

# Dance Information

## KIDS-N-MOTION CLASSES

| Class  | Day | Time        | Room |
|--|-----|-------------|------|
| <b><u>19 - 36 Months parent participation (as of 9/1/11)</u></b> |     |             |      |
| Tumble Dance   | M   | 9:30-10:20  | A    |
| Tumble Dance   | Sat | 9:00-9:50   | B    |
| <b><u>2.5-3 Year Olds (as of 9/1/11)</u></b>                     |     |             |      |
| Princess Dance   | W   | 9:30-10:20  | A    |
| Princess Ballet  | Th  | 10:30-11:20 | A    |
| <b><u>3 Year Olds (as of 9/1/11)</u></b>                         |     |             |      |
| Princess Ballet  | F   | 9:30-10:20  | A    |
| Princess Ballet  | Sat | 10:00-10:50 | A    |
| Princess Dance   | T   | 10:30-11:20 | A    |
| Princess Dance   | Sat | 9:00-9:50   | C    |
| Tap/Jazz/Tumble  | M   | 10:30-11:20 | A    |
| Tap/Jazz/Tumble  | W   | 10:30-11:20 | A    |
| Gymnastics/Dance   | M   | 10:30-11:20 | Gym  |
| <b><u>4 Year Olds (as of 9/1/11)</u></b>                         |     |             |      |
| Tap/Jazz/Tumble  | T   | 1:00-2:00   | A    |
| Tap/Jazz/Tumble  | Th  | 9:30-10:30  | A    |
| Tap/Jazz/Tumble  | Sat | 10:00-11:00 | B    |
| Tap/Jazz/Tumble II   | Sat | 9:00-10:00  | A    |
| Princess Dance   | W   | 2:00-3:00   | A    |
| Princess Dance II  | Sat | 12:00-1:00  | C    |
| Princess Ballet  | T   | 9:30-10:30  | A    |
| Princess Ballet  | Sat | 11:00-12:00 | B    |
| Petite Express   | Sat | 10:00-11:30 | D    |
| Gymnastics/Dance   | F   | 9:30-10:20  | Gym  |
| <b><u>4-5 Year Olds (as of 9/1/11)</u></b>                       |     |             |      |
| Hip Hop Beg./Int   | F   | 3:30-4:30   | C    |
| Hip Hop/Tap/Tumble Beg/Int                                       | M   | 5:30-6:30   | D    |

