

Academy of Movement & Music Summer Schedule 2024

June 10th – July 20th

Registration starts March 5th in Jackrabbit .

The Academy will be closed for Independence Day on July 4th & 5th.

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| Downstairs ARTS Summer Camp | ages 2 1/4 (by June 1 st) to 4 years old |
| Each day provides balance between teacher directed movement classes and the child directed art and Montessori environment. Our songs, artwork, dances and games will be centered on our themes. | |
| MONDAY AND WEDNESDAY | 8:45-11:00 AM |
| AND/OR | |
| TUESDAY AND THURSDAY | 8:45-11:00 AM |
| TUITION FOR 2 DAYS: \$450 | TUITION FOR 4 DAYS: \$725 |

Our Summer **Downstairs A.R.T.S.** will be based on the theme “Summertime Adventures.” Our summertime adventures will take us to the seashore, into the woods, and to our own backyards to learn about and explore the many animals, insects, plants, and other life we might find during our travels.

Need ballet slippers & backpack

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|---|-------------------------------------|
| Upstairs ARTS Summer Camp | ages 4 by (June 1st) to 7 years old |
| Creative movement, art, creative arts & crafts, music, physical fitness, literature and culture are all part of our program. Courses are united around common themes, concepts (shape, color, time), seasons, and cultures from around the world. | |
| MONDAY AND WEDNESDAY | 8:45-11:00 AM |
| AND/OR | |
| TUESDAY AND THURSDAY | 8:45-11:00 AM |
| TUITION FOR 2 DAYS: \$450 | TUITION FOR 4 DAYS: \$725 |

Ready for an adventure? From the highest mountain to the sandiest beach, from the deepest forest to the wildest jungle, this summer in **Upstairs A.R.T.S.** we will pack our bags and travel around the world for six weeks of fun, games, and discoveries.

Need ballet slippers & backpack

Adult Class

| | |
|---------------------|------------------------------|
| | WEDNESDAY |
| ADULT BALLET | 7:00 - 8:00 PM Teresa |

| Children’s Single Classes | | | | | | |
|-----------------------------------|----------|-----------|--------------------|------|-----------|-------|
| DANCE ME A STORY* | Ages 3-5 | FRIDAYS | 9:00 am - 10:30 am | Gina | 5 classes | \$170 |
| BALLET/TAP for INTRO 2/3** | Ages 4-5 | TUESDAYS | 5:45 pm – 6:45 pm | Gina | | \$130 |
| INTRO 2/3 BALLET | Ages 4-5 | SATURDAYS | 9:30 am – 10:30 am | | | \$130 |
| DANCE LIKE CRAZY** | Ages 6-8 | THURSDAYS | 5:45 pm - 6:45 pm | Gina | 5 classes | \$110 |
| BALLET/JAZZ for BALLET 1/2 | Ages 6-8 | SATURDAYS | 9:15 am - 10:30 am | Tati | | \$130 |

***DANCE ME A STORY** is a class designed for 3 - 5 year olds. Each week we will read a different ballet story and bring it to life with music, costumes, props, and dance. The class includes 45 minutes of ballet instruction. This summer will cover ballet classics and more modern stories such as Pinocchio, Cinderella, and Sleeping Beauty.

** **The BALLET/TAP** for Intro 2/3’s class will combine classical ballet, creative movement and tap fundamentals for dancers eligible for the Intro 2/3 level (4-5 years old). Each class will begin with ballet and transition to tap. We will focus on fun and creativity while learning about coordination, balance, tempo and rhythm.

*****DANCE LIKE CRAZY!** For ages 6 – 8. A fun combination class including classical ballet, basic jazz, and Humphrey modern dance. Each class we will explore a different theme including "Outer Space", "Colors" and more! Come dressed for fun and bring your imagination!

