

Rhythm Room Dance & Movement Center

Class Descriptions -PRESCHOOL / KIDS / TEEN CLASSES

KIDS/TEENS CLASSES

The Kids/Teen Program offers a fun non-competitive, welcoming atmosphere. Due to class size limitation, registration is required for all kids and pre-school classes. See our Registration Procedures for more details.

Acting: Acting workshops focus on tools and techniques needed for commercial auditions. Learn audition etiquette and how to research audition opportunities. Registration required.

Audition Opportunities: Do you want to know about upcoming dance auditions? Ask to be on our audition e-mail blast. Auditions include Commercials, videos, local dance Companies and agent auditions!

Ballet: The goal of this class is to help students develop proper posture, strength, alignment and confidence. All students are required to wear fitted apparel and hair pulled back in a bun. Split-sole ballet shoes are required.

Ballet /Jazz: This combination class starts with ballet and ends with jazz. Class is typically 1hour and 15 minutes to 1 and 1/2 hours. See ballet and jazz descriptions for more details.

Boys Technique: Learn proper body placement and control through bar work, stretching, strengthening, and balance. This class is a great foundation for soccer, baseball, football, and hockey players.

Boys Hip Hop/Break dancing: This aggressive style class will build coordination and balance for any boy wanting to fine tune his athletic agility. Kneepads required. Teen only classes may be available by request.

Cheerleading: Learn proper arm positions and cheer techniques. Class incorporates sidelines, pom routines, kick lines and more.

Choreography: This class will bring out your creativity. Instructor will provide specific steps that the students will use to create their own unique combinations. Students will also learn how to create levels and line changes within their combinations. The Director must approve students.

Co-ed Technique: This Ballet class was designed for any student needing proper training in technique. Emphasis will be on body alignment and balance. Music will vary from classical to hip-hop! Recommended for Hip Hop students and boys!

Girls Hip Hop: Add some variety to your child's dance repertoire while building confidence, discipline and coordination. Additional technique classes are suggested. Teen Class now available!

High School Dance Party: A safe, fun night out for the teens. Can be done as a school or team fundraiser. We incorporate music and special effect lighting.

Jazz: A Jazz technique class. Individual guidance is applied to develop coordination, poise & proper body alignment.

Jazz Funk: This is a technical Hip Hop class. Learn technical dance combinations with street style. This advanced class requires students to have ballet, jazz, and hip hop training.

LA Jazz: This class incorporates technical jazz training with a commercial style prevalent in Los Angeles. Instructor was trained and professionally employed in Los Angeles.

Latin Jazz: This class will offer warm-up and a combination of jazz techniques with Latin music. Have fun learning all Latin dance steps combined with a full hour and 15 minute cardiovascular workout.

Moroccan Percussion: Learn to play different percussion instruments like hand drum, tambourine and other Middle Eastern and North African instruments. All instruments are supplied. This workshop is offered monthly. See website for upcoming dates.

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Musical Theatre: Incorporating elements of dance, acting, voice and performance techniques, musical theatre students ages 14 and up will learn what it takes to become a "triple threat". Dancers Stretch: This intensive stretch class uses traditional dancer's stretching exercises. Class is designed to increase your range of motion, improve alignment.

Performance classes: These classes are marked on the schedule as "Perform". Students that want performance experience and are currently enrolled in at least 2 classes a week get this opportunity. The performance program was designed for students that are consistent and enjoy the thrill of a live audience! Instructor or Director approval is required.

Pre-professional: This class requires a minimum of 3 years of dance training, or by audition. Students must be active in Hip Hop and technique classes to be eligible. Students may receive special training opportunities in New York or LA.

Photo Shoots: Monthly shoots available for anyone needing professional, high-resolution photos for creative or professional purposes. A stylist will help with posing and props! See our website photo shoot link for dates and details. A \$35 nonrefundable deposit is required to reserve a spot.

Pointe/Strength: This class is designed for students on pointe or working towards that goal. Students must be enrolled in a minimum of 2 ballet classes per week to be considered. Director recommendation is required before enrolling in this class.

Tap: Learn to stamp, step, stomp, dig, shuffle, flap and more! This multi-level class will contribute to any students dance repertoire!

Total Dancer: This class is designed for beginner dancers between the ages of 6 and 8 with under 2 years of dance experience. Students will learn proper dance technique through stretching, balance, isolation and coordination exercises. Class combines elements of ballet, jazz and sometimes hip-hop!

Tumbling: This class will teach students basic tumbling skills such as rolls, a backbend, walkovers, headstands, handstands and more while increasing overall strength and flexibility. Great for Jazz and Hip Hop students looking to add "tricks" and floor work to their choreography!

Video Dance: Learn choreography as seen in popular music videos.

Voice-Over: Learn how to create voices like those heard in Finding Nemo or on MTV as a music host. Experience the thrill of working in a professional recording studio through improvisation and acting exercises. Students will build self-esteem while having fun! Good reading skills are required.

PRE-SCHOOL CLASSES

Ballet/Jazz/Tap: This class will introduce your child to the fun-filled world of dance. Ballet, Jazz and tap will be combined into one class. Musicality, artistic expression, and the overall joy of dance will be emphasized.

Dress And Dance: This class combines a dress-up activity with dance improvisation. Costumes provided. Not currently offered. Please express interest if you want this class!

Pre-ballet: Learn basic dance skills, balance and posture while dancing to fun children's music. Imagination and creative movements are also introduced. Ballet shoes are required.

Creative Movement: This class explores imagery, improvisation and imagination through movement. Class will incorporate props and painting or drawing to integrate the movement experience. Students will develop coordination and confidence while exploring their creativity. Great for ages 3.5-5.5

Silly Willy Hip Hop: This class is designed for energetic, high-speed boys and girls. Kids will play games, dance, sing songs, get their heart rate up, and have lots of fun.

World Rhythms: In this class, children are led through an imaginary travel experience. With passports in hand, they will listen and move to music from different cultures. Students will be introduced to foreign languages and basic ballet and jazz technique. Not currently offered. Please express interest if you want this class!

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