



# Upper Merion Dance & Gymnastics Center, LLC.

530 Hertzog Blvd, King of Prussia, PA 19406  
Phone 610-731-0022; Fax 610-731-0034  
frontdesk@umdgc.com; [www.umdgc.com](http://www.umdgc.com)



## DANCE SCHOOL YEAR 2024-25

All classes are co-ed unless noted otherwise. Note: Some class levels are combined due to lower number of dancers and levels close in abilities. Levels are determined by instructors. E-mail [dance@umdgc.com](mailto:dance@umdgc.com) for specific questions and dance shoe purchase information.

### RECITAL CLASSES

Payment Options: In Full (Session), 4 Monthly Installments (FALL - Sep-Dec), 5 Monthly Installments (SPRING - Jan-May/Jun), or 9 Monthly Installments (SCHOOL YEAR - Sep-May/Jun).

#### **SPRING (RECITAL)**

**Mon, Jan 6, to Sun, Jun 1**

10% off thru Jul 14

5% off thru Dec 8

Refund Deadline: Midnight on Jan 19

Closures: Spring Break (Mon, Apr 14, to Sun, Apr 20), Memorial Day (Fri, May 23, to Mon, May 26)

#### **SCHOOL YEAR (RECITAL)**

**Mon, Sep 9, to Sun, Jun 1**

10% off thru Jul 14

5% off thru Aug 2

Refund Deadline: Midnight on Sep 22

Closures: Spring Break (Mon, Apr 14, to Sun, Apr 20), Memorial Day (Fri, May 23, to Mon, May 26)

### NON-RECITAL CLASSES

Payment Options: In Full only.

#### **WINTER (Non-Recital)**

**Mon, Jan 6, to Sun, Feb 23**

10% off thru Nov 26

5% off thru Dec 8

50% Add-A-Class starts by Jan 12

Refund Deadline: Midnight on Jan 19

Closures: None

#### **SPRING I (Non-Recital)**

**Mon, Feb 24, to Sun, Apr 13**

10% off thru Nov 26

5% off thru Feb 2

50% Add-A-Class starts by Mar 2

Refund Deadline: Midnight on Mar 9

Closures: None

#### **SPRING II (Non-Recital)**

**Mon, Apr 21, to Sun, Jun 1**

10% off thru Nov 26

5% off thru Mar 16

50% Add-A-Class starts by Apr 27

Refund Deadline: Midnight on May 4

Closures: Memorial Day Break (Fri, May 23, to Mon, May 26)

### Acro

Acro combines dance and movement with precision acrobatic elements such as handstands, elbow stands, cartwheels, & walkovers. Class will emphasize flexibility, agility, balance, strength & muscle control. Class is designed for a variety of levels - each participant will work within their capabilities and be challenged. Acro 1 Non-Recital class may be offered later in the Spring.

#### **ACRO 2**

Focus on progressions for aerials, back handsprings, front walkovers and increasing flexibility in all areas. Some partner work may be featured. **Requirements:** Acro dancers must have a strong cartwheel, bridge and handstand. Acro 2: Passed previous level or by instructor evaluation. **Attire & Footwear:** Camisole, leotard, T-shirt or tank, leggings strongly encouraged, bare feet. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

<b>Passed Acro 1</b>	<b>Instructor/Studio</b>	<b>Spring In Full</b>	<b>Spring Monthly</b>
Thu; 7:30-8:30p	Anna/2	Jan-Jun \$540	Jan-Jun \$118

### Ballet & Pointe

The basis for Contemporary and Modern dance forms, Ballet is great for toning and strengthening all muscle groups, developing balance, poise, and grace, as well as gaining body awareness and learning discipline. The various age group classes are progressive in nature and serve to prepare dancers for each level appropriately. Ballet is a dance form that incorporates fitness, fun and creativity. Classes will include Barre, center and across the floor to teach steps, skills, and combinations.

