



ACRO ADVANCED

This class is based on safe and effective progressions in five divisions of acro dance: Flexibility, Strength, Balancing, Limbering & Tumbling. From forward rolls to Aerials, stretch & strength, partner/group stunting and balancing techniques, instruction is provided on proper warm up techniques, drills and conditioning exercises with our "Acrobatic Arts" certified instructor.

Prerequisite: Fall to bridge, single hand cartwheel (both sides), kick to handstand, headstand, fish flop/chin stand hold and front limber.

BALLET

Ballet is an important foundation for all idioms of dance. It is the basis from which technique comes from. The ballet classes at Center Stage do not simply focus on one specific style or ballet technique. Instead, students are taught to be well rounded. Proper alignment, technique, and ballet vocabulary are the main focuses. The ballet classes follow a specific syllabus. Dancers begin at the barre which is followed by traveling work, center work, adagio, and allegro.

BALLROOM/LATIN/SWING

This is an introduction to partner dancing including basics in leading and following as well as dance floor etiquette. Whether it's waltz, foxtrot, tango, swing, rhumba or cha-cha, you're interested in, these exhilarating dances combine fun and exercise. Junior Ballroom, private lessons, and wedding preparation are also available.

BOUNCING BABIES

This is the perfect first class to take with your little one. In this parent & me class, children will get to explore the world of dance with focus on parent/child interaction, gross motor movement, hand-eye coordination, and basic dance concepts. Come meet other parents, have some fun and improve your child's motor skills. For children ages 6 months to 17 months.

BOYS CLASS/BOYS COMBO

This class, with its strong style, teaches coordination, balance, body control, and rhythm. Styles involved are tap, hip hop, and beginning Breakdancing. This class is sure to get the guys excited and moving to their favorite music.

* Summer classes only- Tap shoes not required.

BOYS CREATIVE MOVEMENT

This class, with its strong style, teaches coordination, balance, body control, and rhythm. Styles involved are tap, hip hop moves, and beginning breakdancing. This class is sure to get the guys excited and moving to their favorite music. *Tap Shoes not required.



BREAKDANCING / POPPIN

This class breaks down the basic rhythm, movement, and isolation of individual body parts. Learn how to top rock, do ground work, foot work, and freezes. Routines include all aspects of poppin including boogaloo. Introduction to mechanics of locking are integrated into routines that beginner and advanced students can relate to. Be a part of the "Center Stage Crew."

CHOREOGRAPHY WORKSHOP

This class will explore the tools and techniques used in the choreographic process. We will create and manipulate choreographic material through improvisation and other exercises used in the modern/contemporary idiom. We will also learn how to take choreography and layer, build, and move it so it utilizes space and time in various ways.

COMPETITION REPERTORY

By audition or invitation only, this class is designed for the student interested in competing. Students will focus on learning choreography and performance techniques. Learn routines that will be performed at competitions as well as other venues.

CONTEMPORARY

Contemporary dance is a compilation of different styles of dance including modern and classical ballet. Contemporary draws on modern and postmodern techniques as well as newer philosophies of movement. Contemporary dance encompasses all dance styles, and is not limited to one technique. It often draws upon emotion and internal energy which allows students to take their movement to new levels.

DANCE WITH ME

Dance With Me is designed for the littlest dancers not yet ready to tackle a class on their own. The same tools will be used as in our creative movement classes specifically designed to cater to the young mind. Parents are invited to jump in and experience their child's first introduction to dance and music. This class focuses on giving the parent and child quality time of learning together.

HEELS

A high energy, action packed dance class done in high heels! Heels will incorporate genres of pop, jazz funk, freestyle and hip hop. This class can be done with or without heels and is for ages 18+.



HIP HOP

A high energy class that teaches the popular moves of today. Learn the hottest street, house, and funk moves as seen in the hottest videos. This class teaches combinations and dance routines that will get your heart pumping, your body moving, and you closer to looking like your favorite video.

HIP HOP ADVANCED

Prerequisite: Preteen/Teen Hip Hop, Teacher Recommendation. A high energy class that teaches the popular moves of today. Learn the hottest street, house, and funk moves as seen in the hottest videos. This class teaches combinations and dance routines that will get your heart pumping, your body moving, and you closer to looking like your favorite video. We pride ourselves in age appropriate movement, music & choreography.

HIPPITY HOP

Introductory class where students begin to learn the basics of Hip Hop. This class teaches combinations and dance routines that will get your heart pumping, your body moving, and you closer to looking like your favorite video. We pride ourselves in age appropriate music, movement, and choreography.

IMPROV

Exploration of the creation of movement through improvisation. Students will simultaneously explore and create, while spontaneously performing inner-directed movement guided by instructor.

INTRO TO COMBO

This class is designed for the beginner dancer to experience our combination class of Tap, Jazz & Ballet. Come and learn the basics to get ready for the fall season.

