

Lifesong Dance • SUMMER 2010 Classes & Intensive

Dancers interested in auditioning for our 2010-2011 Dance Companies are encouraged to enroll in the 6-Week sessions of Jazz/Lyrical, Ballet, Strength & Conditioning as well as our Dance Intensive. Registration is open now and will continue until start date as space is available. Company Auditions are August 7-8.

Dance Technique Classes

June 22 thru July 29 • Tuesdays & Thursdays

Session Specials • 6 weeks for the price of 5

Ballet, Tap & Tumbling Combo Class for 3-4 year olds

Session Rate \$75 • Per Class Rate \$15

Tuesdays, 3-4pm or Thursdays, 3-4pm

Ballet, Tap & Jazz Combo Class for 5-10 year olds

Session Rate \$100 • Per Class Rate \$20

Tuesdays, 4-5:30pm (5-7 year old beginners)

Tuesdays, 5:30-7pm (8-10 year old beginners)

Thursdays, 4-5:30pm (6-8 year olds with Jazz experience)

Multiple classes may be offered for each age group in the following subjects:

Strength & Conditioning

Session Rate \$75 • Per Class Rate \$15

Tuesdays, 1:30-2:30pm (6-8 year olds)

Tuesdays, 3-4pm (8-10 year olds)

Tuesdays, 4:30-5:30pm (10-12 year olds)

Tuesdays, 6-7pm (12 & up)

Jazz/Lyrical

Session Rate \$100 • Per Class Rate \$20

Tuesdays, 2:30-4pm (6-8 year olds with experience)

Tuesdays, 4-5:30pm (8-10 year olds with experience)

Tuesdays, 5:30-7pm (10-12 year olds with experience)

Tuesdays, 7-8:30pm (12 & up with experience)

Hip Hop

Session Rate \$75 • Per Class Rate \$15

Thursdays, 1:30-2:30pm (6-8 year olds)

Thursdays, 3-4pm (8-10 year olds)

Thursdays, 4:30-5:30pm (10-12 years olds)

Thursdays, 6-7pm (12 & up)

Ballet

Session Rate \$100 • Per Class Rate \$20

Thursdays, 2:30-4pm (6-8 year olds with experience)

Thursdays, 4-5:30pm (8-10 year olds with experience)

Thursdays, 5:30-7pm (10-12 years olds with experience)

Thursdays, 7-8:30pm (12 & up with experience)

Drill Team

Session Rate \$100 • Per Class Rate \$20

Thursdays, 5:30-7pm

Class size is limited so the "per class" option is available only if there is room in the class. "Per class" payment is due upon entrance into the class. Summer registration begins March 22. Register early to ensure your place!

Dance Intensive • August 2-5 • Monday thru Thursday

Ages 8 & up • Ballet, Tap, Jazz, Lyrical, Performance • 9am-4pm • \$300

Ages 6-8 • Ballet, Tap, Jazz, Performance • 1-4pm • \$150

- Highest level of instruction from Lifesong staff and special guest teachers
- Classes in the studio and the theatre
- Live drummer in Tap classes
- Demonstration in the theatre on Thursday at 4pm – everyone welcome
- Class sizes limited so register early to reserve your place!

Payment due in full upon registration. No refunds.

Lifesong Studio • 3105 Ira E. Woods Ave, Suite 180 • Grapevine, TX 76051 • 817-421-0616 • www.lifesongstudio.com

Lifesong Studio Dance Class Descriptions

Combo Classes

Ballet, Tap & Tumbling is an hour long combo class designed for our 3 & 4 year old preschool dancers. Basic techniques of ballet and tap are introduced and reinforced. Repetition of the basics is the key to developing these young dancers. The class ends with tumbling allowing the kids to practice and learn some basic tumbling and movement. While dance techniques are taught and reinforced, the overall goal of this class is to develop a love for dance and have fun!

Ballet, Tap & Jazz is a 90 minute combo class designed for our younger elementary school dancers, 5-10 years old. Basic techniques of ballet, tap and jazz are learned and reinforced. This is the perfect follow up to our Ballet, Tap & Tumbling class as it continues to emphasize basics of ballet and tap while adding jazz technique. Classes are offered for beginners as well as dancers with some experience. The class time is equally divided between ballet, tap and jazz.

Strength & Conditioning is a class that will use thera band and Pilates exercises along with some ballet technique. This class will be targeted at strengthening ankles, feet, inner thighs, and loosening shoulder tension with the use of thera bands. It will also improve core strength, lengthen and tone leg muscles, align back and loosen hips by doing basic Pilates stretches. The class will also focus on the following: turnout, balance, control, use of feet at all times and straightening behind the knees.

Jazz dance is a stylized and technical form of dance that requires a ballet foundation. In order to steadily build on our dancer's repertoire, a wide range of technical elements and combinations are presented during class. From traditional to commercial jazz, this ever-broadening form of dance allows students to develop a strong sense of artistic expression.

Lyrical dance is a contemporary dance form which fuses the techniques of modern, jazz and ballet. This class, while emphasizing excellence in technique, focuses on the artistry of the movement and the interpretation of the music. Dancers are encouraged and inspired to connect the emotion of the lyrics with the art of movement.

** Our Summer Jazz/Lyrical class will consist of both styles of dance depending on the teacher.*

Hip-Hop is a class focusing on a "street" style of dance and teaches the newest moves that are popular with young people today. Hip hop dancing is evolving in many different directions, heavily influenced by the evolution of hip hop music and music videos. Music and movement used in Lifesong's hip hop classes are carefully chosen to be content and age appropriate.

Ballet is foundational for all forms of dance and is strongly recommended for all dancers. This class teaches the traditional style of ballet, which stresses the academic technique developed through the centuries of the existence of ballet. Extensive barre work, center floor and across the floor exercises allow the dancer to focus on body placement, balance and proper technique.

Drill Team is a preparatory course to familiarize the student with the requirements to audition for High School Drill Team or Dance Team. This class includes focus on stretching, flexibility, basic dance terminology, basic leaps and turns, traditional High Kick technique, and splits. This class is designed to prepare and develop any level of dancer for their Drill Team or Dance Team audition.