

East Windsor Parks and Recreation

# 2019-2020 Dance Program

with Miss Jenna and Miss Jill

Classes Run October-May  
Holidays and vacations off

\$215 per class covers the entire year  
\$5.00 sibling discount or  
\$5.00 discount for additional classes  
Price includes DVD and end of year gift

**Register online at**

**[www.eastwindsorrec.com](http://www.eastwindsorrec.com)**

Call Parks and Rec with questions:

(860) 627-6662

Mailing address: 11 Rye Street,  
Broad Brook 06016

St. John's Church  
92 Main St.,  
East Windsor 06088

Special Registration will take  
place  
at the Town Hall Annex  
on Thursday, September 26th  
from 5-7 PM

Class size is limited.  
\*Class times subject to change  
based upon enrollment

## **Thursday:**

4:45-5:30 Tap I (5-7)

4:45-5:30 Acro (6-8)

5:30-6:15 Intro to Contemporary (11 and up)

5:30-6:15 Hip Hop I (7-10)

6:15-7:00 Pom (6 and up)

6:15-7:00 Jazz II (8-10)

7:00-7:45 Tap II (8 and up)

7:00-7:45 Hip Hop II (11 and up)

7:45-8:30 Ballet II (8-10)

7:45-8:30 Funky Jazz (11 and up)

8:30-9:15 Contemporary (15 and up)

8:30-9:15 Ballet III (11 and up)

## **Saturday:**

9:00-9:45 Mommy and Me (2-3)

9:45-10:30 Ballet/Jazz combo (3-5)

10:30-11:15 Tumbling Tigers (3-5)

11:15-12:00 Ballet/Tap combo (3-5)

12:00-12:45 Ballet I (5-7)

12:45-1:30 Jazz I (5-7)

1:30-2:15 Intro to Ballet (special needs)

# Description of Types of Dance

(Both pairs of shoes will be required for all combo classes)

## **Acro**

This class will focus on basic acrobatics skills, transitioning moves, stretching, and some conditioning.

Shoes: bare feet

## **Ballet**

Ballet is characterized by grace, flow, and precision of movement. In this class, your child will learn ballet techniques and correct placement (body alignment).

Shoes: pink ballet slippers  
(leather or canvas)

## **Contemporary**

Contemporary combines techniques found in jazz and ballet. There is also the aspect of being grounded, as well as moving your body through space both on your feet and on the ground. Ballet and jazz background are recommended.

Shoes: foot undies

## **Jazz**

Jazz is an umbrella term that can refer to several related dance styles. All of them are connected via common roots, namely tap, ballet, and jazz music. In this class, your child will learn jazz techniques, which consist of strong rhythmic and isolated movements.

Shoes: black jazz shoes

## **Hip Hop**

Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles created in the 1970s and made popular by dance crews. In this class, your child will learn fun, rhythmic, hip-hop movements from the past and present.

Shoes: black hip hop sneakers

## **Mommy and Me**

This is a startup class where children will explore and learn basic body movements along with beginner dance skills. Due to the young age, children will be accompanied by their mothers or fathers in class to assist and add a level of comfort.

Shoes: bare feet

## **Pom**

In pom your children will incorporate different dance styles including hip hop, jazz, and lyrical; as well as technical work with the use of pom poms. In this class your children will participate in high energy and sharp movements that can closely resemble cheerleading positions.

Shoes: black jazz shoes

## **Tap**

Tap dance is strongly based in rhythm. In this class, your child will be using all aspects of their feet as musical instruments to explore and learn music, rhythm, and timing.

Shoes: black tap shoes

## **Tumbling Tigers**

Tumbling tigers is a class for your little one who loves to jump around and have fun. Your child will learn basic acrobatic, yoga, and movement skills. We utilize mats, balance beams, bars, and trampolines.

Shoes: bare feet