



— THE DANCE SPOT —

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## DANCE PROGRAMS

**BALLET** – This class teaches the fundamentals of ballet, center work, turns, correct body placement and terminology. Ballet is the basis of all dance. It is recommended for all serious dancers.

\*Ballet is required for all company members.

**JAZZ** – This class teaches a combination of traditional and contemporary dance styles with an emphasis on coordination, flexibility, strength and rhythm. \*Jazz is required for all company members.

**STRETCH** – This class teaches a series of interactive exercises which focus on lengthening the hip flexors, spine, and hamstrings in order to develop healthy body awareness. Our active and deep stretch curriculum is excellent for gaining flexibility and body alignment. This class also focuses on the importance of breathing, relaxation and the relationship between mind & body.

**TAP** – This class develops rhythm, coordination and the ability to think and move quickly.

**HIP HOP** – This class teaches the latest styles of urban dance. You will learn how to isolate, pop and free-style.

**CONTEMPORARY** – This class teaches a compilation of different styles of dance, including lyrical, classical ballet and modern dance.

**MUSICAL THEATER** – This class focuses on the 3 components of Musical Theater: singing, dancing, and acting! We will be working on everything from auditioning skills and vocal coaching to improve and putting on a show!

**POINTE** – This class teaches concentrates on the transference of ballet steps from demi-pointe to pointe and is introduced only when



a dancer has developed sufficient strength in the feet and legs necessary for this discipline. Permission is needed by the instructor for admission into pointe class. Dancers must be concurrently enrolled in a ballet class at The Dance Spot.

**BARRE FIT** – This class is designed to give you the look of a dancer's body! If you have never taken a dance class in your life or you used to be a dancer, this class will help you achieve the long lean muscles, strong core, and toned body of a dancer. Using core strengthening, low-to-medium impact cardio, and the ballet barre, your body will be transformed!

**PILATES** – This class transforms the way your body looks, feels and moves through a series of exercises that enable you to build strength without bulk, resulting in: longer, leaner muscles, increased flexibility and strength, balance and coordination, a strong, stable core/center, improved posture, abdominals that draw in and up rather than protrude, a uniformly developed body, heightened body awareness, increased range of motion, improved bone density and joint health, reduced back pain and compensatory weaknesses.

**YOGA** – Hatha Yoga uses postures in combination with conscious breathing and mental focus to develop strength and flexibility. Through proper alignment and mindful actions of the body, Hatha Yoga cultivates awareness, balance, and a sense of relaxation.

**2DANCE2DREAM** – All children can express themselves through the arts, bringing their creativity and dreams to life. The 2dance2dream program is uniquely designed for Children of all abilities to express themselves through movement and music. These classes are provided free of charge to families of children with special needs through the generous donations of our supporters. If you are interested in supporting this program, you can visit the Legacy of Hope website and click on the "Donate" tab. If you have an interested student, or if you or someone you know is interested in volunteering with the program, please download the Volunteer Packet or visit the Legacy of Hope website for more info.



## DANCE PROGRAMS FOR KIDS AGE 3-6

**KIDS 'N' MOTION** – The Dance Spot's Kids 'N' Motion Program introduces children (3-6 years old) to creative movement, music & rhythm, body discipline and awareness, as well as the basic fundamentals of ballet, tap and jazz. Emphasis is placed on refining motor, social, intellectual and directional skills. Class activities will increase flexibility and enhance balance while building self-confidence and proper dance technique.