

Pre-School Dance Class Descriptions & Apparel

Dancing Gym Bears- Ages: 2 & 3 yrs. Class Length: 55 min. Breakdown: 30 min. dance, 25 min. gymnastics with parent participation in both portions of the class. In the dance portion, the students begin with stretches, go on to barre work, center work progressions, and conclude the lesson with a song. The children will learn primary ballet technique including positions, coordination, and develop their sense of rhythm. For gymnastics, the children go into the big gym using various gymnastics equipment. This includes bars, beam, floor, and trampolines. You are there to spot and learn with your child.

Attire: black short sleeve leotard, pink tights, pink tutu, pink ballet shoes, and white gymnastic shoes

Total: \$68.50 (+ \$4.80 tax)= \$73.30

Dancing Gym Bears- Ages: 3 All Me (with teachers approval.) or 3All Me & 4Bears The same description as the Dancing Gym Bears 2 & 3, only each dancer is by him/herself.

Attire: black tank leotard, pink tights, pink skirt, pink ballet shoes, and white gymnastics shoes

Total: \$75.25 (+ \$5.27 tax)= \$80.52

Dancing Gym Bears- Ages: 4 & 5 yrs. Class Length: 55 min. Breakdown: 30 min. dance, 25 min. gymnastics. In the dance portion, the students begin with stretches, perform more extensive barre work, center work, and conclude the lesson with a song. The children will learn primary ballet technique including positions, coordination, and develop their sense of rhythm. For gymnastics, the children may tumble in the dancing school and then may go to equipment in the gym. This includes bars, beam, floor, and trampolines.

Attire: black tank leotard, pink tights, pink skirt, pink ballet shoes, and white gymnastic shoes

Total: \$75.25 (+ \$5.27 tax)= \$80.52

Ballet/Gym- Ages: 5-8 yrs. Class Length: 55 min. Breakdown: 30 min. dance, 25 min. gymnastics. In the dance portion, the students begin with stretches, go on to barre work, and center work. Students will begin to put combinations together and perform progressions across the floor, concluding the lesson with a song. For gymnastics, the children tumble in the dancing school and then may go to equipment in the gym at different times. This includes bars, beam, floor, and trampolines.

Attire: black tank leotard, pink tights, pink skirt, pink ballet shoes, and white gymnastic shoes

Total: \$75.25 (+ \$5.27 tax)= \$80.52

Tap/Jazz- Ages: 5-8 yr. olds. Class Length: 55 min. Breakdown: 30 min. jazz, 25 min. tap. This class gives students a combination of 2 types of dance. The class includes a warm up. Then proceeds to the jazz portion of the class where children learn jazz progressions, technique including positions, coordination, and develop their sense of rhythm. The second half of the class will learn basic tap steps, tap technique, and a variety of tap combinations.

Attire: black tank leotard, pink tights, pink ballet shoes, black tap shoes and tap ties

Total: \$64.75 (+ \$4.53 tax)= \$69.28

Ballet/Tap/Jazz- Ages: 4-8 yr. olds. Class Length: 55 min. Breakdown: 20 min. ballet, 20 min. jazz, 15 min. tap. This class gives students a combination of 3 types of dance. The ballet includes warm up, barre work, and center work. The Jazz includes progressions and the Tap includes basic tap steps. This class will also learn primary ballet technique including positions, coordination, and develop their sense of rhythm.

Attire: black tank leotard, pink tights, pink skirt, pink ballet shoes, black tap shoes and tap ties

Total: \$78.25 (+ \$5.48 tax)= \$83.73

Ballet/Tap/Gym- Ages: 3 –8 yr. olds. Class Length: 55 min. Breakdown: 15 min. ballet, 15 min. tap, and 25 min. gymnastics. This class gives the students a combination of two types of dance, as well as gymnastics. The children begin with ballet that includes warm up, ballet technique at the barre, and center work. The tap section includes rhythm, basic tap steps, and combinations. The gymnastics portion will take place in the main gym. The gym activities will include floor, uneven bars, balance beam, and trampoline.

Attire: black tank leotard, pink tights, pink skirt, pink ballet shoes, white gymnastics shoes, tap shoes, and tap ties

Total: \$96.25 (+\$6.74 tax)= \$102.99

CheerBears- Ages: 4-6 yrs. Class Length: 55 min. This class teaches basic cheer motions, chants, pom routines, and basic tumbling for our younger cheerleaders.

Attire: any t-shirt tucked into shorts, white gymnastics shoes, and pom poms

Total: \$39.50 (+\$2.77)= \$42.27

Tiny Hip Hop- Ages: 4 - 6 yr. olds. Class Length: 55 min. The Tiny Hip Hop dance class is for any dancer with lots of energy that will definitely be put to use in a productive manner! This class is for both boys and girls. The students are introduced to basic jazz techniques with popular music. Students will learn basic body awareness, rhythmic counts, funky progressions, and have loads of dancing fun. The instructor combines all of these elements to create a totally fun form of jazz expression.

Attire: comfortable clothing and clean tennis shoes

KarateBears- Ages: 4-6 yr. olds. Class Length: 45 min. **KarateBears- Ages: 7-13 yr. olds.** Class Length: 1-Hr. Our Karate program will help channel your kids energy in a productive manner! This class is for both boys and girls. We teach the children traditional values found in almost any martial arts system, such as respect for self and others, and self-discipline. In this class your child will develop strong motor coordination skills while exercising and having fun

Attire: child's Gi and white gymnastics shoes

Total: \$42.99 (+ \$3.01 tax) = \$46.00

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