

Dance Education Program

Summer Schedule

TO REGISTER – CALL 636-946-9779

OR

REGISTER ON-LINE AT WWW.LEFTOVERSETC.COM

Introduction to Rhythm Style Dancing (Ballroom) – This class is for those who have never danced, or are just now learning, anyone who wants to nurture their health and social life all in one. Learn how to dance with a partner and travel the dance floor with confidence and ease. Learn how to twist and twirl with SWING. Learn how to shake your hips and move your body to the lively rhythm of yesterday and today's sounds. Each class will focus on building a solid foundation in the rhythm dance styles. Classes will build upon each other but will include adequate repetition, thus, newcomers are welcome to join at any time. Partners are not required unless a couple wishes to join the class.

Monday – 10:00-11:00

Monday – 11:00-12:00

Tuesday – 3:30-4:30

Tuesday – 4:30-5:00

Friday – 3:00-4:00

Friday – 4:00-5:00

Creative Movement – This class offers an introduction to movement and dance with an emphasis on spatial awareness, basic coordination skills, improvisation, flexibility, gentle strengthening and musicality. Participants will use their imagination for creative movement purposes.

Monday – 2:30-3:15

Wednesday – 1:00-1:45

Wednesday – 2:00-2:45

Wednesday – 5:00-5:45

Wednesday – 6:00-6:45

Wednesday – 7:00-7:45

Friday – 1:00-1:45

Friday – 2:00-2:45

Saturday – 9:45-10:30

Saturday – 11:15-12:00

The class times listed above will be developed into one-hour specialized classes in ballet, tap, jazz, hip-hop, modern and lyrical beginning with the Fall Schedule.

Description of Classes Available through the Fall Schedule

Ballet – Following a stretching warm-up, students will learn proper body placement, poise, confidence, self awareness, coordination and creativity.

Tap – Following a stretching warm-up, students will learn basic tap steps and will develop rhythm skills by instruction or individual creativity.

Hip-Hop – Following a stretching warm-up, students will learn flexibility, movement and up-to-date hip-hop dance moves.

Jazz – Following a stretching warm-up, students will learn flexibility, movement and up-to-date dance moves.

Modern – Following a stretching warm-up, students will learn basic technique that enhances coordination, flexibility, strengthening and musicality.

Lyrical – Following a stretching warm-up, students will learn basic technique that enhances flexibility, coordination with more emphasis on musicality.

Tumbling – Following a stretching warm-up, students will learn basic forward roll, backward roll, cartwheels and more. Level of difficulty will progress dependant on participant's ability.