

Peak Athletics Plus

Dance Class Descriptions

Preschool Dance Combo: This class introduces the fundamentals of dance. A variety of dance styles will be taught such as jazz, ballet, creative movement and pom allowing the child to develop skills in all areas. Dancers will also be working on basic gymnastics skills and motor skills through fun gymnastic circuits. At the end of each session, the dancers will do a short performance of what they have learned.

*Pink ballet slippers or black jazz shoes required.

Pom: Great for dancers and cheerleaders, this class focuses on the core fundamentals of basic pom structure. Students will be working on pom motions and jumps as well as jazz technique. Pom uses sharp/precise movements, which in turn will help to improve the students overall arm and body placement. The students will build on skills and choreography each week.

*Non-skid sole sneakers/tennis shoes or jazz shoes.

Hip-hop: This class will work on all facets of hip-hop culture from the old-school street basics to the pop music videos of today. Students will learn how to isolate their body and move to a syncopated rhythm.

Please ask an instructor to find the appropriate level for you.

*Non-skid sole sneakers/tennis shoes required. No jeans.

Jazz: We will be focusing on stylistic movements, as well as proper jazz technique. In addition to working technical skills such as leaps and turns, the dancers will be taught choreography utilizing the stylistic and technical elements of jazz.

*Black jazz shoes or dance sneakers required.

Leaps and Turns: This class is strictly based on technique, and will introduce and/or further the technical skills of the dancer. It's a great class to improve the control and endurance of all the various leaps and turns. **Please ask an instructor to find the appropriate level for you.**

*Black jazz shoes, dance sneakers or pink ballet slippers required.

Adult Cardio Dance: These classes are dance based exercise classes for dancers *and* non-dancers. The classes include a warm up, stretching and strength training and choreography based exercises. The class features a different style of dance each session from jazz and funk, to disco and salsa.

*Workout clothes with non-skid sole sneakers/tennis shoes required.

Cardio Dance/Kickboxing: This class offers a little more aggressive workout and includes dance/kick box combinations and core strengthening moves with gliders.

*Workout clothes with non-skid sole sneakers/tennis shoes required.

Strength & Flexibility: This is a great class for individuals who would like to improve their sports endurance. We will be focusing a great deal on plyometrics and agility. This class is designed to help improve jump and leap technique as well as strengthening the core abdominal region. In turn, we will also be working on flexibility to strengthen and lengthen the muscle and build a very strong and limber body.

*Workout clothes with non-skid sole sneakers/tennis shoes required.

Studio Etiquette and Rules

1. No students in dance studio without supervision.
2. Hair must be pinned or tied back.
3. No jewelry.
4. No Gum/Food/ Drinks in the studio.
5. Keep all personal belongings in the cubbies.
6. Proper dance class etiquette at all times.
7. Leave cell phones off or on vibrate during classes.
8. Do not interrupt a class to speak with a teacher or student.