

THE BEAT *dance co* season 16

2023-24 Recreational Dance & Tumbling Class Descriptions

Ballet

Students participate in a structured class focused on coordination, alignment/body awareness, control, grace, flexibility, strength, and musicality. Ballet students learn to safely execute movement at the barre, in the center, and while traveling across the floor. Ballet class provides students with discipline & helps prepare them for studying other dance & movement forms.

Hip Hop

Our hip hop classes explore the latest in hip hop/street dancing technique & choreography in an age appropriate environment. This class is open to all ages/experience levels. Our BDC hip hop classes are upbeat, engaging, and fun for children of all ages and experience levels. This class is our most popular offering as it's open to children who are brand new to dance, those who study multiple days a week, and everyone in between.

Jazz

Students explore American jazz dance with a focus on musicality, coordination, alignment, technical execution and performance quality. We stress the proper execution of jazz dance technique (turns, leaps, jumps and floorwork) with a focus on style. This engaging class falls in between the fun, upbeat vibe of a hip hop class and the controlled, discipline of ballet studies.

Lyrical

Lyrical class builds both technique and performance quality for students with prior jazz and/or ballet experience. Dancers focus on their technique while improving fluidity, attention to detail, and exploring expression and improvisation/movement invention.

Mini Movers

Our "Mini Movers" class is designed for young children who love to move and dance. Our patient, loving instructors guide children age 2.5-5 as they start building their dance foundation. Whether they continue taking dance lessons or move onto other activities, this class provides children with skills that will help them throughout their lives... discipline, focus, coordination, rhythm & control, to name a few! Our "Mini Movers" learn to take turns, follow direction from their instructor, work with peers, and find joy through movement. Each weekly class meeting offers tap, pre-ballet, and creative movement.

Tap

The Beat is known for an unmatched tap program in the area. Our tap classes are designed to train both the dancer and musician. We focus on building strong technique, emphasizing rhythm/musicality/phrasing, and challenging the dancer to work on improvisational skills as well. Our tap classes explore a mix of both Broadway and Rhythm/Street tap styles.

Tumbling

Our tumbling classes begin with a thorough warmup and strength & conditioning exercises. Students progress through rolls, cartwheels, bridges/backbends, cartwheels, handstands, kickovers, and more. Advanced students will work on walkovers, aials, handsprings and tucks.