

J & J's Summer Intensive Classes

(Jacob and Jordan)

Beginner dance class: \$15 per class

Show Unit: \$18 per class and \$45 if you sign up for all 3 classes in one day.

\$60 for all 4 classes in one day.

Show Unit members: If you bring a friend that has never danced to the 5:15 class (ballet and jazz) you will be able to take that class for free!! (Friend pays \$15 for the class)

Dates:

May 23rd and 30th, June 6th and 8th

5:15-6:00 Beginner Ballet and Jazz (ages 10-16)

Dancers will learn ballet and jazz techniques and terminology. Each class includes barre exercises, center floor work, and across-the-floor combinations.

6:00-7:00 Ballet Technique (½ hour barre, and ½ hour center)

Each class includes barre exercises, center floor work and across the floor combinations. These exercises focus on strengthening the feet and ankles.

7:00-7:45 Contemporary

This contemporary class will incorporate many of the foundations of contemporary dance technique, isolating and connecting breathe with movements. Dancers will explore new ways of moving in combinations and floor work and partnering.

7:45-8:30 Improv

Dance is not always about learning steps. Improvisational dance allows you to create on the spot movement to a random piece of music. In this class we will help improve you improv by playing improv games and trying new things to expand your dance abilities.

8:30-9:15 Jazz Funk

Jazz funk has some of the movements that are foundational movements found in Jazz such as: isolations, flexibility syncopation (off beat), releve`s, pirouettes, and jazz hands. These combined with the rhythm and pulse of hip hop techniques is where you find jazz-funk.

Taleigh and Sarah's Summer Classes

\$15 for a ½ hour class and \$18 for an hour class.

\$55 if you sign up for all 4 classes in one night!

Ages 10-18

Dates:

May 18th and 25th, and June 1st. August 3rd, 10th, 17th, and 24th.

5:00-5:30 pm Stretch and Flexibility

Increase flexibility will improve your range of motion and may reduce chances of injury, and increase your muscle strength and endurance

5:30-6:00 pm Across the Floor

Across the floor class will start with kick and turn drills down the floor and learn new across the floor combos that will include a mix of jumps, turns and kicks.

6:00-7:00 pm Jazz

Jazz dancing is a form of dance that showcases a dancer's individual style and originality. This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns.

7:00-7:30 pm Dance Fusion

(Adults welcome to attend as well)

Dance Fusion is very similar to a Zumba class. This class will be very fast paced dancing to high energy music so that you can work the whole body to get a great exercise.