## RECREATIONAL CLASSES

| Class  | Day | Time          | Room |
|--|-----|---------------|------|
| <b><u>5 - 6 Year Olds (as of 9/1/11)</u></b>   |     |               |      |
| Tap/Jazz/Tumble Beg.                           | Th  | 3:30-4:30     | D    |
| Tap/Jazz/Tumble Beg.                           | Sat | 11:00-12:00   | C    |
| Tap/Jazz/Tumble Int.                           | F   | 4:30-5:30     | C    |
| Pre-Ballet Beg.                                | Sat | 10:00-11:00   | C    |
| Pre-Ballet Int.                                | M   | 3:30-4:30     | D    |
| Petite Express                                 | Sat | 10:00-11:30   | D    |
| Mini Express (T/J/B)                           | W   | 4:00-6:00     | C/D  |
| Acrobatics                                     | W   | 4:00-5:00     | TC   |
| Hip Hop Express                                | T   | 5:30-6:30     | B    |
| Hip Hop/Tap/Tumble Beg/Int                     | M   | 5:30-6:30     | D    |
| <b><u>7 - 9 Year Olds (as of 9/1/11)</u></b>   |     |               |      |
| Tap/Jazz/Tumble Beg.                           | Th  | 3:30-4:30     | B    |
| Tap/Jazz/Tumble Beg.                           | F   | 5:30-6:30     | C    |
| Tap/Jazz/Tumble Int.                           | T   | 3:30-5:00     | C    |
| Tap/Jazz Int./Adv.                             | Th  | 5:30-6:30     | A    |
| Jazz Beg.                                      | W   | 4:00-5:00     | D    |
| Pre-Ballet Beg.                                | F   | 4:00-5:00     | B    |
| Pre-Ballet Int.                                | Sat | 11:30-12:30   | D    |
| Pre-Ballet Adv.                                | M   | 3:30-4:30     | C    |
| Hip Hop Beg.                                   | Th  | 4:30-5:30     | B    |
| Hip Hop Beg.                                   | Sat | 1:00-2:00     | C    |
| Hip Hop Int.                                   | Th  | 3:30-4:30     | C    |
| Acrobatics                                     | W   | 5:30-6:30     | TC   |
| Glee   | Sat | 12:30-1:30    | D    |
| <b><u>10 - 12 Year Olds (as of 9/1/11)</u></b> |     |               |      |
| Tap/Jazz Beg.                                  | F   | 7:00-8:00     | D    |
| Tap/Jazz Beg.                                  | Sat | 12:00-1:00    | B    |
| Tap/Jazz Int/Adv.                              | F   | 7:00-8:00     | B    |
| Tap/Jazz Adv.                                  | Sat | 1:00-2:30     | B    |
| Jazz Beg.                                      | Th  | 4:30-5:30     | D    |
| Jazz Int/Adv.                                  | M   | 6:30-8:00     | D    |
| Hip Hop Beg.                                   | Th  | 6:30-7:30     | C    |
| Hip Hop Int./Adv.                              | T   | 6:30-7:30     | C    |
| Ballet Beg/Int.                                | T   | 7:00-8:00     | D    |
| Acrobatics                                     | W   | 5:30-6:30     | TC   |
| Glee   | F   | 6:00-7:00     | D    |
| <b><u>Teen</u></b>                             |     |               |      |
| Jazz Beg.                                      | W   | 8:00-9:00     | D    |
| Jazz Int./Adv                                  | T   | 7:30-9:00     | C    |
| Ballet Beg/Int                                 | Th  | 7:30-8:30     | C    |
| Hip Hop Beg.                                   | M   | 6:30-7:30     | C    |
| Hip Hop Int./Adv.                              | W   | 7:00-8:00     | D    |
| Contemporary                                   | M   | 8:00-9:00     | A    |
| <b><u>Adult</u></b>                            |     |               |      |
| Tap  | W   | 7:30-8:30 pm  | C    |
| Jazz   | M   | 8:00-9:00 pm  | A    |
| Ballet   | T   | 8:00-9:00 pm  | D    |
| Zumba  | W   | 9:30-10:30 am | B    |

### DANCE CLASS TUITION

|                        |                    |
|------------------------|--------------------|
| 50 min-1 hour per week | \$ 62.00 per month |
| 1.5 hour per week      | \$ 93.00 per month |
| 2 hours per week       | \$124.00 per month |
| 3 hours per week       | \$157.00 per month |

Gymnastics/Dance: \$65.00 per month

Zumba Pricing: \$5.00 per class

Each additional family hour after two, will be at the discounted rate listed below.

Dance \$33/hr Gym \$35/hr

A 20% discount is given to individual & multiple family members enrolled in both Performing Company and Gym Teams.

Unlimited Dance Class Pass: \$400 per month per student

Family Dance Class Maximum: \$500.00 per month

**Note:** All the Westside Advanced and Company dancers train in tap, jazz and ballet. Students interested in possibly moving into advanced, competitive dance will benefit from including these three classes in their current dance curriculum.

### Adult Classes Special Drop In Rates:

Zumba \$5.00 per class

Tap, Jazz and Ballet \$8.75 per class

**Punch Cards...10 classes (\$50) for any or all adult classes**

## DANCE RECITAL & REHEARSAL ~ June 18th - 23rd

Held annually in downtown Portland at the Newmark Theater. All dance students are encouraged to attend. This is a very special experience for the entire family and friends too. Tickets go on sale May 14th. Recital fees are deducted with November's EFT.

### DANCE CLASS DESCRIPTIONS & DRESS CODE

No Jewelry ~ Hair pulled back and off the neck

**Acrobatics (Tumbling):** Designed to teach the proper drills, progressions and flexibility training to students who want to learn basic Gymnastics and Acro skills for Cheerleading, Dance Teams and advanced Acrobatic classes. Wear any color leotard, bike shorts or dance pants. Beige jazz shoes are recommended.

