

# Dance Classes

## All Dance classes offered at Frederick studio

For our youngest students, we believe dance is a great way to build healthy patterns for both the brain and body. Starting dance at a young age can not only develop positive habits, but keep unhealthy habits at bay. Through a combination of play and structured routine, our DancingBees and Mini Dance programs benefit young children physically, mentally, socially, and emotionally.

Our goal for our school-aged dance program is to teach a growth mindset and good work ethic while fostering a love of artistic dance and an appreciation for excellent technique.

Dancers should enroll for age appropriate class based on age as of September 30th 2019.

### Wednesdays:

DancingBees, ages 2 ½-4: 4:00-4:45

Mini Ballet/ Jazz, ages 4 ½ -7: 5:00-5:55

Junior Ballet 1, ages 7-12: 6:00-6:55

### Thursdays:

Mini-Hip Hop, ages 4 ½ -7: 4:00-4:55

Junior Hip Hop, ages 7-12: 5:00-5:55

Teen Hip Hop, ages 13-18: 6:00-6:55

### Saturdays:

DancingBees, ages 2 ½-4: 9:00-9:45

DanceNastics, ages 4-6: 9:50-11:05

Mini Jazz/ Modern, ages 4 ½ -7, 11:15-12:10

### Dress Code:

**Ballet:** Leotard and tights, pink leather or canvas ballet shoes

**Jazz and Hip Hop:** Dance pants or leggings, form-fitting top, tie or slip on jazz shoes. Shorts may be worn over tights if desired.

**Contemporary/ Modern:** Dance pants or leggings, bare feet