

Dance, Music, and Me

Ballet Hispanico invites boys and girls ages 6 to 15 to join this dynamic and engaging new program. Students new to dance or with previous experience in a studio through the school year, will gain fresh perspectives, learn about music and dance in new ways, and develop new skills.

Classes will be divided by age group: 6-7 / 8-10 / 11-15

Class Descriptions:

Stretch/Body Awareness – Stretch and strengthen core muscles which help keep the body balanced and in alignment. Bring awareness of breath, alignment of the spine, and strength to deep torso muscles.

Afro-Caribbean – Discover the poly-rhythmic dances that originated in West Africa and subsequently developed in the West Indies and the Caribbean.

Hand Drumming – Gain the solid basis of hand drumming. Learn rhythm structure, develop creative listening, improvisational skills, and experience the exhilarating power of ensemble drumming.

Modern Dance Fundamentals – Receive a comprehensive introduction to the elements of modern dance such as: use of breath and flow of movement, tension and release, and fall and recovery, while developing strength and coordination.

Great Ballet Stories – This exciting new class will introduce students to the stories of the classics such as Coppélia, Giselle, and Swan Lake among others. Students will learn dance combinations from these ballets, as well as balletic mime gestures and their meaning.

Latin American Folkloric Dances – Students in Group 1 and 2 (6-10 years old) will experience the traditional music and movement of Mexico, Puerto Rico, and Brazil.

Latin Social Dances – Students in Group 3 (11-15 years old) will discover the rhythms of the Mambo, Salsa, Samba, Cha-Cha-Cha, and Rumba.

Hip-Hop – This class focuses on five distinctive styles: Locking, Popping, House, Breaking, and Freestyle. Proper Hip-Hop technique is emphasized and the ability to retain movement patterns in choreographic work.

Daily Schedule (subject to change)

Monday through Friday

Group 1: (6-7 years old)

9:30 – 10:00	Stretch/Body Awareness
10:00 -11:00	Latin American Folk Dances 15 minute break
11:15 -12:15	Afro-Caribbean
12:15 – 12:45	Lunch
12:45 – 1:45	Great Ballet Stories 15 minute break
2:00 – 3:00	Modern Dance
3:05 – 4:00	Drumming

Group 2: (8-10 years old)

9:30 – 10:00	Stretch/Body Awareness
10:00-11:00	Modern Dance 15 minute break
11:15-12:15	Great Ballet Stories
12:15-12:45	Lunch
12:45 – 1:45	Latin American Folk Dances 15 minute break
2:00 – 3:00	Drumming
3:00-4:00	Afro-Caribbean

Group 3: (11-15 years old)

9:30 – 10:00	Stretch Body Awareness
10:00 – 11:00	Afro-Caribbean 5 minute break
11:05 – 12:00	Modern Dance
12:00 – 12:30	Lunch
12:30 – 1:30	Latin Social Dance
1:30 – 2:15	Drumming 5 minute break
2:20 – 3:10	Great Ballet Stories
3:10 – 4:00	Hip- Hop

Tuition:	\$475 per week-long session
	\$925 for two weeks (\$25 discount)
	\$1,375 for three weeks (\$50 discount)

Sibling discount of 5% available

Early drop-off and extended day options starting at 8:30 am and ending at 5:00 pm.