

Parent and Tot Tumbling is a time when you and your child can work together to learn and master tumbling skills, coordination activities, and have some fun! We will use music, props, and games to add more interactive opportunities for you and your child. Learn how to spot various skills to make home practice much safer.

IDTeenies Pre Tumbling students will use music and games at times to enforce basic kindergarten readiness gross motor skills. We will perform animal crawls to build strength in our muscles and coordination. Students will cover various types of rolls and will work on the mechanics of the cartwheel. Handstands against the wall will also be introduced to build core and upper body strength as well as shoulder flexibility.

Pre Tumbling students may or may not have mastered the cartwheel. There are many skills to introduce at this age/level and we'll spend time working on all of them such as various tumbling body positions, bridges, rolls and general flexibility and strength building that will prepare our students for the next level of tumbling.

Beginner Level One students are students that are just beginning tumbling classes or maybe have taken pre tumbling and have now moved up to the "big kid" classes. Students may or may not have mastered the cartwheel. There are many skills to introduce and keep drilling at this age/level and we'll spend time working on all of them such as various tumbling body positions, bridges, rolls and general flexibility and strength building that will prepare our students for the next level of tumbling.

Beginner Level Two students should have a good understanding of basic skills such as handstand and cartwheel. In this level, we will continue to strengthen the technique of these skills and work on flexibility, strength building and conditioning that will help us move into more difficult skills in Intermediate Tumbling.

Intermediate Level One students should have a progressing handstand and a strong cartwheel. In this level, we will introduce the back bend and running tumbling including round offs while continuing important focus on flexibility, strength building and conditioning that will help us move into more difficult skills in Intermediate Two Tumbling.

Intermediate Level Two students should have a strong handstand and back bend. In this level, we will introduce limbers and begin work on walkovers while continuing important focus on flexibility, strength building and conditioning that will help us move into more difficult skills in Advanced Tumbling.

Advanced Level One students should have a strong handstand, front and back limber, and round off. In this level, we will continue to work on walkovers and will introduce handsprings while continuing important focus on flexibility, strength building and conditioning that will help us move into more difficult skills in the next level of Advanced Tumbling.

Advanced Level Two students should have a strong understanding of handsprings. We will continue to work on perfecting handsprings as well as adding them to tumbling passes. Tucks will be introduced as the students are ready and side and front aerials will be taught at the teachers discretion.

Back Handspring Bootcamp-Where are all of our cheerleaders? In this bootcamp, we'll drill those back handsprings for a solid hour each week by using stations that work on every important part of a back handspring. We'll use skill shapes and equipment to help tumblers feel confident in attempting the back handspring independently. This bootcamp is an excellent addition for students that are also enrolled in a tumbling class.

Intro to Tap, Jazz, Ballet (Ages 7 and up)

These 40 minute classes are offered to give your child a taste of what each dance form will be like this fall. Even if your child is coming out of our Twinkle Star Dance Program and already knows a bit of these dance styles, this class will be an important step to introducing to them what a full 40 minutes of one style of dance will be like. We highly recommend these summer classes to any student hoping to sign up for the "big kid" classes in the fall. These classes are also great for older beginners that want to sample different styles.

Hip Hop (Ages 7-11) (teen 12-19)

Our hip hop classes are arranged solely by age. Be aware that the older the age group, the more fast-paced the class will be. Make sure you are ready to bring it and don't forget your sweat towel and water bottle!

Ballet (Jr. Ages 8-11) (Teen Ages 12-19)

Ballet is a great addition to any dancer's schedule! It is absolutely necessary to achieve your maximum dance potential and at least four weeks of summer ballet is **REQUIRED for all competition dancers this summer**. Instructors will focus on technique, technique, technique this summer (going back to the basics at times) to ensure all of our dancers are growing and evolving in whichever dance style they pursue.

Jr Ballet-Dancers must have at least one season of experience in a one hour per week ballet class.

Teen Ballet-Dancers must have at least four seasons of experience in a one hour per week ballet class.

*If you are a 12 year old dancer (or older) that does not have at least four years of experience in ballet, you should sign up for the Jr. Ballet class. If you are a 10 year old dancer that has never taken ballet, you should sign up for Intro to Ballet.

