundamentals of dance while nurturing a child's agility and musicality. Students learn to follow teacher's instructions and interact with their peers.

Monday: 9:30 Tuesday: 1:30

Intro to Ballet/Tap (age 4)

*1 hour

Students begin ballet strengthening exercises, as well as ballet barre, ballet positions, and body awareness. With tap, they develop rhythm and musicality. Making noise with the different parts of our feet is great! They learn to follow teacher's instructions while interacting in a social situation with their peers.

Wednesday: 9:45 Thursday: 1:00

Intro to Ballet/Acro (age 4)

*1 hour

Students begin ballet strengthening exercises, as well as ballet barre, ballet positions, and body awareness. Acro will incorporate beginning tumbling and trampoline skills. They will learn to follow teacher's instructions while interacting in a social situation with their peers.

Tuesday: 10:00 Wednesday: 4:00

Popular Dance ages (4-10)

45 Minutes

Learn all of the popular dances done at weddings & parties to be the hot of the dance floor!!

Dances will include the Chicken Dance, Electric Slide, Salsa slide, YMCA & more!!
Thursday 9:00

Basic Ballet/Tap (age 5)

*meets for 1 hour

A continuation of structured class with emphasis on ballet strengthening, ballet barre, and proper ballet positions. Tap continues to focus on development of rhythm and "making melodies" with the feet.

Monday: 1:00 Thursday: 6:00

Basic Ballet/Acro (age 5)

*meets for 1 hour

A continuation of structured class with emphasis on ballet strengthening, ballet barre, and proper ballet positions. Acro incorporates tumbling and trampoline skills.

Tuesday: 6:00 Friday: 1:00

Ballet/Tap/Jazz Combo (age 6)

*hours

A more structured class with emphasis of correct ballet terminology, barre, positions, body alignment and center floor work. Continued development in tap with more emphasis on flexibility of the feet, clarity of sounds and rhythm. Introduction to jazz with a basic warm-up, isolations and moves across the floor.

Monday: 5:00 Wednesday: 5:15

Ballet I (ages 7 & up)

*meets for 1 hour

A continuation in a structured ballet class with emphasis on positions, body alignment, technique at the barre, center floor, across the floor work, and terminology.

Friday: 4:00

Tap I (ages 7 & up)

*meets for 1 hour

A form of dance where rhythmic sounds are created by the feet. This class will develop flexibility of feet and clarity of sounds and rhythm.

Friday: 5:15

Jazz I (ages 7 & up)

*meets for 1 hour

A stylized form of dance which incorporates Ballet for technique. This is a fast-paced and high energy class with emphasis on jazz styles and rhythms, coordination, body isolation and jazz vocabulary.

Monday: 7:15

Hip Hop (ages 7 & up)

*1 hour

Is a free style form of dance influenced by street dance and current trends. Students will enjoy fun, high energy street movements as seen in their favorite music videos. This class is full of funk!

Tuesday: 7:15