#### **BALLET 1**

An introductory class that will include a short stretch, warm up and review basic gross motor skills as well as teach basic ballet terminology and skills. **Requirements:** Ages 5-7. **Female Attire & Footwear:** Black Leotard and pink tights, pink canvas or leather

ballet shoes required. Ballet skirts permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12 with an assistant instructor.

### **NON-RECITAL**

**Credits:** Base \$15; Max 2.

<b>Ages 5-7</b>	<b>Instructor/Studio</b>	<b>Winter In Full</b> Jan 6-Feb 23	<b>Spring I In Full</b> Feb 24-Apr 13	<b>Spring II In Full</b> Apr 21-Jun 1
Mon; 5:15-6:05p	Anna/1	\$189	\$162	\$135

### **RECITAL**

**Credits:** Base \$15; Max 3.

<b>Ages 5+</b>	<b>Instructor/Studio</b>	<b>Spring In Full</b> Jan-Jun	<b>Spring Monthly</b> Jan-Jun
Sat; 10:30-11:30a	Michelle/1	\$513	\$112

### **BALLET 2**

Class refines technique, turnout, flexibility and retaining choreography. Increased emphasis on barre exercises, leaps, jumps, spotting with turns and balance. Classes will include barre work, center and across the floor. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes required. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. Sheer skirts and ballet sweaters permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

<b>Passed Ballet 1</b>	<b>Instructor/Studio</b>	<b>Spring In Full</b> Jan-Jun	<b>Spring Monthly</b> Jan-Jun
Wed; 5:30-6:30p	Britney/1	\$540	\$118

### **BALLET 3**

Increased emphasis on fine tuning skills such as weight change and more advanced technique. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

<b>Passed Ballet 2</b>	<b>Instructor/Studio</b>	<b>Spring In Full</b> Jan-Jun	<b>Spring Monthly</b> Jan-Jun
Tue; 5:00-6:00p	Britney/1	\$540	\$118

### **BALLET 4**

More advanced technique and intricate combinations that require balance and stamina, strength, and focus. Students will work to retain more challenging choreography and repertoire along with understanding of composers and choreographers. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$20; Max 3.

<b>Passed Ballet 3</b>	<b>Instructor/Studio</b>	<b>Spring In Full</b> Jan-Jun	<b>Spring Monthly</b> Jan-Jun
Wed; 6:30-8:00p	Britney/1	\$675	\$148

### **BALLET 5**

More advanced technique and intricate combinations that require balance and stamina, strength, and focus. Students will work to retain more challenging choreography and repertoire along with understanding of composers and choreographers. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$20; Max 3.

<b>Passed Ballet 4</b>	<b>Instructor/Studio</b>	<b>Spring In Full</b> Jan-Jun	<b>Spring Monthly</b> Jan-Jun
Thu; 6:00-7:30p	Dana/1	\$675	\$148

### **BALLET 6**

This level is the final step before reaching pointe classes. **Requirements:** By tryout or instructor invitation from the previous level class. Dancers must enroll in school year session and must take both classes per week to qualify for Pre-Pointe. If the dancer only takes one class at this level, they will remain Ballet 6 and cannot advance to pointe. **Female Attire & Footwear:** Black leotard and pink tights, pink canvas or leather ballet shoes. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$20; Max 3 per class day and 6 per session total (September-May/June).

<b>Passed Ballet 5 (Company Class w/Pointe 1&amp;2)</b> Attend Both Days	<b>Instructor/Studio</b>	<b>School Year In Full</b> Sep-Jun	<b>School Year Monthly</b> Sep-Jun
Tue; 6:00-7:30p Thu; 7:30-9p	Britney/1 Dana/1	\$1584	\$176

## POINTE 1 & 2

**Requirements:** Students must receive approval from the Pointe instructors and have achieved 90% of the skills on the Pre-Pointe check list to purchase Pointe shoes. Pointe students are required to attend year-round, including summer classes. Skills will be mastered at the barre and in center. **Female Attire & Footwear:** Any solid color leotard (no prints) and pink tights, pink canvas or leather ballet shoes and Pointe shoes if applicable. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Male Attire:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Registration Benefit:** All participants in Pointe classes receive free open workouts while enrolled in the class. Make certain to notify the person signing-in open workout that you are a Pointe student, or you will be charged the normal price. **Max Ratio:** 12. **Credits:** Base \$20; Max 3 per class day and 6 per session total (September-May/June).