**Acro Express:** An accelerated program for younger dancers. Includes classes in Tap, Jazz, Tumbling & Ballet. Wear any color leotard, bike shorts or dance pants. Beige jazz shoes are recommended.

**Ballet:** Students learn classical positions, barre work, centre floor, leaps & turns. Basic building block of all dance. Wear a black leotard, pink tights and pink ballet shoes. Hair should be in a neat bun.

**Mini Express:** A teacher placement Ballet/Tap/Jazz class for younger dancers continuing with their accelerated dance education. Members may perform or compete locally. Wear any color leotard, tights or dance shorts or pants. Tap, ballet and lace-up jazz shoes are also needed. Hair should be in a neat pony or bun.

**Petite Express:** A teacher placement Ballet/Tap/Jazz class for younger dancers continuing with their dance education at an accelerated level. Members may perform locally. Wear any color leotard, tights or dance shorts or pants. Tap, ballet and lace-up jazz shoes are also needed. Hair should be in a neat pony or bun.

**Glee:** Are you a Gleek? Class will include Singing, Dancing, Stage-Movement, and Production Routines. No experience needed. Wear comfortable clothing you can move in and black jazz shoes.

**Gymnastics/Dance:** This class will work on tap dancing skills in our dance room and then move into our gym to work on basic gymnastics skills on the different apparatus. Any gymnastics or dance leotard is acceptable, no tights.

**Hip Hop:** This high energy class highlights popular dance steps seen in current music videos. Music and dance moves are always age appropriate, fast paced and fun! Wear comfortable athletic clothing and black, non-marking tennis shoes (like Converse) or hip hop sneakers to be worn only in class.

**Jazz:** Includes the latest dance moves with technique training in flexibility, kicks, turns, leaps & choreography. A great basis for school dance teams theater and cheer. Wear any color leotard, tights or dance shorts or pants and beige "Foot Paws".

**Pre-Ballet:** A perfect class for the younger ballet student. This class includes ballet positions, barre work, floor, leaps and turns. Helps develop coordination and grace. Wear a pink or black leotard, pink tights and pink ballet shoes. Hair to be in a neat bun.

**Princess Ballet:** An innovative class designed to introduce children to basic ballet positions and technique, through movement, literature and personal expression. Princess Ballet II is designed for second year princess ballet students. Wear any color pastel leotard, pink tights and pink ballet shoes.

**Princess Dance:** An innovative class designed to introduce children to basic tap, jazz, acrobatics and ballet technique, through movement, literature and personal expression. Princess Dance II is designed for students that have completed a year of dance. Wear any color leotard and tights or dance shorts. Tap and pink ballet shoes will also be needed.

**Tap:** Dancers will develop rhythm, coordination, clarity of sounds & training in basic routines. Wear any color leotard, tights or dance shorts or pants and tap shoes.

**Tap/Jazz/Tumble:** For boys and girls ages 3 -9. Students learn the joy of dance and tumbling in a combination class. A fast paced variety of movement make this class one of our most popular. Wear any color leotard, tights or dance shorts or pants. Tap and ballet shoes will also be needed.

**Tap/Jazz:** Same as above, except class concentrates on dance only. Wear any color leotard, tights or dance shorts or pants. Tap and black jazz shoes or Beige "Foot Paws" will also be needed.

**Tumble Dance:** This class is designed for the parent and child to take class together in a fun environment. Class will focus on loco motor skills, hand-eye coordination and basic dance and tumbling skills. Wear any color leotard, tights or dance shorts or pants and ballet slippers.

**Zumba:** Zumba is a combination of dance and fitness based on salsa, merengue, reggaetone. Fun and highly aerobic! Enjoy a fun workout while your child takes a class! Wear comfortable athletic clothing and non-marking tennis shoes.

#### **Males:**

**Most Classes:** Tank tops, fitted T-shirts, shorts or dance pants. Shoes appropriate for style of dance.

**Ballet/Ballet Express/Pre-Ballet:** Black leggings, black leotard or white T-shirt Black Ballet Shoes.