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| FOR BALLET 3 & BALLET 4 ~ 2 Ballet classes/wk required | | | |
|--|-----------------|------|-------------------|
| DAY | CLASS | | TIME |
| TUESDAY | Ballet 3/4 | Tati | 3:30 pm - 4:45 pm |
| | Jazz | Tati | 4:45 pm - 5:45 pm |
| THURSDAY | Ballet 3/4 | Tati | 3:30 pm - 4:45 pm |
| | Humphrey Modern | Gina | 4:45 pm - 5:45 pm |

| FOR BALLET 5 ~ 2 Ballet classes/wk required | | | |
|---|-----------------|------|-------------------|
| DAY | CLASS | | TIME |
| TUESDAY | Ballet 5 | Gina | 3:30 pm - 4:45 pm |
| | Humphrey Modern | Gina | 4:45 pm - 5:45 pm |
| THURSDAY | Ballet 5 | Gina | 3:30 pm - 4:45 pm |
| | Jazz | Tati | 4:45 pm - 5:45 pm |

| FOR BALLET 6 | course descriptions | next page | |
|--------------|---------------------|-----------|-------------------|
| DAY | CLASS | | TIME |
| MONDAY | Stretch & Tone | Mei | 1:00 pm - 1:45 pm |
| | Ballet 6 | JP | 1:45 pm - 3:00 pm |
| | *Lyrical | Mei | 3:00 pm - 4:15 pm |
| | Pre-Pointe | Mei | 4:15 pm - 5:00 pm |
| | Hip Hop | Tanji | 7:45 pm - 9:00 pm |
| TUESDAY | *Limon Modern | Jessica | 7:00 pm - 8:15 pm |
| WEDNESDAY | Stretch & Tone | Mei | 1:00 pm - 1:45 pm |
| | Ballet 6 | Mei | 1:45 pm - 3:00 pm |
| | Jazz | Gina | 3:00 pm - 4:15 pm |
| | Pre-Pointe | Tati | 4:15 pm - 5:00 pm |
| FRIDAY | Pilates | Sally | 1:00 pm - 1:45 pm |
| | Ballet 6 | Sally | 1:45 pm - 3:00 pm |

| FOR BALLET 8 | & FOR BALLET 9 | course descriptions→ | |
|---------------------|--|----------------------|-------------------|
| DAY | CLASS | | TIME |
| MONDAY | Stretch & Tone | Mei | 1:00 pm - 1:45 pm |
| | Ballet 8-11 | Julia | 5:00 pm - 6:30 pm |
| | Pointe 2-5 | Julia | 6:30 pm - 7:30 pm |
| | Hip Hop | Tanji | 7:45 pm - 9:00 pm |
| TUESDAY | Ballet 8-11 | JP | 5:45 pm - 7:15 pm |
| | Pointe & Partnering | JP | 7:15 pm - 8:15 pm |
| WEDNESDAY | *Adv Modern | Jessica | 8:15 pm - 9:30 pm |
| | Stretch & Tone | Mei | 1:00 pm - 1:45 pm |
| FRIDAY | Ballet 8/9 | Tati | 5:00 pm - 6:30 pm |
| | Pointe 2/3 | Tati | 6:30 pm - 7:30 pm |
| | Advance Jazz | Tati | 7:45 pm - 9:00 pm |
| | Pilates | Sally | 1:00 pm - 1:45 pm |
| | Ballet 8 (not with 9's) | | 1:45 pm - 3:00 pm |
| | Pointe 2 | JP | 3:00 pm - 3:45 pm |
| | Ballet 9-11 (combined with Ballet 10-11) | JP | 3:45 pm - 5:15 pm |
| Pointe & Partnering | JP | 5:15 pm - 6:15 pm | |

**New student Summer registration fee:
 \$15 if taking a single class
 \$25 if taking multiple classes or enrolling in preschool

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 on July 4th & 5th.