<b>Pointe 1 &amp; 2 (Company Class w/Ballet 6)</b> Attend Both Days	<b>Instructor/Studio</b>	<b>School Year In Full</b> Sep-Jun	<b>School Year Monthly</b> Sep-Jun
Tue; 6:00-7:30p Thu; 7:30-9p	Britney/1 Dana/1	\$1584	\$176

## POINTE VARIATIONS (NON-RECITAL)

Additional instruction on classical ballet variations for advanced pointe students only. **Requirements:** By instructor invitation only. **Female Attire & Footwear:** Any solid color leotard (no prints) and pink tights, pink canvas or leather ballet shoes and Pointe shoes if applicable. Long hair must be in a bun, no ponytails; short hair must be pulled off the face securely. No shorts, sweatshirts or baggy clothing permitted. **Max Ratio:** 12. **Credits:** No credits.

<b>By invitation only</b>	<b>Instructor/Studio</b>	<b>Spring In Full</b> Jan-Jun
Tue; 7:30p-8:00p	Britney/1	\$160

# Combo & Specialty

UMDGC's Combo Dance/Gymnastics classes are designed as a fun introduction to multiple styles. These classes are meant to allow the students to try each program without a long-term commitment and see if they are a good fit to pursue in the future.

## BALLET/TAP/JAZZ (NON-RECITAL)

A fun introduction to learn the basics of Ballet, Tap and Jazz dance focusing on the foundational positions, rhythm, and motor skills. **Requirement:** Ages 3-5. **Attire & Footwear:** Leotard, t-shirt, athletic shorts, or sweatpants with elastic waistband or drawstring. Hair must be tied back so it is out of the participant's eyes. Dancers may purchase either Ballet or Jazz shoes – not required to have both. Black Mary Jane buckle tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

<b>Ages 3-5</b>	<b>Instructor/Studio</b>	<b>Winter In Full</b> Jan 6-Feb 23	<b>Spring I In Full</b> Feb 24-Apr 13	<b>Spring II In Full</b> Apr 21-Jun 1
Wed; 6:00-6:50p	Mijka/2	\$189	\$135	\$162
Sun; 1:10-2:00p	Ryleigh/1	\$189	\$135	\$135

## JAZZ/TAP

Learn the basics of Jazz and Tap dance, focusing on rhythm, musicality, and footwork. Instructors will combine both styles in class or switch in between them varied weeks. **Requirement:** Ages 5-7. **Female Attire & Footwear:** Leotard and tights or black leggings or spandex shorts, leotard, tank top or T-shirt, black Mary Jane buckle tap shoes. Jazz: options: socks, bare feet or black jazz shoes. Select sizes of pre-owned jazz and tap shoes are available for purchase if desired. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. Jazz: Option socks, bare feet or black jazz shoes. E-mail [dance@umdgc.com](mailto:dance@umdgc.com) for more information and/or shoe sizing appointment. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

<b>Ages 5-7</b>	<b>Instructor/Studio</b>	<b>Spring In Full</b> Jan-Jun	<b>Spring Monthly</b> Jan-Jun
Sun; 2:00-3:00p	Ryleigh/1	\$513	\$112

## BALLET/CONTEMPORARY

Learn the basics of Ballet and Contemporary dance, focusing on alignment, turnout, and strength/flexibility. Students should come prepared in Ballet attire each class. **Requirement:** Ages 8-12 **Female Attire & Footwear:** Black leotard and pink tights. Pink canvas or leather ballet shoes required. Ballet shoes can be worn for contemporary as well. Ballet skirts permitted. No oversized or baggy clothing permitted. **Male Attire & Footwear:** Black athletic shorts or leggings, white fitted T-shirt, black ballet shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Ages 8-12	Instructor/Studio	Spring In Full Jan-Jun	Spring Monthly Jan-Jun
Sun; 12:00-1:00p	Ryleigh/1	\$513	\$112

## Contemporary

Combines both modern and lyrical styles of dance. Dancers will make emotional and physical connections to music by using their body for personal expression and interpretation.

