

DFS CLASS DESCRIPTIONS & AGE DIVISIONS

(as of Dec. 31st/18)



DANCE READINESS

Level I - Age 3 Level II - Age 4

A fun class for our youngest dancers which introduces rhythm, co-ordination, participation, poise and flexibility at an easy pace. It also gives the children a chance to explore their own creativity and imagination through music and movement. (30 minute class)



MINI JAZZ (Ages 5 & 6)

A continuation from Dance Readiness, Mini Jazz introduces new movements (increasing in difficulty) while paying attention to details such as arm placement correct body positioning, spatial awareness, knowing right from left and the memorization of connected dance combinations in time with the music. (30 minute class)



HIP HOP/FLIP FLOP (formerly Dance Combo) (Ages 5-7)

A fun twist on an old idea...our 45-minute combo class now combines the basics of hip hop and acrobatic skills to create one energetic class. Grooving to upbeat—age appropriate music as dancers work on their co-ordination, rhythm, strength, flexibility, and balance while getting down with their funky self.



TAP (Ages 6 & over)

Learn how to make music with your feet. The most rhythmic of dance forms, tap is an excellent way to increase co-ordination of the mind and body and develop a sense of rhythm, timing and expression. Hear the beat of tapping feet. Snappy sounds, rhythmic agility, footwork with a flair. (30 minute class)



ACRO (Ages 6 & over)

The combination of dance technique and acrobatics forms this graceful dance discipline. Movements flow into flexible bends and stretches and the strength of balances and aerial challenges give this dance form its uniqueness. Improve your flexibility, strength and physical control while learning cartwheels, splits, walkovers, handstands, balances, round-offs, handsprings and aerials. Students will be placed by ability and not necessarily by age.

**** It is recommended for dancers to have at least one year of Dance Combo experience in preparation for the floor work required in acro.*



BALLET (Ages 6 & over)

Ballet is fundamental in the development of the dancer. Ballet training emphasizes good posture, grace, proper placement and the important relationship of one body part to another.



JAZZ (Ages 7 & over)

Jazz is the most commercial dance form, emphasizing presentation, extension of the limbs, and isolations. This upbeat style of fancy footwork, big leaps and quick turns is sure to get your body moving. (45 minute class)





HIP HOP (Ages 7 & over)

This style of dance is the latest craze. Hip hop gets you grooving to the beats of the hottest music, as seen in music videos and pop concert tours. It is a fun and funky energetic class for students with plenty or no previous dance experience.



MUSICAL THEATRE (Ages 7 & over)

Designed to bring out the performer in everyone, Musical Theatre combines the elements of voice, acting and different dance mediums to produce entertaining Broadway type routines. This class requires memorization of lyrics.



LYRICAL (Ages 10 & over)

This powerful dance form is a combination of jazz and ballet techniques. Lyrical develops a student's emotional interpretation of dance, focusing on the lyrics of the chosen music and expression through soft and flowing movements. This class is open to students who have had jazz experience.



ADULT CLASSES (Ages 18 & over)

Fulfill a dream. Relax and treat yourself. Develop a new skill or revive and old one. Students in our adult classes learn moves and routines in a casual atmosphere. Many of our adult students use the jazz or hip hop programs for fitness and social activity. Regular adult classes do not participate in the year-end recital. Check the schedule for our 6 week sessions.



TUMBLING (Ages 9 & over)

Up and down and all around. Tumbling is an additional class option for the avid acro student, concentrating on core-strengthening drills to develop and focus on proper technique when executing power tricks. This class does not perform in the year-end recital. Admission based on ability/experience.



BALLROOM

Have some fun learning to Waltz, Fox trot, Swing, Rumba, Cha Cha and Tango. Group and private lessons available. Classes are held on Sunday afternoons. Our next 8 week session begins Sunday, September 23rd, 2018 (\$160.00 per couple)

DANCE FACTOR Studios

2002-2018