| FEE SCALE | PRICE |
|--|-------|
| per 6 weeks | |
| 1 class/week | \$130 |
| 2 classes/week | \$245 |
| 3 classes/week | \$345 |
| 4 classes/week | \$430 |
| 5 classes/week | \$490 |
| 6 classes/week | \$540 |
| 7 classes/week | \$570 |
| 8 classes/week | \$600 |
| 9 classes/week | \$630 |
| 10 classes/week | \$650 |
| +\$10 each class over 10 | |
| **\$25 registration fee for new students | |

| FOR BALLET 7 | course descriptions | next page | |
|--------------|---------------------|-----------|-------------------|
| DAY | CLASS | | TIME |
| MONDAY | Stretch & Tone | Mei | 1:00 pm - 1:45 pm |
| | *Lyrical | Mei | 1:45 pm - 3:00 pm |
| | Ballet 7 | JP | 3:00 pm - 4:15 pm |
| | Pointe 1 | JP | 4:15 pm - 5:00 pm |
| | Hip Hop | Tanji | 7:45 pm - 9:00 pm |
| TUESDAY | *Limon Modern | Jessica | 7:00 pm - 8:15 pm |
| WEDNESDAY | Stretch & Tone | Mei | 1:00 pm - 1:45 pm |
| | Jazz | Gina | 1:45 pm - 3:00 pm |
| | Ballet 7 | Mei | 3:00 pm - 4:15 pm |
| | Pointe 1 | Mei | 4:15 pm - 5:00 pm |
| | Pilates | Sally | 1:00 pm - 1:45 pm |
| FRIDAY | Ballet 7 | Sally | 1:45 pm - 3:00 pm |
| | Pointe 1 | Sally | 3:00 pm - 3:30 pm |

| FOR BALLET 10 & FOR BALLET 11 | course descriptions→ | | |
|-------------------------------|----------------------|-------------------|-------------------|
| DAY | CLASS | | TIME |
| MONDAY | Stretch & Tone | Mei | 1:00 pm - 1:45 pm |
| | Ballet 8-11 | Julia | 5:00 pm - 6:30 pm |
| | Pointe 2-5 | Julia | 6:30 pm - 7:30 pm |
| | Hip Hop | Tanji | 7:45 pm - 9:00 pm |
| TUESDAY | Ballet 8-11 | JP | 5:45 pm - 7:15 pm |
| | Pointe & Partnering | JP | 7:15 pm - 8:15 pm |
| WEDNESDAY | *Adv Modern | Jessica | 8:15 pm - 9:30 pm |
| | Stretch & Tone | Mei | 1:00 pm - 1:45 pm |
| THURSDAY | Ballet 10/11 | Julia | 5:00 pm - 6:30 pm |
| | Pointe 4/5 | Julia | 6:30 pm - 7:30 pm |
| | Advanced Jazz | Tati | 7:45 pm - 9:00 pm |
| | Ballet 10/11 | JP | 5:45 pm - 7:15 pm |
| FRIDAY | Pointe 4/5 | JP | 7:15 pm - 8:15 pm |
| | Pilates | Sally | 1:00 pm - 1:45pm |
| | Ballet 9-11 | JP | 3:45 pm - 5:15 pm |
| Pointe & Partnering | JP | 5:15 pm - 6:15 pm | |

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Course Descriptions

Lyrical Dance is a dance class where the students learn a routine, or a specifically choreographed sequence of movements. This type of class focuses on technique, musicality, and performance. The class typically starts with a warmup, followed by progressions, practicing combinations focusing on transitions, and putting it all together accompanied by expressive lyrics. Attendees may also learn principles of body isolations, facial expressions, and stage presence.

Limón Based Modern Class

Limón Based Release Technique & Advanced Modern Release Technique

This class is grounded in release based modern and contemporary Ballet, with an emphasis in Limón, Varone, and Forsythe techniques. Combining elements from modern dance with that of Ballet, this class will have you dancing with fluid, circular and grounded movement culminating in vigorous phrase work. Particularly geared towards pushing the boundaries of your kinesphere, while focused on the use of dynamic range through the body and musicality in movement, you will find yourself traveling through space freely and energetically at a complex level.

See more info ~ <https://dancespirit.com/understanding-release-technique/>