### CONTEMPORARY 1 (NON-RECITAL)

Learn the basics of Contemporary dance, focusing on alignment, turnout, and strength/flexibility. **Requirements:** None. **Female Attire & Footwear:** Leotard and tights OR solid color leggings or spandex shorts. T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks, half-soles, or Foot Undeez. **Male Attire:** Black athletic pants or leggings, bare feet, socks or Foot Undeez. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

Ages 8+	Instructor/Studio	Winter In Full Jan 6-Feb 23	Spring I In Full Feb 24-Apr 13	Spring II In Full Apr 21-Jun 1
Thu; 6:15-7:15p	Anna/2	\$189	\$135	\$162

### CONTEMPORARY 2

Suited for young creative dancers, this class is a fun and imaginative study using modern technique. The focus will be on alignment, balance, coordination, and movement development while learning contemporary and modern techniques. Students will also experiment with improvisation and creating movement phrases that explore their creative sides. Performance exercises increase spatial and kinesthetic awareness. **Requirements:** Passed Contemporary 1 or by evaluation. **Female Attire & Footwear:** Leotard and tights OR solid color leggings or spandex shorts. T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks or Foot Undeez. **Male Attire:** Black athletic pants or leggings, bare feet, socks, half-soles, or Foot Undeez. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Passed Cont. 1	Instructor/Studio	Spring In Full Jan-Jun	Spring Monthly Jan-Jun
Wed; 7:00-8:00p	Mijka/2	\$540	\$118

### CONTEMPORARY 3 & 4

This is an advanced, fast-paced technique class that focuses on self-expression, specification of movement, and strength. All aspects listed in Contemporary 1 and 2 plus qualitative movement, advanced floorwork, and complex phrases are covered throughout the year. Students will focus on a variety of techniques such as Graham, Horton and Limon. Class may perform two pieces in the Spring recital. **Requirements:** By tryout or instructor invitation from the previous level class. Requires enrollment in non-recital Turns and Leaps class. **Female Attire & Footwear:** Leotard and tights or solid color leggings or spandex shorts. T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks, half-soles, or Foot Undeez. **Male Attire:** Black athletic pants or leggings, bare feet, socks or Foot Undeez. **Max Ratio:** 12. **Credits:** Base \$20; Max 6.

Passed Cont. 2	Instructor/Studio	School Year In Full Sep-Jun	School Year Monthly Sep-Jun
Wed; 8:00-9:00p	Mijka/2	\$891	\$108

## Creative Movement

### CREATIVE MOVEMENT (NON-RECITAL)

A fun introduction to dance that aims to teach gross motor skills such as marching, galloping, jumping and skipping through creative dance games and using dancers' imagination. Recommended for new dancers. Participants must be potty-trained. **Requirements:** Ages 3-4, potty trained. **Female Attire & Shoes:** Leotard and tights, or non-restrictive athletic clothing. Any color ballet shoes or bare feet. If footed tights are worn, ballet shoes must also be worn to prevent slipping in the studio. **Male Attire:** Non-restrictive, athletic clothing, any color ballet shoes or bare feet. **Max Ratio:** 10. **Credits:** Base \$15; Max 2.

Ages 3-4	Instructor/Studio	Winter In Full Jan 6-Feb 23	Spring I In Full Feb 24-Apr 13	Spring II In Full Apr 21-Jun 1
Fri; 5:30-6:20p	Michelle/1	\$189	\$135	\$135
Sat; 9:30-10:20a	Michelle/1	\$189	\$135	\$135

# Fusion

A fun and exciting class to try out a variety of dance! A new style of dance will be taught each class so participants can try out something new each week.

