

# Specialty Dance

**Check out these exciting classes for Junior & Teens!  
Summer 2019**

**Studio Hip Hop:** Rooted in African dance, hip-hop is great for any dancer looking to expand their dance training. Dancers will learn different styles of hip-hop, as well as the culture and history behind them.

Jr. Hip Hop - Wednesdays, 5:00-5:55

Teen Hip Hop - Wednesdays, 6:00-7:00

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

Beginning Junior Musical Theater - Mondays, 5:00-5:55

Int/Adv Junior Musical Theater - Mondays, 5:00-6:00

Beginning Teen Musical Theater - Mondays, 4:00-4:55

Int/Adv Teen Musical Theater - Thursdays, 4:00-5:00

**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.

Beg. - Wednesdays, 7:00-8:00

Int./Adv. - Fridays, 2:00-3:00

**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. Nervous about conventions or workshops? This is a great class to help you get comfortable!

Junior Contemporary - Saturdays, 11:00-12:00

Teen Advanced Contemporary - Saturdays, 11:00-12:00

**Teen Contact Improvisation:** Wednesdays, 5:00-6:00

In this exploratory class, dancers will learn the basics or improvising with a partner and/or group, including weight sharing, partner lifts and kinetic awareness. Recommended for Modern 4 & 5 levels.

**Improvisation/Composition:** Saturdays, 12:00-1:00

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.

**Strength & Stretch Classes!**

Jr. Strength - Wednesdays, 4:00-5:00

Teen Strength - Saturdays, 9:00-10:00

Jr. Stretch - Fridays, 5:00-6:00

Teen Stretch - Saturdays, 10:00-11:00

Ankle Strength & Pointe Prep - Tuesdays, 3:00-3:45