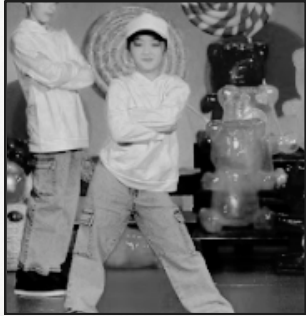




# SUMMER SESSION

# Level 1 Classes (7-9 YEARS)

## JULY 6 - AUGUST 16



### **LEVEL 1 HIP-HOP**

HIP-HOP LEVEL 1 INTRODUCES DANCERS TO THE FUNDAMENTALS OF HIP-HOP IN A FUN, HIGH-ENERGY ENVIRONMENT. DANCERS WILL LEARN FOUNDATIONAL GROOVES, BASIC FOOTWORK, AND INTRODUCTORY HIP-HOP TECHNIQUE WHILE BUILDING COORDINATION, RHYTHM, AND MUSICALITY. THIS IS A GREAT INTO TO DANCE IN GENERAL TO BUILD CONFIDENCE AND IN-STUDIO RELATIONSHIPS, LISTENING SKILLS, AND OVERALL STRENGTH AND COORDINATION

#### **JOIN THIS CLASS TO BUILD**

FOUNDATIONAL HIP-HOP SKILLS

BALANCE, COORDINATION, & FLEXIBILITY

MUSICALITY

**Mondays**

**4-5**

**AGES 7-9 YEARS**

**HOME BASE STUDIO**



### **LEVEL 1 ACRO/TUMBLE**

ACRO LEVEL 1 INTRODUCES DANCERS TO THE EXCITING BLEND OF DANCE AND ACROBATICS IN A FUN, SUPPORTIVE ENVIRONMENT. DANCERS WILL BUILD FOUNDATIONAL ACRO SKILLS LIKE ROLLS, BRIDGES, CARTWHEELS, AND BASIC BALANCES.

#### **JOIN THIS CLASS TO BUILD**

COORDINATION & BALANCE

ACRO & TUMBLING SKILLS

FLEXIBILITY & MOTOR CONTROL

CONFIDENCE AND INDEPENDENCE IN THE STUDIO ENVIRONMENT

**ACRO CLASS PLACEMENT MAY BE DETERMINED BY SKILL RATHER THAN AGE BRACKET**

**MONDAYS**

**6:30 - 7:30**

**AGES 7-9 YEARS**

**STUDIO G**



### **LEVEL 1 CONTEMPORARY/LYRICAL**

INTRODUCES DANCERS TO THE EXPRESSIVE SIDE OF MOVEMENT, BLENDING ELEMENTS OF BALLET AND JAZZ WITH EMOTIONAL STORYTELLING. DANCERS WILL FOCUS ON FOUNDATIONAL TECHNIQUE, FLUID TRANSITIONS, MUSICALITY, AND CONNECTING MOVEMENT WITH FEELING.

#### **JOIN THIS CLASS TO BUILD**

EXPRESSIVE MOVEMENT

MUSICALITY

FOUNDATIONAL DANCE STEPS

NEW MOTOR SKILLS, COORDINATION & BALANCE

**TUESDAYS**

**4-5**

**AGES 7-9 YEARS**

**HOME BASE STUDIO**



## **TUESDAYS** **5-6**

**AGES 7-9 YEARS**  
**HOME BASE STUDIO**

### **LEVEL 1 BALLET**

BALLET LEVEL 1 INTRODUCES DANCERS TO THE FOUNDATIONS OF CLASSICAL TECHNIQUE IN A STRUCTURED AND SUPPORTIVE ENVIRONMENT. DANCERS BEGIN LEARNING PROPER PLACEMENT, BASIC VOCABULARY, AND SIMPLE COMBINATIONS WHILE BUILDING STRENGTH, COORDINATION, AND CONFIDENCE.

#### **JOIN THIS CLASS TO BUILD**

BALLET TERMINOLOGY

COORDINATION & MUSICALITY

COORDINATION, MUSICALITY, & CLASSROOM ETIQUETTE

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6-7PM**



## **THURSDAYS**

**4:30 - 5:30**

**AGES 7-9 YEARS**  
**HOME BASE STUDIO**

### **LEVEL 1 TAP**

INTRODUCES DANCERS TO THE FUNDAMENTALS OF RHYTHM TAP IN A FUN AND ENGAGING ENVIRONMENT. DANCERS WILL LEARN BASIC TAP VOCABULARY, TIMING, AND COORDINATION WHILE DEVELOPING MUSICALITY AND CLEAR, CONFIDENT SOUNDS. THIS CLASS FOCUSES ON BUILDING STRONG FOUNDATIONAL SKILLS THROUGH RHYTHMIC EXERCISES AND SHORT COMBINATIONS.

