

Tumble 'N Dance Class Descriptions

Ballet: Classical form of dance incorporating grace, balance, and precision. Terminology, placement and movement will be taught through exercises at barre, centre, and across the floor in a developmentally appropriate manner. Students wear pink flat ballet shoes to class. Ages 2.5+

Tap: Style of dance using special shoes for making music with your feet. Tap teaches rhythm, coordination, and musicality. Students wear flat black tap shoes. Ages 2.5+

Jazz: Fun, upbeat style of dance. Jazz incorporates turns, kicks, and leaps with current dance moves and contemporary music. Students **MUST** take ballet while enrolled in jazz class. Students wear black jazz shoes. Ages 5+

Hip Hop: Funky style of dance widely seen in music videos. Hip Hop is fun, energetic and good exercise. Students can take Tot Hip Hop at age 3.5. Sneakers are worn for class.

Contemporary: An expressive form of movement incorporating the styles of ballet & jazz while highlighting the dancer's athleticism and connection to the music. Ages 11+.

Gymnastics/Tumbling: Class consists primarily of floor tumbling in addition to stretching and conditioning exercises to increase flexibility and strength. Students will work on a floor balance beam and are eligible to participate in our annual Christmas Shows and Spring Recitals as well. Ages 2.5+

Flip Flop-Hip Hop: This **NEW** class consists of half tumbling and half hip hop dance instruction. Great choice for ages 5+ who want to move but classical dance isn't their jam.

Boys ONLY: **NEW** class consisting of stretching, tumbling & conditioning for ages 5+.

Dance For All: A movement class designed for students who are differently abled. Ambulatory and non-ambulatory students ages 5-9 are welcome. Students will experience dance with music, props, and peer helpers if needed. **NEW for 24-25!**

Progressing Ballet Technique (PBT): An innovative body-conditioning and strengthening program. The class is designed to enhance student's technique by focusing on training the muscle memory required in all forms of dance. **NEW for 24-25** - Ages 11+ - Non-performing class.

Mom & Tot: Class designed specifically for kids ages 18 months –young 3 year olds. One parent participates with their child. Students will learn turn-taking skills, basic rhythm, musicality, and coordination through age-appropriate dance and gymnastics activities. We even use fun props and music! Mom & Tot is a non-performing class and offered by the session in the fall, winter, and spring.

Adult Classes: Students ages 15 and up may take adult classes. Adults with or without children enrolled at TND are invited to take classes. Participants may pay by the class or purchase a dance card. Classes are on a weekly rotation of ballet, jazz, tap & stretch/strength/tone.