Pre Pointe/Pointe (Ages 10 and up)

Any dancer that is currently on pointe or hopes to go on pointe in the next two years should absolutely be taking this class this summer. You are at a level in your training where even a little time off of ballet class and pointe work will set you back months. Any student taking this class must have at least **six years ballet experience** and must be enrolled in the appropriate level of ballet this summer in addition to this class.

Jazz Tech (Jr Ages 8-11) (Teen Ages 12-19)

Jazz students will have the opportunity to work throughout the summer on all of those things it is sometimes difficult to spend enough time on in our regular season. We'll work on turn drills, jumps and leaps, and general technique in the legs, feet, and arms. Time will also be spent on increasing flexibility and strength in the core, arms, and legs. **All competition jazz students are REQUIRED to take at least four weeks of jazz tech class in the summer in addition to ballet.**

Jr. Jazz Tech-Dancers must have completed at least one full season of a full hour jazz class.

Teen Jazz Tech-Dancers must have competed at least four full seasons of a full hour jazz class.

*If you are a 12 year old dancer (or older) that does not have at least four years of experience in a full hour of jazz class each week, you should sign up for Jr. Jazz Tech. If you are a 10 year old dancer that has never taken jazz, you should sign up for Intro to Jazz.

Tap Tech (Jr Ages 8-11) (Teen Ages 12-19)

Tap students will have the opportunity to work throughout the summer on all of those things it is sometimes difficult to spend enough time on in our regular season. We'll work complex rhythms and counting, pullbacks/pick ups, wings, turns, and general technique in the legs, feet, and arms. **All competition tap students are REQUIRED to take at least four weeks of tap tech class in the summer in addition to ballet.**

Jr. Tap Tech-Dancers must have completed at least one full season of a full hour tap class.

Teen Tap Tech-Dancers must have competed at least four full seasons of a full hour tap class.

If you are a 12 year old dancer (or older) that does not have at least four years of experience in a full hour of tap class each week, you should sign up for Jr. Tap Tech. If you are a 10 year old dancer that has never taken tap, you should sign up for Intro to Tap.

Lyrical/Contemporary (Ages 10 and up)

Students must have at least two years of both ballet and jazz experience and must be 10 years old or turning 10 by September 1, 2019. Students taking lyrical in the fall will be required to take ballet as well. Jazz is also recommended.

Modern (Ages 8-11)

Students must have at least one year of ballet experience and must be 8 years old currently.

Students that wish to take modern in the fall will be required to take ballet as well.

Twinkle Babies Ages 2.5-3.5

Dancers must CURRENTLY be between the ages of 2.5 and 3.5 years old. This is a 30-minute introductory class containing ballet, tap and creative movement. Our Twinkle Babies class is designed as a teacher/child class. Our policy is that all parents need to be in the lobby when class is in session. We will work with you and your child to achieve success in bringing happy dancers into the classroom without mom. This can be a gradual process for our newest 2-year olds. Please don't force your little one to stay if she/he is crying. It is a distraction to the teacher and the other students. Feel free to sit in the lobby area with your child and allow them to watch us on the tv. You'd be surprised at how many of our little ones end up joining us after watching class a couple of times.

Twinkle Stars Ages 3.5-4.5

Dancers must CURRENTLY be between the ages of 3.5 and 4.5 years old. This is an age specific 40-minute class containing ballet, tap and creative movement.

Twinkle Stars Ages 4.5-5.5

Dancers must CURRENTLY be between the ages of 4.5 and 5.5 years old. This is an age specific 50-minute class containing ballet, tap and jazz/creative movement.

Twinkle Stars Ages 5.5-6.5

Dancers must CURRENTLY be between the ages of 5.5 and 7 years old. This is an age specific 60-minute class containing ballet, tap and jazz/creative movement. Dancers that are 6.5 may join this class OR the ages 7 and up beginner level dance classes. We'll allow you to make that decision based on experience and maturity. Brand new 6.5 year old dancers are recommended to complete one year of Twinkle Star dance to set a foundation and expose them to more than one style of dance all in one class.

Competition Team Students

New All competition team students **MUST** take at least four weeks of ballet this summer in addition to which ever dance styles they hope to compete with in the fall. Continued training throughout the summer months is critical to staying at your current level and/or advancing. Tumbling classes are also highly recommended for our jazz and lyrical students. As you know, tricks are valuable in competition!