

DANCE CLASS—CLASS DESCRIPTIONS

- ACRO: SKILLS IN BALANCE- AGILITY AND FLEXIBILITY. A MIX OF ACROBATIC STUNTS AND CHOREOGRAPHY
- B=BALLET: CLASS INSTRUCTING THE CORRECT TECHNIQUE AND HISTORY OF BALLET
- CHEER/POM: A SOURCE OF SPIRIT THROUGH SHARP AND ENERGETIC MOVEMENT- WE INCLUDE JAZZ TECHNIQUE
- HIP HOP: OURS IS INTRICATE AND AGE APPROPRIATE
- J=JAZZ: TECHNICAL TRAINING TO MORE CONTEMPORARY MUSIC
- LYRICAL: LIGHT BALLET-MODERN AND JAZZ TECH. USED TO PORTRAY LYRICS/EMOTION
- MODERN: CONTEMPORARY DANCE USING BREATH AND EFFICIENCY WITH WICKED ENERGY CHANGES- LEVEL CHANGES- LIFTS- SLIDES- ROLLS- JUMPS AND LEAPS
- T=TAP: STANDARD AND BUCK /RHYTHM TECHNIQUES COMBINED
- TRIX/FLEX: TRICKIER STEPS THAN CLASSIC JAZZ- INCORPORATING MORE FLEXIBLE AND MORE DIFFICULT- MOVES AND POSES
- TUMBLE: BASIC SKILLS- CRABWALKS THROUGH CARTWHEELS TO BACK WALK OVERS
- URNS/LEAPS AND JUMPS: PIROUETTES- FOUETTES- AXLES- TOE TOUCHES- GRAND JETES- SWITCH LEAPS- AND ALL THAT FUN STUFF YOU NEED FOR POMS.....
- WORK-OUT: EXERCISES DONE WITH CORRECT BODY TECHNIQUE, TO TONE- STRENGTHEN AND INCREASE FLEXIBILITY
- ZUMBA: SPANISH FOR "MOVE FAST AND HAVE FUN"! DANCE CARDIO WORKOUT FOR OPTIMAL WEIGHT LOSS!!

REGISTRATION FORM- REQUIRED

STUDENT:

CLASS DAY/TIME (S):

PHONE #:

EMAIL :

PARENTS:

MOMS. CELL #:

ADDRESS:

ZIP:

EMERGENCY CONTACT # AND WHO IT IS:

STUDIO WILL NOT BE HELD LIABLE FOR INJURY- PLEASE SIGN. HERE _____

TUITION IS DUE BY THE 10TH OF EACH MONTH- PLEASE INITIAL HERE _____

MY CHILD'S PHOTO MAY BE DISPLAYED ON FACEBOOK PAGE- MISS KIMS DANCE CLASS - YES OR NO

THANK YOU!!! LOOKING FORWARD TO ANOTHER GREAT YEAR!!! KIM