



CC & Co. 2009-2010 Class Descriptions

2-4 Year Olds

Movement (Ages 2-3yrs): Incorporates practice of gross motor and fine motor skills with attention given to color/shape recognition and spatial concepts such as behind, under, beside etc. Program also encourages social skills such as taking turns, cooperation, and friendly words and actions.

Get Movin! (Ages 2-4yrs): Incorporates practice of gross motor and fine motor skills with attention given to color/shape recognition and spatial concepts such as behind, under, beside etc. Program also encourages social skills such as taking turns, cooperation, and friendly words and actions. **A great class for Boys!**

Jumpstarts (2-3yrs): Introduction to music with instruction on rhythm, social and direction skills. Focus on balance. Set to creative music.

Kids In Motion (3yrs.): Introduction to dance steps, learning basic steps and dance movements.

Theatrical Ballet (4rs.): Basic ballet. Learning the terms associated with dance steps. Learning everything that goes along with being on the stage, creating costumes, props and face painting.

Intro to Acro: (2-4yrs.): Acrobatics and tumbling. This class is strictly floor work with students learning how to balance and control their bodies along with strengthening their arms and legs.

Tumble & Twirl: (3-4yrs.): Basic dance movements mixed with basic tumbling and acrobatics, floor work only. Learning terms associated with acrobatics.

Intro Ballet (Age 4yrs): Continues to practice skills listed for movement and also introduces children to basic ballet positions, steps, technique, and terminology.

5-6 Year Olds

Ballet/Tap/Jazz (Age 5-6): Designed for the developing attention span of the kindergarten and first grade student, this class focuses on the introduction of each dance form to lay a good foundation for continued dance education in a fun, fast-paced atmosphere with age appropriate music. *(Ballet/Tap/Jazz II is for our second year students, or students starting with the class and already in 1st Grade)*



Beginners Hip Hop (6-9yrs.): Our Hip Hop Dance Program is based around what we like to call "Bubble Gum Pop", it is a high-energy, upbeat dance class that will teach your dancer about the ideas behind Hip Hop Dance and style while using current music selections appropriate for this age group.

Beginners Jazz & Hip Hop (6-9yrs): An energetic style of dance, which uses ballet technique combined with current styles of dance. Class is upbeat using current music. We combine this with Hip Hop's relaxed free style form of dance, which uses your own personal rhythm, as well as current dance moves.

Beginners Acro (Gr. K-2): Acrobatics and tumbling. This class is strictly floor work with students learning how to balance and control their bodies along with strengthening their arms and legs.

7 Years and Up

Acro : Or Acrobatics and tumbling. This class is strictly floor work with students learning how to balance and control their bodies along with strengthening their arms and legs. Students learn everything from forward rolls to hand springs.

Tap: A rhythmic style of dance, using special shoes to accent sounds and rhythms. Great for coordination.

Jazz: An energetic style of dance, which uses ballet technique combined with current styles of dance. Class is upbeat using current music. (Intermediate Jazz students are recommended to take a Ballet class as well)

Ballet: A classical form of dance which focuses on body alignment and technique. Barre, center floor & progressions (movement across the floor) are used to develop technique.

Lyrical Jazz: A combination of both ballet and jazz technique to a slower beat of music. This style utilizes dance as interpretation of the music. (Intermediate Lyrical students are recommended to take a Ballet class)

Jumps & Turns (Open): Class focused on enhancing dance skills with emphasis on jumps and turn technique.

Hip Hop: A relaxed free style form of dance, which uses your own personal rhythm, as well as current dance moves. Our Hip Hop Dance Program is based around what we like to call "Bubble Gum Pop", it is a high-energy, upbeat dance class that will teach your dancer about the ideas behind Hip Hop Dance and style while using current music selections that are age appropriate.

Hip Hop Fusion Dance Company, (7-11yrs) Audition Required: Fusion Company requires attendance to one technique class and one choreography class each week.

Hip Hop Fusion Dance Company, (12+yrs) Audition Required: Fusion Company requires attendance to one technique class and one choreography class each week.

Beginner Clogging (OPEN): A variance on traditional tap class as your tap shoes have 'extra' taps.

Hip Hop & Tap (7-11yrs): A rhythmic style of dance, using special shoes to accent sounds and rhythms. Great for coordination. We blend this with the energy and style of Hip Hop Dance.

Breakdancing: A variation on the Hip Hop style of dance concentrating on specific movements and tricks.

