



# DANCE

## Hip Hop (5-18 years)

An explosive, funky dance style that combines memory, coordination, rhythm and lots of energy! The class will incorporate strength building and flexibility into floor progressions and fun choreographed combinations. Skills are appropriate to each age category. **(1 hour) \$35 per month**

## Babies in Motion (6-23 months)

A parent assisted class where babies develop essential gross motor skills through movement activities, creative play, visual and audio stimulation. We will sing and move along to music and nursery rhymes, expose baby to basic letter and number recognition and encourage muscle development through action. **(45 minutes) \$35 per month**

## Rhythm & Motion (24-35 months)

A parent assisted pre-dance class introduces toddlers to the world of dance through movement, music and structured activities that enhance both gross and fine motor skills. We sing, dance and explore rhythm through familiar Songs while gently introducing fundamental ballet. **(45 minutes) \$35 per month**

## Beginner Ballet / Tap Combo (3-10 years)

An introduction to the basic fundamentals of ballet and tap dance. Primary ballet terms and positions are presented and reinforced. Tap skills focus on coordination, rhythm and clarity of sound. **(1 hour) \$35 per month**

**\*\*Home School program available\*\***

## Ballet / Tap combo (11-18 years)

The basic fundamentals of ballet and tap dance, along with a bit of jazz technique when time allows. Students will move on to more advanced concepts when they are both physically and intellectually ready. A higher level of discipline and maturity is expected. **(1 hour) \$35 per month**

## Ballroom (10-18 years)

Social Ballroom– Intro to American and Latin Dance styles. The class will cover the basic principles of waltz, cha-cha, tango and more. (1 hour)  
Performance Ballroom – Dancers will learn and rehearse a choreographed dance in a particular style. Performance class should be taken in addition to Social Ballroom. **(2 hours) \$70 per month**

**\*\* Pointe class available with instructor permission \*\***

All Participants must be registered with CYS.

For registration information, call Schofield #808-655-8380, Aliamanu #808-833-5393.

All registration is month-to-month. You may register for multiple months at once. Classes meet four times per month.

All SKIES dance classes are appropriate for both male and female.

See SKIES calendar for specific class days and times. Classes available on Schofield Bks & Aliamanau Military Reservation.

**REGISTRATION DEADLINE 30TH OF THE MONTH PRIOR**

