



# Recreational Dance Classes

## BALLET CLASSES (AGES 7-18)

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 CONDITIONING/TECHNIQUE CLASSES (AGES 7-18)

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 (AGES 7-18)

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 our elite competitive teams or a school Pom team. Our Pom classes cover levels Mini-Senior. 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 (AGES 7-20)

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-Senior.

*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.*

## SEMESTER SCHEDULE STRUCTURE

Like most sports, dancers grow in their consistency and skill set when they are training to some extent year-round. So that we can best provide opportunities for dancers to continuously train, we will be moving to a "Semester Structure" within our scheduling as follows:

Winter/Spring Semester: January-May

Summer Semester: June & July

Fall Semester: August-December

## JAZZ CLASSES (AGES 7-11)

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, Fosse, Lyrical, Broadway and Street Jazz. Our Jazz classes span levels Mini-Senior.

*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 CLASSES (AGES 7-20)

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 youth 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.*

## ACRO CLASSES (AGES 7-18)

Acro classes will focus on flexibility along with tumbling. These skills are typically incorporated into Jazz and Lyrical competitive routines. (Example: elbow and chin stands, front and back walkovers and aeriels.)

*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.*

## HIGH SCHOOL PREP CLASSES (AGES 11+)

Athletes can get a jump on their high school tryouts and learn what it will take to make a high school squad. Athletes will rotate through pom/jazz/hip hop allowing our students to experience and work all aspects of high school dance/poms.

## PERFORMANCE OPPORTUNITIES

Our new semester structure allows us to showcase dancers' skills and their growth in a Production or Showcase at the end of the Semesters! This will take the place of our traditional Rec Rewards and will include our entire program. Starting in Summer 2022, you will also be able to access a digital skill card/progress report through your Parent Portal account that will allow you to follow your dancer's growth!



Class QR

### Dance Development Reminder:

*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.*



Tik Tok QR

## BALLET CLASSES

Intro to Ballet/Technique (ages 11+)	Friday 5:30-6:30pm	Studio 1
Ballet 1	Monday 4:30-5:30pm	Studio 3
Ballet 2*	Monday 5:30-6:30pm	Studio 3
Ballet 2/3*	Monday 6:30-7:30pm	Studio 3
Ballet 3*	Wednesday 5:00-6:30pm	Studio 3
Ballet 4*	Wednesday 6:30-8:00pm	Studio 3



## LEAPS & TURNS CLASSES

Leaps & Turns 1	Monday 5:30-6:30pm	Studio 1
Leaps & Turns 2*	Monday 6:30-7:30pm	Studio 1
Leaps & Turns 2/3*	Monday 7:30-8:30pm	Studio 1
Leaps & Turns 3*	Wednesday 6:30-8:00pm	Studio 1
Leaps & Turns 4*	Wednesday 8:00-9:30pm	Studio 1
Leaps & Turns 5*	Sunday 10:00-11:30am	Studio 1

## POM CLASSES

Beginning Pom	Monday 4:30-5:30pm	Studio 2
Int/Adv Pom Technique*	Thursday 5:30-6:30pm	Studio 2

## HIP HOP CLASSES

Beginning Hip Hop	Wednesday 5:30-6:30pm	Studio 1
Beginning 'Elite' Hip Hop*	Tuesday 5:30-6:30pm	Studio 3
Intermediate Hip Hop*	Tuesday 7:30-8:30pm	Studio 3
Advanced Hip Hop*	Tuesday 6:30-7:30pm	Studio 1

## JAZZ CLASSES

Beginning Jazz	Wednesday 6:30-7:30pm	Studio 2
Beginning Contemporary	Wednesday 4:30-5:30pm	Studio 1
Intermediate Contemporary*	Tuesday 6:30-7:30pm	Studio 3
Advanced Contemporary*	Tuesday 7:30-9:00pm	Studio 1

## ACRO CLASSES

Beginning Acro	Wednesday 4:30-5:30pm	3 Strips
Beginning Acro	Saturday 10:00-11:00am	3 Strips
Begin/Int Acro*	Saturday 11:00-11:30am	3 Strips
Int/Adv Acro*	Wednesday 5:30-6:30pm	3 Strips
Int/Adv Acro*	Wednesday 6:30-7:30pm	3 Strips
Int/Adv Acro*	Wednesday 7:30-8:30pm	3 Strips

## STUDIO KEY

Studio's 1, 2, & 3 are located at the **West Building**.

3 Strips area is located upstairs in the **West Building**.

(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.

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

## HIGH SCHOOL PREP

(ages 11+)

Monday	5:30-7:00pm	Studio 2
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## CLASS & REGISTRATION INFORMATION

### 2024 Monthly Tuition for Semester Enrollment:

*Studio will be closed December 24-January 6, 2024 for Winter Break and March 31 for Easter.*

60 min class \$90/month

90 min class \$128/month

### Monthly Billing Process:

*Semester enrollment has monthly billing on the first of each month. Tuition is a set amount each month regardless of the number of weeks (average is slightly over four weeks over the course of 2022.) Enrollment is for a full semester with a minimum of a three-month commitment. This is similar to our current session enrollment and allows families to make enrollment changes as needed due to a dancer's interest, abilities and schedule changes. Drops and transfer requests must be submitted by the 15th and will be effective the 1st of the following month (after initial three month enrollment.) We will continue to evaluate each dancer's skill level and may suggest promotion or transfer to another level or style within a semester.*

### ANNUAL MEMBERSHIP FEE

Each student must pay an annual membership fee of \$55 per student or \$80 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 within 60 days 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.

### DANCE PUNCH CARD

If a weekly class does not work with your schedule, please email our Recreational Dance Director, **Misty Little** at [misty@danceathletics.net](mailto:misty@danceathletics.net) to inquire about our Dance Punch Card options.

### FOR MORE INFORMATION

To reach our Business Office Staff, contact us at 720.749.3500 or visit our website at [www.DanceAthletics.net](http://www.DanceAthletics.net).

### IMPORTANT ADDRESS INFORMATION

#### West Building:

333 Dad Clark Drive, Highlands Ranch, CO 80126

#### Peak Main facility:

399 Dad Clark Drive, Highlands Ranch, CO 80126