

# Dance Classes

## BALLET CLASSES

Ballet is the foundation of all dance. The ballet class curriculum, at each level, will include age appropriate Ballet steps, body placement and terminology at each level. In each class, dancers will work at the barre, enter floor and work across the floor technique. Ballet classes will perform Ballet choreography and combinations in class. Our Ballet classes span Levels Mini to Level 6. Once students reach Ballet 4, they will be considered for Pointe classes.

*Dress Code: Black leotard, tights, ballet slippers required. Dancer's hair is expected to be neatly pulled away from face and into a bun.*

## LEAPS & TURNS CLASSES

Peak's Leaps and Turns classes focus on dynamic energy, body placement, improvisation and beginning through advanced level jumps, leaps and turns in multiple dance techniques including, but not limited to, Ballet and Jazz. This class will incorporate Ballet fundamentals that can be applied to power-skills needed in other styles of dance. Our Leaps and Turns classes span levels Mini-Level 5. Mini, Level 1 and Level 2, will work on executing each skill individually, focusing on proper technique in conjunction with progression. In Levels 3-5, students will work on combining advanced skills while keeping their technique as strong as when they execute them individually.

*Dress Code: Jazz shoes and fitted athletic attire required. Tights must be worn under any shorts. Dancer's hair is expected to be neatly pulled away from the face.*

## POM CLASSES

Pom is a powerful and endurance based genre of dance combining cheer motion techniques and dance technique. Pom classes are great for both dancers and cheerleaders. This class focuses on the core fundamentals of basic Pom structure. Dancers will be working on Pom motions and jumps, as well as dance technique including: turns, jumps, leaps and level-appropriate Pom choreography. Pom uses sharp and precise movements, which in turn will help to improve the student's overall arm and body placement. Our Pom classes are great training for dancers who are interested in joining one of Peak's competitive teams or a school Pom team. Our Pom classes cover levels Mini-Intermediate. In order to enroll in the Level 2 class, the dancer must be evaluated.

*Dress Code: Jazz shoes and fitted athletic wear is required. Tights must be worn under any shorts. Dancer's hair is expected to be neatly pulled away from the face.*

## HIP HOP CLASSES

Peak's Hip Hop dance classes will work on all facets of Hip Hop culture, from the old school street basics to the current styles and choreography of today. Hip hop dancers will learn how to isolate their body and move to a syncopated rhythm. Dancers will work across the floor, center-floor and incorporate basic Hip Hop tricks. Our Hip Hop classes span levels Mini-Elite.

*Dress Code: Non-skid sole sneakers/tennis shoes and baggy pants or shorts are required. No jeans or fitted shorts or pants. Dancer's hair is expected to be neatly pulled away from the face.*

## JAZZ CLASSES

Jazz classes focus on stylistic movements, as well as proper Jazz technique. In addition to being taught choreography utilizing the stylistic and technical elements of Jazz, technical skills such as leaps and turns will be incorporated when necessary. While it is not required, we highly recommend that all students who enroll in a Jazz class have some previous ballet and/or leaps and turns limited to, Fossé, Lyrical, Broadway and Street Jazz. Our Jazz classes span levels Mini-Advanced.

*Dress Code: Jazz shoes and fitted athletic attire required. Tights must be worn under any shorts. Dancer's hair is expected to be neatly pulled away from the face.*

## CONTEMPORARY & MODERN CLASSES

Contemporary dance incorporates many styles of Dance, such as Classical Ballet, Modern and other Classical Concert Dance Styles. Focus is on stylistic movement, isolated movement and proper Contemporary technique. Choreography will be taught using the stylistic and technical elements of Contemporary. Dancers will work on characterization and emotional connection to pieces as necessary. To enroll in this class, the dancer must be evaluated and must have progressed past Intermediate Jazz. The final decisions on class entry will be made by our Rec Dance Director.

*Dress Code: Jazz shoes and fitted athletic attire required. Tights must be worn under any shorts. Dancer's hair is expected to be neatly pulled away from the face.*

## HIP HOP TUMBLE & ACRO CLASSES

Peak's Hip Hop Tumble classes will work on power skills that are typically incorporated into Hip Hop competitive routines. (Example: Kip Ups, Head Springs and progressions for back handsprings.) Acro classes will focus on flexibility along with tumbling. These skills are typically incorporated into Jazz and Lyrical competitive routines. (Example: elbow and chins stands, front and back walkovers and aerials.)

