

Academy of Movement & Music Summer Schedule 2023

June 12th – July 22nd Registration starts March 6th, contact the office.

The Academy will be closed for Juneteenth on Monday, June 19th and 4th of July on Tuesday, July 4th.

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: \$440	TUITION FOR 4 DAYS: \$700

Our theme for summer in Downstairs A.R.T.S. will be Animal Adventures. We will explore and learn all about our animal friends *Under the Sea*, *At the Zoo* and at *Life at the Pond*.

Upstairs ARTS Summer Camp	ages 4 by (June 1 st) 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: \$440	TUITION FOR 4 DAYS: \$700

Ahoy, Matey! Welcome aboard! This summer in Upstairs A.R.T.S. our projects and activities will be based on traveling around the world on a pirate ship sailing the Seven Seas, exploring the rainforest, and visiting the Caribbean.

Adult Class

	WEDNESDAY
ADULT BALLET	7:00 - 8:00 PM Sofie

Children's Single Classes					
DANCE ME A STORY*	Ages 3-5	FRIDAYS	9:00 am - 10:30 am	Gina & Talia	\$185
BALLET/TAP for INTRO 2/3**	Ages 4-5	TUESDAYS	5:45 pm – 6:45 pm	Gina	\$125
INTRO 2/3 BALLET	Ages 4-5	SATURDAYS	9:30 am – 10:30 am	Sofie	\$125
DANCE LIKE CRAZY**	Ages 6-8	THURSDAYS	5:45 pm - 6:45 pm	Gina	\$125
BALLET/JAZZ for BALLET 1/2	Ages 6-8	SATURDAYS	9:15 am - 10:30 am	Tati	\$125

***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 Coppelia, Wizard of Oz, and The Nutcracker.

**** 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 class with a different theme each week, including “Beach Party” and “Disney Day.” Dancers will get to try dancing classical ballet, basic jazz, and Humphrey Modern Dance for a fun Movement exploration.

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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
	Choreo-Comp	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	Laura	1:45 pm - 3:00 pm
	Lyrical	Mei	3:00 pm - 4:15 pm
	Pre-Pointe	Mei	4:15 pm - 5:00 pm
FRIDAY	Jazz	Gina	12:00 pm - 1:00 pm
	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
	*Adv Modern	Jessica	8:15 pm - 9:30 pm
WEDNESDAY	Stretch & Tone	Mei	1:00 pm - 1:45 pm
	Ballet 8/9	Laura	5:00 pm - 6:30 pm
	Pointe 2/3	Laura	6:30 pm - 7:30 pm
	Advance Jazz	Tati	7:45 pm - 9:00 pm
FRIDAY	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

*Makeup will be offered - TBA.

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FEE SCALE per 6 weeks	PRICE
1 class/week	\$125
2 classes/week	\$240
3 classes/week	\$325
4 classes/week	\$410
5 classes/week	\$465
6 classes/week	\$495
7 classes/week	\$525
8 classes/week	\$550
9 classes/week	\$570
10 classes/week	\$590
+\$10 each class over 10	
\$25 summer registration for new students	

FOR BALLET 7	course descriptions	next page	
DAY	CLASS		TIME
MONDAY	Stretch & Tone	Mei	1:00 pm - 1:45 pm
	Choreo-Comp	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
	Lyrical	Mei	1:45 pm - 3:00 pm
	Ballet 7	Laura	3:00 pm - 4:15 pm
	Pointe 1	Laura	4:15 pm - 5:00 pm
FRIDAY	Jazz	Gina	12:00 pm - 1:00 pm
	Pilates	Sally	1:00 pm - 1:45 pm
	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
	*Adv Modern	Jessica	8:15 pm - 9:30 pm
WEDNESDAY	Stretch & Tone	Mei	1:00 pm - 1:45 pm
	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
THURSDAY	Ballet 10/11	JP	5:45 pm - 7:15 pm
	Pointe 4/5	JP	7:15 pm - 8:15 pm
FRIDAY	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

Course Descriptions

Choreo-Comp: Choreography class

In this class, students will be introduced to methods that generate movement phrases and creative thinking. Dancers can utilize modern, jazz and ballet technique, while encouraged in experimentation. Class often uses improvisation, altered use of traditional technique and takes inspiration from a variety of different sources. It combines the freedom of expression associated with modern dance, the athleticism of jazz and the discipline of classical ballet. The results of this class are uniquely one's own creation.

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 warm up, followed by progressions, practicing combinations focusing on transitions, and putting it all together accompanying by expressive lyrics. Attendees may also learn principles of body isolations, facial expressions, and stage presence.

Release Technique 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/>