

Class Descriptions

Creative Dance (ages 3-4): Exploration of space, body awareness, time, shape, rhythm and dynamics through age appropriate activities and games. Use of imagination is encouraged.

Dress code: Leotard and tights **Footwear:** None **Children must be toilet trained.**

Dance Fundamentals (ages 5-6): Continuation of pre-ballet and tap movements. Expanding movement vocabulary encourages more challenging use of space, time, dynamics and more difficult rhythmic patterns.

Dress code: Leotard and tights **Footwear:** Tap and ballet shoes required.

Modern Dance : Modern dance training allows for the individual to explore his/her own style and way of moving. Space, shape, time, rhythm, body awareness, and energy are explored as tools for expression. Begin on the floor with easy stretching and gradually move to the center to explore various spatial patterns and combinations, all the time focusing on your own body and energy.

Dress code: Leotard and tights/leggings **Footwear:** None

Ballet: Includes the French movement vocabulary begun in the 17th century and maintained in many dance styles today. Begin by warming up at the barre and then come to the center for sequences of steps at different tempos including adagio, petit allegro and grand allegro. Ballet is the basis for proper dance technique, alignment and placement.

Dress code: Leotard and tights **Footwear:** Ballet shoes required.

Jazz Dance: Basic jazz dance technique and movement quality with an emphasis on proper execution of jazz isolations, rhythms and styles.

Dress code: leotard/fitted camisole, tights/leggings/jazz pants **Footwear:** Jazz shoes required.

Hip Hop (HCRP class): A variation of jazz dance with pop and lock moves. Uses popular, upbeat music. Dynamics and isolation of the different parts of the body make this form easily recognizable.

Dress code: Fitted shirt/camisole and jazz pants **Footwear:** Sneakers (clean athletic shoes)

Tap Dance (HCRP): Learn how to use the taps on the heel and toe to create intricate rhythmic patterns.

Dress code: Leotard/camisole and tights/leggings/pants **Footwear:** Tap shoes required.

Yoga 1 and 2: Hatha Yoga strengthens the body and improves flexibility while increasing relaxation and reducing stress. Become aware of breathing techniques, meditation and chakra (energy center).

(Please register through HCRP for Yoga 1.)

Pilates: (Mat class): The Pilates Method is an exercise system focused on improving flexibility and strength for the total body without building bulk. It is a series of controlled movements that provide a refreshing and energizing workout.

Belly Dance 1 & 2: (Belly 2 - Prerequisite – Must have taken belly dance I through HCRP)

Belly dance is an ancient genre that crosses cultural boundaries. Enjoy the benefits of movement and camaraderie while learning the Modern American/Egyptian cabaret technique.

Dress code: Sports bra/fitted camisole, leggings/fitted pants, hip scarf **Footwear:** None

Cardio Kickboxing (HCRP class): A full body workout using combinations of martial arts style punches and kicks. The music will get your heart pumping and feet moving in this high-impact class.

Footwear: Cross training gym shoes recommended.

Stability Ball (HCRP class): Get toned abs and thighs, improved posture and a stronger back in this Pilates inspired class. The ball provides a more effective core workout than standard crunches and sit-ups. Bring your own ball—sold at sporting goods stores and some discount department stores.

Dance Fitness to the Oldies and Rockin' Dance Fitness (HCRP class): Work out to you favorite music of the 60's, 70's and 80's when it was recorded on vinyl! Your favorite dance steps combined with aerobic exercises. **Dress code:** Comfortable clothes **Footwear:** Sneakers

SUMMER 2008 REGISTRATION FORM

Billing name: _____

Billing address: _____

City: _____ Zip code: _____

Home phone: _____ Email: _____

Parent/guardian: _____

Work phone: _____ Cell: _____

Parent/guardian: _____

Work phone: _____ Cell: _____

Emergency contact: _____ Phone: _____

First student name: _____

<u>Class title</u>	<u>Day/time</u>	<u>Tuition</u>
_____	_____	\$65
_____	_____	\$65

Second student name: _____

<u>Class title</u>	<u>Day/time</u>	<u>Tuition</u>
_____	_____	\$65
_____	_____	\$65

Total _____

Please make checks payable to Kinetics Dance Theatre, 3280 Pine Orchard Lane, Ellicott City, MD 21042. Credit cards are not accepted. We are not responsible for belongings left in the studio. We cannot be held liable for injury to students during any of our classes or on the studio premises. Students under the age of 8 must be supervised outside of class. Classes may be cancelled due to low enrollment.

Parent/guardian signature: _____ Date: _____

For office use:	Date rec'd	Amount rec'd	Check #

Kinetics Dance Theatre is supported in part by: Columbia Foundation, Ward Foundation, Maryland State Arts Council; Everydancer, Choice Hotels International, Pizza Hut, Howard County Arts Council, Savin Sound, Howard County Government, Millersville University Costume Shop, National Endowment for the Arts and Target.