



KDX KIDS (AGES 3&4) BALLET AND ACRO/TUMBLE

Our KDX Kids program is broken up into two age groups:
3 and 4 year olds who take Ballet and Acro/Tumble and
5 and 6 year olds who take Ballet and Pre Jazz

Your students age depends on what class they would be placed in.

Our KDX KIDS classes are jam packed with stretching, jumping, turning, working on Ballet terminology, working with partners, and waiting in line for our Ballet based obstacle courses. We will explore all types of movement, learn about our emotions, and work on our confidence. We use fun songs and creative props to keep all of our dancers engaged the entire class!

Students will then take turns learning, practicing, and executing basic acro/tumble movements. Bridges, forward rolls, straddle rolls, pike rolls, backward rolls, etc

KDX Kids classes usually end with freeze dance or another type of game where they can "improv", and have the freedom to dance as they wish. This is very important for this age as they love their independence.

Please make sure all KDX Kids use the restroom before class as a 45 min class does not allow for a bathroom break. Be sure to write your name inside both of your shoes, and your dance bag.

Last but not least, HAVE FUN AND JUST DANCE!!!

Please do not hesitate to contact us with any questions, and we hope you and your student have an amazing year at KDX!

Kelli Derrick
KDX Director/Owner