*Dress Code: Non-skid sole sneakers/tennis shoes and baggy pants or shorts are required. No jeans or fitted shorts or pants. Dancer's hair is expected to be neatly pulled away from the face.*

## BALLET CLASSES

Ballet 1 (RR)	Thursday 4:30-5:30pm	Studio 3
Ballet 1 (RR)	Tuesday 6:00-7:00pm	Studio 2
Ballet 2 (RR)	Tuesday 7:00-8:00pm	Studio 2
Ballet 3*	Wednesday 6:30-8:00pm	Studio 2
Ballet 4*	Wednesday 8:00-9:30pm	Studio 2
Ballet 4/5 HS Only*	Wednesday 5:30-6:30pm	Studio 2
Ballet 5*	Tuesday 5:00-6:00pm	Studio 2
Pointe 1*	Sunday 3:00-4:00pm	Studio 2

## LEAPS & TURNS CLASSES

Leaps & Turns 1 (RR)	Tuesday 5:00-6:00pm	Studio 1
Leaps & Turns 1 (RR)	Friday 5:30-6:30pm	Studio 3
Leaps & Turns 2 (RR)	Tuesday 6:00-7:00pm	Studio 1
Leaps & Turns 2 (RR)	Thursday 7:30-8:30pm	Studio 2
Leaps & Turns 3*	Wednesday 5:00-6:30pm	Studio 1
Leaps & Turns 4*	Wednesday 6:30-8:00pm	Studio 1
Leaps & Turns 4/5* HS Only	Tuesday 7:00-8:30pm	Studio 1
Leaps & Turns 4/5* HS Only	Sunday 11:00am-12:00pm	Studio 1
Leaps & Turns 5*	Thursday 8:00-9:30pm	Studio 1

## POM CLASSES

Beginning Pom (RR)	Monday 5:30-6:30pm	Studio A
Beginning Pom (RR)	Friday 4:30-5:30pm	Studio 3
Intermediate Pom* (RR)	Thursday 6:30-7:30pm	Studio 3
Advanced Pom*	Wednesday 8:00-9:00pm	Studio 1
High School Tryout Prep	Thursday 4:30-6:00pm	Studio 2

## HIP HOP CLASSES

Beginning Hip Hop (RR)	Wednesday 6:30-7:30pm	Studio 3
Beginning Hip Hop (RR)	Friday 5:30- 6:30pm	Studio A
Intermediate Hip Hop* (RR)	Monday 6:30-7:30pm	Studio B
Intermediate Hip Hop* (RR)	Thursday 5:00-6:00pm	Studio 1
Advanced Hip Hop*	Thursday 6:00-7:00pm	Studio 1
Elite Hip Hop*	Thursday 7:00-8:00pm	Studio 1
(P) Boys Hip Hop	Monday 4:30-5:30pm	Studio B

## JAZZ CLASSES

Beginning Jazz (RR)	Monday 4:30-5:30pm	Studio A
Beginning Jazz (RR)	Tuesday 5:00-6:00pm	Studio A
(P) Intermediate Jazz* (RR)	Tuesday 8:00-9:00pm	Studio A
(P) Improv	Tuesday 4:00-5:00pm	Studio A
Contemporary & Modern*	Tuesday 7:00-8:00pm	Studio A
Contemporary & Modern*	Thursday 6:00-7:00pm	Studio 2
Lyrical*	Monday 7:30-8:30pm	Studio A

## POWER BARRE

**Power Barre	Thursday 4:30-5:30pm	Studio A
**Power Barre	Sunday 4:00-5:00pm	Studio 2

\*\*This is a **drop-in** and **pay per class**. No enrollment required.

\*\*Punch cards are available for purchase at Member Services.

\*\*Please check Power Barre calendar for specific dates.

## STUDIO KEY

Studio's A & B are located at the main Peak facility.

Studio's 1, 2, & 3 are located at the Training Center.

**(RR) Represents classes that will participate in our Rec Rewards end of session presentation.**

**(P) Represents a pending class.** If you are interested in one of these classes, ask about our wait-list options.

**(\*) Requires approval** from our Rec Dance Director.

**(\*\*) Represents a drop-in and pay per class.** No enrollment required.

**New Dance Curriculum Format:** To better meet the needs of our Rec Dance Program athletes and to ensure the full range of skills are taught at each class level, we will be enhancing our dance curriculum beginning this session. The full curriculum for each class level will be taught over multiple sessions (January-May, June-July, and August-December). Dancers will receive progress skills cards at the end of each full curriculum period (May and December) rather than each session. Payments will continue to run on our session schedule. Please note this change affects our rec dance classes, ages 7 and up only and not our pre-school classes.

