Creative Dance Classes for 3-6 yrs.:
The Creative Dance series of classes provides three to six-year-olds foundational movement experiences, equipping students for understanding dance concepts and key movement skills. Classes include age appropriate movement exploration, rhythm and movement games, as well as traditional dance movement combinations. Class activities help to improve gross motor skills, movement awareness and control within a playful environment, and prepare students for advancement to CDC’s Dance Technique classes for 7-12 year olds.

Pre-School Creative Dance, Ages 3-4 CLASS CANCELLED
Students explore the fundamentals of dance---spacial awareness, timing and rhythms, shapes, and movement qualities---through creative and playful skill building activities. This class brings together song, movement, and story through developmentally designed activities for three and four-year-olds. Wear clothes you can move in, no special shoes are required---just your bare feet!

Creative Dance I, Ages 4-5
Students continue to explore the fundamentals of dance---space, time, shape, and movement qualities---through creative movement exploration and playful exercises. This class also introduces students to ways of creating with dance as they invent small dances and fun movement combinations with their classmates. This class only requires clothing easy to move in and bare feet!

Creative Dance II, Ages 5-6
Students expand their learning of the fundamentals of dance---space, time, shape, and movement qualities---through creative movement exploration and dance making, laying the groundwork for advancement to CDC’s “Dance Technique” series of classes. In this class students learn traditional dance combinations from distinct dance styles such as ballet, jazz, and modern dance. Students do not need special shoes for this class---only easy to move in clothing and bare feet!

Dance Technique Classes for 7-12 yrs.:
CDC’s classes for middle childhood, ages seven to twelve-years-old, provide instruction in modern dance, ballet, and tap. These classes emphasize flexibility, strength, and artistic and creative expression. Students are encouraged to try all genres of dance in this series to foster greater dance awareness and understanding and to develop solid movement skill sets before progressing on to CDC’s dance classes for teens.

Beginning Ballet/Modern, Ages 7-12
This class explores two distinct but complementary styles of dance: ballet and modern dance. Students learn the fundamentals of ballet barre exercises, combinations, and vocabulary as well as locomotor modern dance combinations. Through study of both dance genres, students will broaden their understanding of dance concepts such as use of space in dance, timing and rhythm, and dynamic movement qualities.

Beginning Tap Dance, Ages 7-12 CLASS CANCELLED
This class develops basic tap vocabulary while integrating knowledge and execution of rhythms for beginning tappers. In addition to learning steps and combinations, students are introduced to basic music theory concepts as related to rhythmic tap dancing. Stories about the rich history of tap and the great “hoofers” that helped to create what the art form is today help to bring this form alive for students! Tap shoes and easy to move in clothing is required.

Continued on next page
Dance Technique Classes for Teens and Adults:

CDC's classes for teens and adults are offered in a variety of genres and levels. We welcome the beginner who has never taken a class before to those that have studied dance---we have a class for everyone!

**Beginning Tap, Teen/Adult**
This class provides a solid foundation of tap dance technique and rhythmic awareness. In addition to learning steps and tap combinations, students are introduced to the historical roots of tap and its revolutionary dancers. Students will be encouraged to find their own rhythmic flow through improvisation and class jams. Tap shoes and easy to move in clothing is required.

**Beginning Ballet, Teen/Adult**
Students explore the fundamentals of ballet technique, including basic barre and center exercises, proper body alignment, and ballet vocabulary. This class is designed to increase strength and flexibility while experiencing creative and fun ballet combinations. Dance attire and ballet shoes are required.

**Intermediate/Advanced Ballet, Teen/Adult**
Students expand their knowledge of ballet technique through more advanced barre exercises, center work, and complex combinations. While increasing strength and flexibility students focus on expressive performance and use of dynamic movement qualities. Dance attire and ballet shoes are required.

**Modern Dance, Teen/Adult**
This class teaches basic elements and techniques of modern dance, exploring how the body moves through space, use of breath (inhale/exhale), musicality and rhythm, qualitative dynamics of movement, contraction/release, as well as dance conditioning. Only easy to move in dance clothing and bare feet are needed! All levels welcome.

**Contemporary Jazz, Teen/Adult**
This class fuses modern, jazz, and ballet to create a unique style of movement with syncopated rhythms and powerful percussive movement combinations. This ever evolving form will be explored through angular, smooth, and isolated movements, while integrating a sense of flow with each student’s personal style. Soft soled jazz shoes and easy to move in dance attire are required. All levels welcome.

**Hip Hop, Teen/Adult**
Students explore the energetic, rhythmic, and dynamic elements of hip hop dance through skill building exercises and dance combinations. Dancers will have the opportunity to explore and improve their skills with a variety of hip hop styles: high energy/commercial hip hop, lyrical hip hop, popping, breaking, and funk. Easy to move in clothing and dance sneakers are needed! All levels welcome.

**Salsa, Teen/Adult**
This class is a “beginner’s guide” to salsa dancing where basic steps & turns will be taught, as well as exploration of different styles of salsa dancing from various regions of the globe. All students are encouraged to sign up for this class with a partner. Ladies, please wear heels or flats with a flexible leather sole; and, gentlemen--leather soles are needed. Come and salsa with us!

**Country Western Swing, Teen/Adult**
This class leads beginner dancers through the basics of two-stepping & country swing, as well as a few line dances! All students are encouraged to sign up for this class with a partner. If students have traditional country western boots, they are encouraged to wear them or any type of leather soled shoes. Let’s swing!