#### **JOIN THIS CLASS TO BUILD**

FOUNDATIONAL TAP SKILLS

COORDINATION & MUSICALITY

DANCE-FOCUSED UNDERSTANDING OF MUSIC THEORY

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH LEVEL 1 BALLET OR JAZZ FOR IMPROVED COORDINATION**



## **THURSDAYS**

**5-6**

**AGES 7-9 YEARS**  
**HOME BASE STUDIO**

### **LEVEL 1 JAZZ**

FOCUSSES ON BUILDING STRONG FOUNDATIONAL JAZZ TECHNIQUE WHILE DEVELOPING COORDINATION, FLEXIBILITY, AND PERFORMANCE QUALITY. DANCERS WILL LEARN BASIC JAZZ MOVEMENTS LIKE KICKS, TURNS, AND JUMPS WHILE EXPLORING MUSICALITY AND STYLE THROUGH UPBEAT COMBINATIONS. THIS CLASS ENCOURAGES CONFIDENCE, ENERGY, AND EXPRESSIVE MOVEMENT.

#### **JOIN THIS CLASS TO BUILD**

FOUNDATIONAL JAZZ SKILLS

BALANCE, COORDINATION, & FLEXIBILITY

SELF-CONFIDENCE & HIGH ENERGY MOVEMENT

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS AND EITHER BALLET OR TAP FOR IMPROVED DANCE FOUNDATIONS**

# SUMMER SESSION



Level 2 Classes (8-10 YEARS)

Instructor recommendation may be required

JULY 6 - AUGUST 16



**MONDAY**

**5-6**

**AGES 8 - 10 YEARS**

**HOME BASE STUDIO**

## ***LEVEL 2 HIP-HOP***

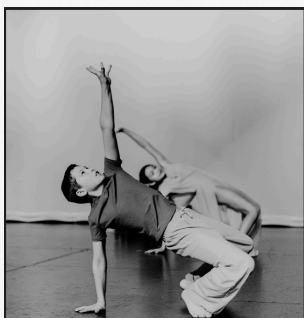
BUILDS ON FOUNDATIONAL GROOVES AND INTRODUCES MORE COMPLEX CHOREOGRAPHY, MUSICALITY, AND PERFORMANCE QUALITY IN AN UPBEAT, HIGH-ENERGY ENVIRONMENT.

**JOIN THIS CLASS TO BUILD**

MORE ADVANCED FOOTWORK    COORDINATION & MUSICALITY

STRENGTH, FLEXIBILITY, AND BASIC BREAKING SKILLS

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6-7PM**



**MONDAYS**

**4-5**

**AGES 8 - 10 YEARS**

**HOME BASE STUDIO**

## ***LEVEL 2 CONTEMPORARY/LYRICAL***

BLENDS TECHNIQUE AND EMOTION AS DANCERS EXPLORE FLUID MOVEMENT, STORYTELLING, AND MUSICALITY THROUGH EXPRESSIVE CHOREOGRAPHY THAT IS BUILT UPON NEW TURNS, JUMPS, FLOOR WORK, AND TRAVELING SEQUENCES.

**JOIN THIS CLASS TO BUILD**

FLOOR WORK, MUSICALITY, AND STRENGTH

EXPRESSIVE MOVEMENT AND STORY TELLING

NEW LEAPS & TURNS

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6-7PM**



**TUESDAYS**

**5-6**

**AGES 8 - 10 YEARS**

**HOME BASE STUDIO**

## ***LEVEL 2 JAZZ***

EXPANDS ON JAZZ FUNDAMENTALS WITH SHARPER TECHNIQUE, INCREASED FLEXIBILITY, AND DYNAMIC CHOREOGRAPHY THAT BUILDS PERFORMANCE SKILLS.

**JOIN THIS CLASS TO BUILD**

NEW LEAPS & TURNS    BROADER JAZZ VOCABULARY

INCREASED MUSICALITY & COORDINATION

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS OR LEVEL 2 BALLET ON TUESDAYS**



## ***LEVEL 2 BALLET***

CONTINUES DEVELOPING CLASSICAL TECHNIQUE WITH A FOCUS ON STRENGTH, ALIGNMENT, AND MORE COMPLEX COMBINATIONS AT BARRE AND CENTER.

### ***JOIN THIS CLASS TO BUILD***

ARTISTRY & MUSICALITY

BROADER BALLET VOCABULARY

INCREASED STRENGTH & FLEXIBILITY

***WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6 - 7PM***

***TUESDAYS***

***6 - 7:30***

***AGES 8 - 10 YEARS***

***HOME BASE STUDIO***



## ***LEVEL 2 ACRO***

DEVELOPS STRENGTH, FLEXIBILITY, AND CONTROL WHILE PROGRESSING FOUNDATIONAL ACRO SKILLS WITH A FOCUS ON SAFE TECHNIQUE AND CLEAN EXECUTION.