Dancers develop at different rates and progression is based upon a variety of considerations including, but not limited to consistency in execution, muscle tone, and maturity. Dancers should expect to remain in a single level from one to two years.



## HIP HOP TUMBLE & ACRO

Hip Hop Tumble & Acro	Wednesday 4:30-5:25pm	Gym
Hip Hop Tumble & Acro	Wednesday 5:30-6:25pm	Gym
Hip Hop Tumble & Acro	Thursday 6:30-7:25pm	Gym
Hip Hop Tumble & Acro	Friday 5:30-6:25pm	Gym
Hip Hop Tumble & Acro	Saturday 12:30-1:25pm	Gym
Hip Hop Tumble & Acro	Sunday 10:30-11:25am	Gym
Hip Hop Tumble Open Gym**	Sunday 11:30am-12:25pm	Gym

## STUDIO KEY

Studio's A & B are located at the main Peak facility.

Studio's 1, 2, & 3 are located at the Training Center.

**(RR) Represents classes that will participate in our Rec Rewards end of session presentation.**

(P) Represents a **pending** class. If you are interested in one of these classes, ask about our wait-list options.

(\* **Requires approval** from our Rec Dance Director.

(\*\*) Represents a **drop-in and pay per class**. No enrollment required.

Dancers develop at different rates and progression is based upon a variety of considerations including, but not limited to consistency in execution, muscle tone, and maturity. Dancers should expect to remain in a single level from one to two years.

## MINI CLASSES (AGES 5-6)

Mini Ballet (RR)	Friday 5:30-6:30pm	Studio B
Mini Ballet/Tap (RR)	Wednesday 4:30-5:30pm	Studio 3
Mini Ballet/Tap (RR)	Saturday 9:15-10:15am	Studio B
Mini Leaps & Turns (RR)	Wednesday 5:30-6:30pm	Studio 3
(P) Mini Pom (RR)	Friday 6:30-7:30pm	Studio B
(P) Mini Pom/Jazz (RR)	Monday 5:30-6:30pm	Studio B
(P) Mini Hip Hop (RR)	Friday 4:30-5:30pm	Studio A
Mini Jazz (RR)	Wednesday 4:30-5:30pm	Studio 2
(P) Mini Lyrical/Contemporary (RR)	Tuesday 5:30-6:30pm	Studio 3

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(P) Represents a pending class. If you are interested in one of these classes, ask about our wait-list options.

(\* **Requires approval** from our Rec Director. (\*\*) Represents a drop-in and pay per class. No enrollment required.

## CLASS & REGISTRATION INFORMATION

**Session 2 runs for 10 weeks from March 17-May 25, 2019.**

**(Gym closure April 21, 2019 for the Easter holiday)**

### Session 2 Tuition:

45 Minutes/week.....	\$150.00	1 hour/week.....	\$180.00
1.5 hours/week.....	\$265.00	2 hours/week.....	\$330.00

### (RR) REC REWARDS

Represents classes that will participate in our Rec Rewards end of session presentation. The last week of every session is reserved for Rec Rewards. Parents are invited in during the final 10 minutes of class for ribbons and talking about the success of our athletes. Session 2 Rec Rewards will be held **May 19-25**.

### ANNUAL MEMBERSHIP FEE

Each student must pay an annual membership fee of \$50 per student or \$75 per family in order to participate in a Peak class. This fee is paid annually & covers administrative & insurance costs.

### FREE TRIAL CLASS & MAKE-UP CLASSES

Peak Athletics allows one free trial class. Once a student is enrolled, there will be NO REFUNDS allowed unless a student is injured or has a severe illness. Each student is allowed to schedule three make-up classes per ten-week session. Make-ups must be completed in the same session & the student must be actively enrolled.

### FOR MORE INFORMATION:

Contact Member Services at 303-797-8082 or email [info@peakathletics.net](mailto:info@peakathletics.net). To reach the Recreational Dance Director, email **Steven Thornton** at [SThornton@peakathletics.net](mailto:SThornton@peakathletics.net). Visit our website at [www.PeakAthletics.net](http://www.PeakAthletics.net)

### IMPORTANT ADDRESS INFORMATION:

#### Peak Main facility:

399 Dad Clark Drive, Highlands Ranch, CO 80126

#### Training Center:

8000 South Lincoln Street, Unit 8, Littleton, CO 80122

*On occasion, for special events, classes may be relocated to the Training Center. Notification will be given if there are any adjustments to be made.*