JAZZ

Jazz class begins with floor warm-up, isolation's, across the floor techniques including jumps and turns. All aspects of jazz dance are explored. Classical, funk, hip hop, African, Latin, and modern styles are incorporated and blended to enhance music and choreography.



JUMPS/TURNS & TRICKS

A class for the dancer looking for an edge in the classroom, on the dance team, and on the competition scene. This is a class in which the students will work primarily on proper jumping and turning Technique as well as learning exercises that will help them maintain their center and get the height they are looking for in their big jumps. This class also focuses on stretching and strengthening the muscles that will help the dancer reach these goals. This is a technique class only and does not perform in our annual recital.

LYRICAL

A beautiful combination of the strength and power of jazz with the grace, technique, and fluidity of ballet. Movement is based on the creative expression of the lyrics. Students are taught proper breathing techniques integrated with various styles of modern dance. This class gives each dancer the freedom to express all of his/her emotions and bring them to life through movement with meaning.

MODERN

This class is designed to strengthen the core while incorporating technique, flow, dynamics, expression, and improvisation. The styles emphasized are a mix of post-modern technique, Limon technique, and the choreographic ideas utilized by Cunningham. Various movement qualities will be used to express to different emotions. The class will begin with a warm up in the center and will be followed by traveling sequences and additional center work.

MUSICAL THEATER

This fun and expressive Jazz based class will focus on songs and movement from some of the more famous and popular Broadway Shows and Movie Musicals.

OPEN ACRO

This class is based on safe and effective progressions in five divisions of acro dance: Flexibility, Strength, Balancing, Limbering & Tumbling. From forward rolls to Aerials, stretch & strength, partner/group stunting and balancing techniques, instruction is provided on proper warm up techniques, drills and conditioning exercises with our "Acrobatic Arts" certified instructor.

PRE-KINDER

Prerequisite: Preschool Class, Teacher Recommendation

This class is a continuation of our preschool dance program. Students will begin to learn basic terminology while expanding their ballet and tap skills and techniques. Students perform both ballet & tap in our annual recital.



PRE-POINTE

Ballet is a prerequisite. This class is an introduction to pointe. Students work at the barre to obtain proper alignment and strengthen their arches, ankles, and leg muscles necessary for pointe work. Students can expect to be in this class without pointe shoes. Students are evaluated on an individual basis as to when they are ready to go on pointe. The addition of pointe shoes is based on teacher recommendation.

PRESCHOOL

An independent learning environment, designed for the youngest students that are ready to be introduced to ballet, tap and Acro technique. Focus concentrates on rhythm, body position, counting, creative movement, song and dance. Every student is encouraged to be expressive, creative, and even silly, while in this safe, structured, fun environment.

POINTE

The same principles are emphasized in pointe work as are emphasized in the ballet class. All pointe work begins at the barre. Once the students have developed strong feet and ankles, they are allowed to travel across the floor and work in the center. Ballet is a prerequisite. By teacher referral only.

POM

This class is for anyone to learn or perfect skills that are necessary when trying out or being part of any middle or high school dance team. This class focuses on Body Alignment, Pom & Kick, Turns, Leaps and Jumps, and how to dance like a Team. Whether you are a seasoned Dance Team Member or are getting ready to try out, this class is for you!

STRETCH AND CONDITIONING

Stretch and Conditioning is a class for dancers who are looking to improve their overall flexibility, stamina, and strength. Classes will focus on learning how to perform stretches with proper alignment and progressive goals to help dancers reach their fullest potential. This is balanced with core focused total body conditioning so dancers not only understand how to reach new lengths, but how to sustain those positions in a productive and safe manner so as to better integrate their newfound flexibility into movement.



TAP

Our tap classes begin with basic tap techniques and phrases and are done with music or A cappella. Students begin with Broadway style tap and our older dancers learn the origin, history, and roots of tap "Hoofin." Inspired by greats Jimmy Slyde, Diane Walker, and Gregory Hines. This class focuses on musicality, syncopation.

TEEN & SENIOR DANCE COMPANY

Class is by audition or invitation only. Company classes are offered to advanced students who are interested in performance opportunities. Company dancers perform locally for charities, festivals, benefits, arts awareness programs, fairs, parades, and also compete in regional & national competitions. Company members are required to take multiple classes and commit to full season of performance and outreach events.

WE CAN DANCE

Rhythm Works Integrative Dance is a specialized, but inclusive, Rhythm and Dance Program designed for those with Individual Learning Differences and other special needs. Students benefits include; Gross Motor Skills, Fine Motor Skills, Body Awareness, Body Control, Social Skills, Strength, Flexibility, Focus, Imitation, Ideation, Memory & Recall, Motor Planning, Coordination, Receptive Language & Expressive Language. (Parent, Guardian, Approved Helper or Therapist participates with student). Class is taught by a certified Rhythm Works Instructor. www.rhythmworksid.com