



NASHOBA

Dance Academy

Our Philosophy

Our goal at the Nashoba Dance Academy is to foster the love of dance in children of all ages. All classes are centered on the idea that dancing should be Fun for everyone participating regardless of age or ability. We offer a progressive program based on traditional teaching styles allowing every child to learn and excel to their full potential. Whether an experienced student of ballet or a newcomer to the world of Hip Hop, we have a place for you!

2009-2010 Schedule

	Monday	Wednesday	Thursday	Saturday
9:15				Tap/Ballet/Jazz 3-5
10:00	Combo 4-6	Combo 3-4		Ballet Beginner 6-9
11:00	Tap/Ballet 3-5	Tap/Ballet 3-5		Ballet Adv Beginner
1:00			Combo 4-6	
3:30		Tap/Ballet/Jazz 4-5		
4:00				
4:30	Kinderhop 5-6	Dance Trio I		
5:00				
5:30	Jazz/Hip-Hop 7-9	Dance Trio II		
6:30	Jazz/Hip-Hop 10+			

Session 1 begins Sept 8

*** All Classes Are Currently Enrolling ***

Class Descriptions

Twinkle Toes (3-4 yrs) and Kinderdance (4-5 yrs), 45 min

Introduction to various dancing styles with the focus on FUN. Students will learn basic steps, body positions, and combinations. Young girls love tapping, twirling, and moving to music in a fun, safe environment. Classes incorporate theme and props encouraging children to express themselves and use their imaginations. A wonderful way to begin or continue learning Tap, Ballet, or Jazz. All classes include fundamental instruction to build a strong foundation in any style of dance.

-Tap/Ballet combo

-Tap/Ballet/Jazz combo

Combo Classes (3-4, 4-6), 1Hr

A fun way to learn both dancing and gymnastics. Children will spend ½ hr in our dance studio and then move into the gym for ½ hr of structured gymnastics. Dancers will be exposed to all the gymnastic events, ballet, jazz, and movement to music. A wonderful program teaching the fundamentals of dancing and gymnastics in a fun, supportive environment.

Dance Trio Class I (6-8yrs), 1hr

A fun class incorporating two different styles of dancing each week. A great way to begin or continue learning tap, ballet and jazz. A perfect class all for those dancers moving up from the kinderdance program who want to progress in all three areas.

Dance Trio Class II, (7-9yrs), 1hr 15 min

A continuation of Tap/Ballet/Jazz combo I building upon the skills learned in the previous year. Students enrolling must have completed Dance Trio I or have previous dance experience.

KinderHop (5-6 yrs), 45min

Kinderhop is a unique jazz/hip-hop class created especially for younger children. Kindergarteners have a blast learning fun, funky dances with all their friends. They learn basic jazz and hip-hop steps taught to all their favorite songs. Children must be 5yrs old to join this class.

Jazz/Hip-Hop (7-9) and (10+) yrs, 1Hr

Introduces students to Jazz dancing with a Hip-Hop twist. This class combines fundamental Jazz steps and positions with new hip-hop trends. All classes will include isolations, stretching, progressions, leaps, turns and kicks, and combinations. The hottest moves around taught to age-appropriate music. A great way to have fun with your friends, and learn the latest moves while getting a great workout.

Ballet (6-9, 10+) yrs, 1Hr

A Classical ballet class concentrating on proper technique, positions and stretching. Dancers will learn correct terminology and body placement as a foundation. Students will work both at the barre and on the floor gaining strength, grace and confidence with every class. Beginner ballet is open for all new and returning students with an emphasis on fundamentals and fun. Advanced Beginner is for those with previous ballet training looking for a more challenging class.

-Beginner

-Advanced Beginner