## ADULT DANCE FUSION (NON-RECITAL & RECITAL)

*This class is being offered as a non-recital class for Winter session and as a recital class for Spring I & II. Participation is not required.*

Open to all levels. After a short warm up, dance steps will be taught and put into a combination to music. Styles in Ballet, Contemporary/Modern, Jazz, Hip Hop and Jazz Funk! **Requirement:** Ages 17 & up. **Attire & Footwear:** Comfortable non-restrictive clothing, sneakers, bare feet or dance shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2 (Winter), 3 (Spring I & II). Pay Per Class option available.

Ages 17+	Instructor/Studio	Winter In Full Jan 6-Feb 23	Spring II & II In Full Feb 24-Jun 1
Mon; 8:00-9:00p	Varies Weekly/1	\$189	\$297

# Hip Hop

Fast-paced, athletic style of dance based on a variety of street dance styles set to hip hop and pop music.

## HIP HOP 1

Basic hip hop motions and movements, isolations, jumps and floorwork. Incorporates learning to follow rhythm with music. **Requirements:** Ages 5-7. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. Pants are recommended to make movement and choreography on the floor easier. Black or white clean and dry sneakers. **Max Ratio:** 12.

### NON-RECITAL

**Credits:** Base \$15; Max 2.

Ages 5-7	Instructor/Studio	Winter In Full Jan 6-Feb 23	Spring I In Full Feb 24-Apr 13	Spring II In Full Apr 21-Jun 1
Sat; 11:40a-12:30p	Grace/2	Not currently running	\$135	\$135

### RECITAL

**Credits:** Base \$15; Max 3.

Ages 5+	Instructor/Studio	Spring In Full Jan-Jun	Spring Monthly Jan-Jun
Wed; 5:00-5:50p	Mijka/2	\$540	\$118

## HIP HOP 2

Increased emphasis on techniques of Hip Hop 1 with more intricate movement and faster moving combinations. Classes may include instruction on specific hip hop techniques, such as House, and Breakin. **Requirements:** Passed Hip Hop 1 or by evaluation. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. Pants are recommended to make movement and choreography on the floor easier. Black or white clean and dry sneakers. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Passed Hip Hop 1	Instructor/Studio	Spring In Full Jan-Jun	Spring Monthly Jan-Jun
Tue; 6:00-7:00p	Kathryn/2	\$540	\$118

## HIP HOP 3

Increased emphasis on techniques of Hip Hop 2 with more intricate movement and faster moving combinations. Class will focus on more advanced floorwork, isolations, musicality and freestyling skills. **Requirements:** Passed Hip Hop 2 or by evaluation. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. Pants are recommended to make movement and choreography on the floor easier. Black or white clean and dry sneakers. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Passed Hip Hop 2	Instructor/Studio	Spring In Full Jan-Jun	Spring Monthly Jan-Jun
Mon; 5:00-6:00p	Mijka/2	\$513	\$112

## HIP HOP 4

Increased emphasis on techniques of Hip Hop 3 with more intricate movement and faster moving combinations. Classes may include instruction on specific hip hop techniques, such as Waacking, Litefeet, and House. **Requirements:** Passed Hip Hop 3 or by evaluation. **Attire & Footwear:** Solid color leggings or spandex shorts, athletic or sweatpants; leotard, tank top or T-shirt. Pants are recommended to make movement and choreography on the floor easier. Black or white clean and dry sneakers. **Max Ratio:** 12. **Credits:** Base \$15; Max 6.

Passed Hip Hop 3	Instructor/Studio	School Year In Full Sep-Jun	School Year Monthly Sep-Jun
Tue; 7:00-8:00p	Kathryn/2	\$891	\$108

## Jazz

Jazz is a high energy style of dance and can be seen in commercials and musicals. Focus on body isolations, turns, leaps, and jumps. Students will gain strength, flexibility, endurance, and coordination.

### MUSICAL THEATER JAZZ 1 (NON-RECITAL)

Not currently running at this time. May return in the Summer session.

### JAZZ 1

Not currently running at this time.

