

Specialty Dance

Check out these exciting new classes! Fall 2018

Musical Theater: *Born out of Broadway, musical theater combines dance, singing and acting; students will do a bit of each in this class! Focus will be mainly on musical theater choreography and performance quality.*

Junior Musical Theater - Mondays, 5:00-6:00

Teen Musical Theater - Mondays, 6:00-7:00

Tumbling for Dancers: *Get those tricks stage ready! This class will focus on those gymnastics skills that are great for choreography, including handstands, cartwheels, aerials, back & front handsprings and many more. And the best part - it will take place in our dance rooms in addition to the gym.*

Beginning/Intermediate - Wednesdays, 7:00-8:00

Int/Advanced - Fridays, 4:00-5:00

Improvisation/Composition: *This class is for the Int/Adv dancer ages 12-18 who has an interest in improvisational techniques and creating dances. Students will explore different ways of making movement and composing their own works.*

Saturdays, 12:00-1:00

Horton Technique: *Created by Lester Horton, this traditional modern dance technique is fantastic for strength building. Int/Adv dancers will explore exercises using flat backs, lateral stretches, tilt lines and lunges. What does Horton technique look like? Check out Alvin Ailey Dance Company or Denver's own Cleo Parker Robinson Ensemble.*

Tuesdays, 4:00-4:45

Advanced Leaps & Turns: *For the advanced jazz dancer, this class will step away from classical technique and focus deeper on intricate turns, leaps and progressions across the floor.*

Mondays, 5:00-6:00

Advanced Contemporary Choreography: *This class is for the advanced dancer who is looking to increase their ability to pick up choreography quickly. Students will warm-up, learn different choreography each week and practice performing in class.*

Saturdays, 9:00-10:00am

Airborne

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