

MOVEMENT & SOUND DANCE LLC

1362 Barclay Blvd, Buffalo Grove IL 60089

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DESCRIPTIONS OF CLASSES AND LEVELS

PRESCHOOL & KINDERGARTEN DANCE

Mini Movers Parent/Tot Dance (ages 18-36 months)

With your help, your little one will master skills like balancing and jumping as well as have an introduction to basic dance vocabulary –all while dancing with his or her favorite partner, you!

On My Own Creative Movement (ages 2-young 3)

For little ones who are ready to try a class without their grown-ups! This class will be imagination based and will reinforce developing coordination, balance, and gross motor skills in a dance setting. A fun first step into an independent dance class!

Books N Ballet

The Books N Ballet class is a fun, first step into ballet for your little one! Unlike traditional beginning ballet classes, our class moves at a quick pace and uses pretend-play to keep little imaginations engaged. Each class begins with a story or poem, whose theme is then incorporated into the rest of class. The class will cover the basics of ballet, focusing on the joy of movement while building strength, balance and control.

Rockin' Rhythms Tap

Your preschooler's first step into tap dance and the joy of percussive movement! . Our program will introduce the building blocks of tap dance and musicality, and each class will utilize different genres of kid-friendly music and musical instruments.

Jazzy Jazz & Kid Hop OR Boys' Only Kid Hop

Using upbeat kid-friendly pop music, the dancers will rock out to their favorite tunes! The class will focus on the basics of jazz and athletic hip-hop inspired steps. The students will work on coordination, flexibility, and sequencing. You'll have your own video star in no time!

Dance Discovery Tap & Jazz Combo or Tap & Ballet Combo

The Discovery classes are a combination of tap, jazz, and ballet basics for children ages 3-6. The goal of this class is to inspire a love for moving; to nurture rhythm and musicality; and to build strength, control, and flexibility. The class will cover beginning dance steps and the basics of technique in tap, and jazz/kid hop or ballet.

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Dance Foundations Combo (ages 5-7)

The Dance Foundations Combo class is the best of both worlds! The dancers will study elements of both tap and jazz/kid-hop in each class, as well as reinforcing the basics of ballet that help support both styles. The class will use imaginative elements with moments of individual creativity and exploration. The focus of this class will be to build a strong basis of tap and jazz dance vocabulary and skills. Approximately 30 minutes will be spent on each style, each class.

TAP, BALLET, & JAZZ/CONTEMPORARY – ELEMENTARY through HIGH SCHOOL

FOUNDATIONS Level

Our Foundations classes cover the groundwork for dance technique, introducing basic technique and then mastery of these skills. The focus is on proper technique, correct body position, and increasing the knowledge of dance vocabulary. The classes are for beginning to continuing level dancers.

EXPLORATIONS Level

Our Explorations classes are the next step in our curriculum, building on what was learned in the Foundations classes. In addition to focusing on clean technique, the Explorations classes will introduce more difficult skills at faster tempos; require greater strength and flexibility; and work on attaining better balance and control. This level will also focus on performance quality and artistry. The classes are for intermediate level dancers.

ACCELERATIONS Level

Our Accelerations classes build on everything learned in the Foundations and Explorations levels. The dancers will focus on dance concepts as well as steps, with an emphasis on the "how" of learning dance, not just a series of tricks and steps. The dancers will hone their technique and master the skills requiring the most difficulty. They will additionally focus on individual artistry and performance quality. The classes are for advanced dancers.

CALL OR EMAIL US TODAY FOR ASSISTANCE IN CHOOSING THE BEST CLASSES FOR YOUR CHILD!