Basics of Jazz are introduced including, but not limited to, jazz squares, weight change, isolations, basic leaps, and jumps. **Requirements:** Ages 6 & up. **Female Attire & Footwear:** Leotard and tights or solid color leggings or spandex shorts, tank top or T-shirt, black slip-on jazz shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black slip-on jazz shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3. Jazz 2 & 3

Increased emphasis on reviewing Jazz 1 steps and combinations, reinforcing technique, spotting with turns and isolation, and more intricate combinations. Learning to incorporate arm movement with footwork combinations as well as floor work are covered. **Requirements:** Passed Jazz 1 or by evaluation. **Female Attire & Footwear:** Leotard and tights or solid color leggings or spandex shorts, tank top or T-shirt, black slip-on jazz shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black slip-on jazz shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Passed Jazz 1	Instructor/Studio	Spring In Full Jan-Jun	Spring Monthly Jan-Jun
Mon; 6:00-7:00p	Mijka/2	\$513	\$112

### JAZZ 4 & 5

Greater emphasis on refining technique. More intricate leaps, jumps, and turns including tour jetes, calypsos, and turns. These classes may perform two numbers in the recital. **Requirements:** Requires enrollment in non-recital Turns and Leaps class. By instructor invitation or tryout. **Shoes:** Black slip-on jazz shoes required. **Female Attire:** Tights solid color leggings or spandex shorts and form fitting shirt or leotard. No baggy or oversized clothing. **Male Attire:** Attire for all males in dance programming is non-restrictive, athletic clothing. **Max Ratio:** 12. **Credits:** Base \$15; Max 6.

Passed Jazz 3	Instructor/Studio	School Year - In Full Sep-Jun	School Year Monthly Sep-Jun
Mon; 8:00-9:00p	Mijka/2	\$891	\$108

## Performance Company

Performance Company gives dancers the opportunity to explore dance outside of weekly technique classes. Weekly rehearsals will focus on a variety of styles, including but not limited to: Hip Hop, Jazz, and Contemporary.

### PERFORMANCE COMPANY

Focus will be on introduction to new styles, choreography, and performance opportunities. Performance Company will participate in all UMDGC performances as well as additional community-based performance opportunities and classes scheduled at the Director's discretion. **Requirement:** By invitation only. One-year commitment required. **Female Attire & Footwear:** Black leggings, T-shirt, tank top or leotard. No oversized or baggy clothing permitted. Bare feet, socks or Foot Undeez. **Male Attire & Footwear:** Black athletic pants or leggings, bare feet, socks or Foot Undeez. **Registration Benefit:** All participants in Performance Company receive free open workouts while enrolled in the class. Make certain to notify the person signing-in open workout that you are a Performance Company student, or you will be charged the normal price. **Max Ratio:** 12. **Credits:** None. **Special Registration Note:** No discounts of any type apply.

By Invitation Only	Instructor/Studio	School Year In Full Sep-Jun	School Year Monthly Sep-Jun
Mon; 7:00-8:00p	Mijka/2	\$891	\$108

## Tap

Tap is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Class focuses on timing and rhythm. Classes include both center and across-the-floor combinations to music and a cappella. Classes will incorporate some jazz and other dance styles.

### TAP 1

An introduction to stamps, stomps, shuffles, flaps and more. Emphasis on counting steps, keeping a beat, and learning to follow a rhythm. Dancers will review weight change and be introduced to syncopation. Classes accommodate those with some tap experience and those with little or no tap experience. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black Mary Jane buckle tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12.

#### NON-RECITAL

**Credits:** Base \$15; Max 2.

Ages 4-6	Instructor/Studio	Winter In Full <small>Jan 6-Feb 23</small>	Spring I In Full <small>Feb 24-Apr 13</small>	Spring II In Full <small>Apr 21-Jun 1</small>
Sat; 12:30-1:20p	Michelle/1	\$189	\$135	\$135

#### RECITAL

**Credits:** Base \$15; Max 3.

Ages 5-7	Instructor/Studio	Spring In Full <small>Jan-Jun</small>	Spring Monthly <small>Jan-Jun</small>
Tue; 5:00-5:50p	Kathryn/2	\$540	\$118

### TAP 3

Greater focus on timing, rhythm and working on tempo changes and speed of steps executed. Dancers will review weight change and be introduced to syncopation. Dancers will learn to incorporate arm movements with footwork. **Requirements:** Passed Tap 2 or by evaluation. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black oxford tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 3.

