

Preschool Dance Classes

TINY TOTS CREATIVE MOVEMENT

Introduce your 2-3 year old dancer to ballet and tap. This is a 45 minute creative movement class that explores rhythm and movement associated with these two forms of dance. We will use various props and games while teaching our tots the terminology of ballet and tap. In addition, we will explore how our body moves and what body parts to use to accomplish a variety of ballet and tap steps.

TINY TUMBLERS

Our Tiny Tumblers class is designed for the newest and youngest tumblers (ages 3-5) and focuses on level 1 skills, which include Bridge up, Back Bend, Handstand, Handstand Bridge, Forward Roll, Backward Roll, Front and Back Walkover, Cartwheel, Power Hurdle and Two Step Round Off, Cartwheel Back Walkover and Cartwheel Front Walkover.

TWIRLING TUMBLERS

Twirling Tumblers is the perfect class for children ages 3-5 who are interested in exploring both dance and cheer tumble all in one class! This class is not only filled with dance and tumbling, but also fun, music and games.

GYM JAMMERS

Students will dance and tumble through this 1.5 hour class as they explore ballet, creative movement, and gymnastics fundamentals. Students will also learn basic dance and gymnastics terminology and enjoy fun games and music. Gym Jammers is open to boys and girls ages 3-5. Students must be potty trained.

PRE BALLET/TAP 1

This class is geared towards our 3-4 year old beginning dancers and introduces the basics of ballet and tap technique in a fun, creative environment.

PRE BALLET/TAP 2

This class is geared towards our 4-5 year old dancers and incorporates all the basics of Pre Ballet/Tap 1, as well as some more advanced movement and skills to be introduced. This class will help prepare children for the transition from our preschool program to our mini program.

COMBO CLASSES

Each of our combo classes will focus on the basics of dance and will teach young dancers a variety of dance styles such as Ballet, Tap, Jazz and Pom. We currently offer combo classes in Pom/Jazz, Ballet/Jazz and Jazz/Tap.

HIP HOP

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.

CLASS & REGISTRATION INFORMATION

Session 4 runs for 10 weeks from August 9-October 17, 2020.

(Gym closure September 7, 2020 for Labor Day)

Session 4 Tuition:

45 Minutes/week.....	\$150.00	60 Minutes/week.....	\$180.00
1 hour & 30 Minutes/week.....	\$265.00	2 hours/week.....	\$330.00

***Payment for Session 4 will be broken into two installments due August 7 and September 5.**

(RR) REC REWARDS

Due to capacity limits in the gym/studio, the Rec Rewards presentation for the Session has been cancelled. Classes that would typically participate in our Rec Rewards program are noted with "RR". Athletes in these specific classes will still receive their Rec Reward ribbon during the last week of the session.

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.

MAKE-UP CLASSES

A makeup token will be automatically generated for **one missed class per month**. Additional tokens will be generated for cancelled classes. Tokens may be redeemed anytime in 2020 for classes in the same program and class level via the customer portal. A confirmed makeup reserves a spot for an athlete. Due to the limited numbers of athletes permitted, same day makeup class cancellations or missed makeup classes will not be rescheduled. Athletes must be actively enrolled to schedule and participate in makeup classes.

FOR MORE INFORMATION

Contact Member Services at 303-797-8082 or info@peakathletics.net. To reach the Recreational Preschool Dance Coordinator, email **Misty Little** at MLittle@peakathletics.net. To reach the Recreational Dance Director, email **Steven Thornton** at SThornton@peakathletics.net. Visit our website at www.PeakAthletics.net

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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.

TINY TOTS CREATIVE MOVEMENT (AGES 2-3) (RR)

Friday 11:30am-12:15pm	Studio A
Saturday 10:15-11:00am	Studio A

TINY TUMBLERS (AGES 3-5) (RR)

Friday 4:00-4:55pm	GYM
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TWIRLING TUMBLERS (AGES 3-5) (RR)

Thursday 11:00am-12:30 pm	Studio A
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GYM JAMMERS (AGES 3-5) (RR)

Tuesday 10:15-11:45am	Studio A
Friday 9:00-10:30am	Studio A
Saturday 11:15am-12:45pm	Studio A
(P) Saturday 1:00-2:30pm	Studio A

PRE BALLET/ TAP 1 (AGES 3-4) (RR)

Friday 10:15-11:15am	Studio A
Saturday 9:00-10:00am	Studio A

PRE BALLET/ TAP 2 (AGES 4-5) (RR)

Saturday 9:00-10:00am	Studio B
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COMBO CLASSES (AGES 3-5) (RR)

BALLET/JAZZ

Tuesday 4:30-5:30pm	Studio A
(P) Thursday 9:00-10:00am	Studio A

POM/JAZZ

(P) Saturday 11:30am-12:30pm	Studio B
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HIP HOP (AGES 3-5) (RR)

Tuesday 5:45-6:45pm	Studio A
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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.