

WE OFFER A VARIETY OF CLASSES CATERING TO EVERYONE, FROM BEGINNERS TO THE EXPERIENCED IN A FRIENDLY AND PROFESSIONAL ENVIRONMENT. OUR TEACHERS CREATE A FUN AND ENJOYABLE ATMOSPHERE, WHILE MAINTAINING DISCIPLINE AND HIGH STANDARDS. WE PRIDE OURSELVES ON ENSURING THAT ALL DANCERS ARE CORRECTLY PLACED IN A CLASS WHERE THEY CAN PROGRESS, GROW AND MOST IMPORTANTLY HAVE FUN!

#### **Parent & Tot – Ages 18 months+(30 Minutes)**

A dance class for 2-year-olds! Designed with the specific needs of a 2-year-old in mind, this class utilizes a parent to help orient their child to the workings of a classroom while encouraging the child's natural movement. Fine and gross motor skills are developed using music, dance and their favorite obstacle courses. The amount of growth seen in each child by years end is truly amazing. When each class is ready, we will no longer need the aid of the parents and our teachers and assistants will be able to work with just the children.

#### **Dress Code:**

Pink or black leotard, pink ballet shoes. Hair should be secured off the face.

#### **Creative Movement – Ages 3-4 (45 Minutes)**

Our Creative Movement program is designed to encourage a child's natural movement and muscle development through music, creative songs, and dance. Though mostly ballet and creative movement, in January dancers will also begin tap.

#### **Dress Code:**

Pink or black leotard, pink ballet shoes and Tan tap shoes. Hair should be secured off the face.

#### **Kinderdance- Ballet/Tap – Ages 5-6 (60 Minutes)**

These classes provide the young dancer with an excellent foundation that includes ballet, tap and jazz half way through the season.

#### **Dress Code:**

Pink or black leotard, pink ballet shoes, caramel tap shoes. Hair should be secured off the face.

#### **Combo Dance(1 hour)- Ages 7-8 (60 minutes)**

A follow-up to Kinderdance teaching the next level of ballet and jazz. Perfect for the first and/or second grade students.

#### **Dress Code:**

Pink or black leotard, pink ballet shoes. Hair should be secured off the face.

### **Hip-Hop 6+ (60 Minutes)**

In the first introductory levels, the staple steps of hip hop are explored. A foundation is set, and the funkier side of dance is introduced. Hip hop students are encouraged to break out of their comfort zone through a self-expressive dance circle at the end of the class. As the levels progress, different movements and styles are explored as their age and ability increases. In the higher levels, there is less focus on the staple steps and more of an exploration of various styles through a foundation of strong technique and musicality. Age-appropriate music is always selected for each level, keeping each class a fun and exciting environment for all!

#### **Dress Code:**

T shirt and shorts or leggings with a pair of sneakers dedicated to dance. No shoes are allowed on dance floors that have been outside. Hair should be secured off face.

### **Ballet: (60 Minutes)**

A core subject in all dance training, students will be educated and challenged to continually grow and develop their technique. Ballet training will also work on providing grace, strength, poise, balance, and flexibility which will help improve students' training in other subjects and activities.

We believe that BMDC ballet students need to have a strong, technical foundation, but also need a Place to love and nurture their "inner ballerina"!!

#### **Dress Code:**

Black leotard, pink tights, pink split sole ballet shoes

### **Jazz: (60 minutes)**

Dancers are exposed to the various styles of jazz including lyrical, funk and traditional. Many levels of classes are available for children and teens.

#### **Dress Code:**

Black leggings, caramel slip on Capezio jazz shoes. Hair should be secured off the face.

### **Acrobatic Dance (45 minutes)**

A combination of acrobatics and choreographed dance moves designed to work on improving flexibility, strength and control. Students will focus on learning progressions to master skills before attempting more challenging tricks. Dancers will learn how to execute acro tricks properly and safely with our trained staff. Students will learn tricks such as somersaults, cartwheels, back walkovers, front walkovers, aerials etc. The program provides easy progressions for students to follow by providing step by step instructions for every level.

#### **Dress Code:**

Black leotard, hot shorts, sports bra, and anything else that is form fitting. Hair tied back. Barefoot - (will sterilize feet before and after class).

Boys: Black straight leg jazz pants and t-shirt. Barefoot - (will sterilize feet before and after class).