Passed Tap 2	Instructor/Studio	Spring In Full <small>Jan-Jun</small>	Spring Monthly <small>Jan-Jun</small>
Thu; 5:00-6:00p	Michelle/1	\$540	\$118

### TAP 4 & 5

Focus on intricate footwork and combinations, increasing speed, tempo changes, time steps and across-the-floor combinations. Included: drawbacks, wings, and refining technique. Both rhythm-style and Broadway-style tap will be taught. **Requirements:** By tryout or instructor invitation from the previous level class. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black oxford tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 6.

Passed Tap 3	Instructor/Studio	School Year In Full <small>Sep-Jun</small>	School Year Monthly <small>Sep-Jun</small>
Tue; 8:00-9:00p	Kathryn/2	\$891	\$108

### TEEN/ADULT TAP (NON-RECITAL)

An introduction to stamps, stomps, shuffles, flaps and more. Emphasis on counting steps, keeping a beat, and learning to follow a rhythm. Dancers will review weight change and be introduced to syncopation. Classes accommodate those with some tap experience and those with little or no tap experience. **Requirements:** Ages 17+ **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or T-shirt, black oxford tap shoes. **Male Attire & Footwear:** Black athletic pants or leggings, tank top or T-shirt, black oxford tap shoes. **Max Ratio:** 12. **Credits:** Base \$15; Max 2.

Ages 17+	Instructor/Studio	Winter In Full <small>Jan 6-Feb 23</small>	Spring I In Full <small>Feb 24-Apr 13</small>	Spring II In Full <small>Apr 21-Jun 1</small>
Tue; 8:05-9:05p	Michelle/1	\$105	\$90	\$75

## Turns & Leaps

**This class is required for: Jazz 4 & 5, Contemporary 3 & 4.**

Focuses on strengthening dancers' turns, leaps, and other tricks. Conditioning exercises will target the muscle groups needed to execute high-level tricks while technical combinations will integrate these skills into choreography.

## **URNS & LEAPS 1 (NON-RECITAL)**

Focus on the basics of Turns & Leaps, building strength and flexibility. Skills may include but are not limited to: Calypso leaps, foute turns, a la seconde turns, and switch leaps. Open to dancers, gymnasts and tumblers. **Requirement:** Ages 8 & up. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or form fitting T-shirt, dance shoes or bare feet. No oversized clothing permitted. **Male Attire & Footwear:** Black athletic pants, shorts or leggings, tank top or T-shirt, dance shoes or bare feet. **Max Ratio:** 16. **Credits:** None. **Special Registration Note:** No discounts of any type apply.

<b>Ages 8+</b>	<b>Instructor/Studio</b>	<b>Spring In Full Only</b> Jan-Jun
Thu; 5:10-6:00p	Anna/2	\$270

## **URNS & LEAPS 2 (NON-RECITAL)**

Skills may include but are not limited to: Calypso leaps, fouetté turns, a la seconde turns, and switch leaps. Open to dancers, gymnasts and tumblers. **Requirement:** Passed Turns & Leaps 1 or by evaluation. **Female Attire & Footwear:** Leotard and tights or black leggings, leotard, tank top or form fitting T-shirt, dance shoes or bare feet. No oversized clothing permitted. **Male Attire & Footwear:** Black athletic pants, shorts or leggings, tank top or T-shirt, dance shoes or bare feet. **Max Ratio:** 16. **Credits:** None. **Special Registration Note:** No discounts of any type apply.

<b>Turns &amp; Leaps 2</b>	<b>Instructor/Studio</b>	<b>Spring In Full Only</b> Jan-Jun
Mon; 6:10-7:00p	Anna/1	\$255