### ***JOIN THIS CLASS TO BUILD***

NEW ACRO PROGRESSIONS & SKILLS

INCREASED STRENGTH & FLEXIBILITY

SKILL IN ACRO BASED CHOREOGRAPHY

***WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6 - 7PM***

***ACRO CLASS PLACEMENT MAY BE DETERMINED BY SKILL RATHER THAN AGE BRACKET***

***THURSDAYS***

***4 - 5***

***AGES 8 - 10 YEARS***

***HOME BASE STUDIO***



## ***LEVEL 2 TAP***

BUILDS RHYTHMIC ACCURACY AND COORDINATION THROUGH MORE INTRICATE FOOTWORK, PATTERNS, AND MUSICAL TIMING.

### ***JOIN THIS CLASS TO BUILD***

INCREASED MUSICALITY

BROADER TAP VOCABULARY

PROGRESSIVE TAP STEPS & SEQUENCES

***WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH A BALLET OR JAZZ CLASS FOR INCREASED COORDINATION***

***THURSDAYS***

***5-6***

***AGES 8 - 10 YEARS***

***HOME BASE STUDIO***



## Level 3 Classes 10+ years & Beginning Level Teens SUMMER SESSION



**MONDAYS**

**5-6**

**AGES 10 - 18 YEARS**

**HOME BASE STUDIO**

### **LEVEL 3 CONTEMPORARY/LYRICAL**

BLENDS TECHNIQUE AND EMOTION AS DANCERS EXPLORE FLUID MOVEMENT, STORYTELLING, AND MUSICALITY THROUGH EXPRESSIVE CHOREOGRAPHY THAT IS BUILT UPON NEW TURNS, JUMPS, FLOOR WORK, AND TRAVELING SEQUENCES.

**JOIN THIS CLASS TO BUILD**

FLOOR WORK, MUSICALITY, AND STRENGTH

EXPRESSIVE MOVEMENT AND STORY TELLING

NEW LEAPS & TURNS

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6-7PM OR A BALLET CLASS**



**MONDAY**

**6-7**

**AGES 10 - 18 YEARS**

**HOME BASE STUDIO**

### **LEVEL 3 HIP-HOP**

BUILDS ON FOUNDATIONAL GROOVES AND INTRODUCES MORE COMPLEX CHOREOGRAPHY, MUSICALITY, AND PERFORMANCE QUALITY IN AN UPBEAT, HIGH-ENERGY ENVIRONMENT.

**JOIN THIS CLASS TO BUILD**

MORE ADVANCED FOOTWORK    COORDINATION & MUSICALITY

STRENGTH, FLEXIBILITY, AND BASIC BREAKING SKILLS

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6-7PM**



**THURSDAY**

**6-7**

**AGES 10 - 18 YEARS**

**HOME BASE STUDIO**

### **LEVEL 3 JAZZ**

EXPANDS ON JAZZ FUNDAMENTALS WITH SHARPER TECHNIQUE, INCREASED FLEXIBILITY, AND DYNAMIC CHOREOGRAPHY THAT BUILDS PERFORMANCE SKILLS.

**JOIN THIS CLASS TO BUILD**

NEW LEAPS & TURNS    BROADER JAZZ VOCABULARY

INCREASED MUSICALITY & COORDINATION

**WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6-7 OR A BALLET OR LYRICAL CLASS**



**THURSDAY**

**7-8:30**

**AGES 10 - 18 YEARS  
HOME BASE STUDIO**

## ***LEVEL 3 BALLET***

CONTINUES DEVELOPING CLASSICAL TECHNIQUE WITH A FOCUS ON STRENGTH, ALIGNMENT, AND MORE COMPLEX COMBINATIONS AT BARRE AND CENTER.

***JOIN THIS CLASS TO BUILD***

**ARTISTRY & STRENGTH**

**INCREASE BALLET VOCABULARY**

**COORDINATION & MUSICALITY**

***WE HIGHLY RECOMMEND PAIRING THIS CLASS WITH OPEN FLEXIBILITY ON MONDAYS 6-7 OR A TAP OR JAZZ CLASS***

## **OPEN LEVEL CLASS FOR AGES 7 - 18 YEARS**



**MONDAY**

**6-7**

**AGES 7-18 YEARS  
HOME BASE STUDIO**

## ***OPEN LEVEL FLEXIBILITY***

THIS CLASS IS BUILT TO INCREASE DANCERS STRENGTH AND FLEXIBILITY IN A SUPPORTIVE ENVIRONMENT THAT UTILIZES STRETCHING TECHNIQUES THAT IMPROVE OVERALL DANCE SKILL, MUSCULAR CONTROL, AND COORDINATION.

***JOIN THIS CLASS TO BUILD***

**INCREASED FLEXIBILITY & STRENGTH TO  
SUPPLEMENT OTHER DANCE STYLES**

**EMAIL US AT [ADMIN@CONTACTIAM.COM](mailto:ADMIN@CONTACTIAM.COM)**

**OR**

**FILL OUT THE CONTACT US FORM - WE ARE  
HAPPY TO HELP!**