

2011 - 2012 **cheerdance**
academy classes offered

Age	Class	Length of class	Level	Prerequisite	Description of class	Dress Code	Tentative Days/Times Offered	End of year Show
3 to 4	Ballet/Tap/Cheer OPEN	45 min	Beg.	None	This class will introduce students to the basics of tap, ballet, as well as cheerleading motions and jumps. Students must be able to pay attention and follow directions for 45 minutes. What a head start for a future "cheerdancer"!	Hair slicked back out of the face, and up into a neat or messy secured bun. Black leotard with light colored tights. (Form fitting shorts, or short wrap skirts may also be worn) Come dressed with TAP SHOES ON, bring ballet shoes.	Wed. 4:30 - 5:15pm Location: Backstage Dance Studio	Yes
3 to 4	Tumbling Tots	30 min	Novice/ Beg	None	This class will introduce students to the basics of tumbling, and start forming the building blocks of strength, flexibility and coordination needed for floor gymnastic tricks. This will be a fun filled class with lots of high energy activities. Students must be able to pay attention and follow directions for 30 minutes.	Hair pulled back out of the face, and if long enough, pulled up into a secured bun, or ponytail. Clothing must be form fitting and secure from riding up or falling down. Socks, bare feet, or soft gymnastic/dance shoes that are ONLY worn inside.	Wed. 3:45 - 4:15pm Location: Cheer Gym	Optional
4 to 8	Ballet/Tap/Jazz OPEN	1 hour	Beg.		This class will introduce students to the fundamentals of Ballet, tap and jazz through combinations, across the floor, and center floor exercises. This class will be further broken down into levels as needed once classes begin.	Hair slicked back out of the face, and up into a neat or messy secured bun. Black leotard with light colored tights. (Form fitting shorts, or short wrap skirts may also be worn) Come dressed with TAP SHOES ON, bring ballet and jazz shoes.	Tues. 5:15 - 6:15pm Location: Backstage Dance Studio	Yes
4 to 11	Hip Hop OPEN	45 min	All Levels	None	This is a fun filled class that teaches edgy street dance moves using across the floor, and center floor combinations. Tumbling tricks are also incorporated for more entertaining and challenging routines!	Comfortable attire. Shoes optional.	Wed. 5:15 - 6:00pm Location: Backstage Dance Studio	Yes

5 to 11	cheerdance	1 hour	Beg./Int	None	This class will introduce students to the basics of cheerleading, including cheer motions, cheer jumps, vocal chants, and level 1 stunts as well as basic jazz technique and hip hop dance moves. Students who have prior "cheerdance" or cheerleading experience are encouraged to take this class to master their basic skills before moving on. This is a fun class, but will also prepare aspiring grade school cheerleaders and those who would like to someday become a professional NBA or NFL cheerleader! Students are encouraged to supplement this class with floor gymnastics as the class does not include tumbling instruction, but will incorporate tumbling tricks into the combinations.	Hair pulled back out of the face, comfortable attire, bring dance sneakers if your are a flyer. (NO outside shoes on the gym floor)	Mon. 5:45 - 6:45pm Location: Backstage Dance Studio	Yes
5 to 11	cheerdance	1 hour	Int./Adv.	2 years of "cheerdance" or 1 year of comp	Please NOTE: (we are the ONLY facility that offers "cheerdance"). It is also helpful if students have prior experience with cheerleading and dance. This class will focus on difficult jump combinations, fast precise motions, and level 2 and up cheerleading stunts. Students will also be expected to quickly learn hip hop and jazz style combinations. More advanced "cheerdance" students are encouraged to supplement this class with a technique class, and floor gymnastics to optimize their level of performance.	SAME AS ABOVE	Mon. 5:45 - 6:45pm Location: Cheer Gym	Yes
5 to 11	Floor Gymnastics	1 hour	Novice/Beg	None	Students will start learning proper technique for basic gymnastic skills. Emphasis will be on technique, body lines and core strength. Each skill gained will build upon the next. Students will be taught how to master forward rolls, and begin working on the building blocks for cartwheels and round offs.	Hair pulled back out of the face, and if long enough, pulled up into a secured bun, or ponytail. Clothing must be form fitting and secure from riding up or falling down. Socks, bare feet, or soft gymnastic/dance shoes that are ONLY worn inside.	Wed. 4:15 - 5:15pm Location: Cheer Gym	Optional
5 to 11	Floor Gymnastics	1 hour	Beg./Int	Cartwheel and Round Off	Students will start mastering beginner and intermediate gymnastic tricks like cartwheels and round offs using perfect form and technique to build upon them for more difficult tricks. Emphasis will be on technique, core strength, flexibility, up side down balance and proper body alignment.	SAME AS ABOVE	Tues. 5:15 - 6:15pm Location: Cheer Gym	Optional
5 to 11	Floor Gymnastics	1 hour	Beg./Int	Cartwheel and Round Off	SAME AS ABOVE	SAME AS ABOVE	Mon. 4:45 - 5:45pm Location: Cheer Gym	Optional

5 to 11	Technique Open	1 hour	All Levels	None	This class will focus on proper head, shoulder, hip, leg, and foot placement used in ballet, as well as the strength flexibility and body alignment needed to execute dance and gymnastic moves properly, and with grace and beauty.	Hair slicked back out of the face, and up into a neat or messy secured bun. Leotards, or form fitting tops with tights. Form fitting shorts, or short wrap skirts may also be worn. Socks, bare feet, foot thongs, lyrical or ballet shoes can be worn.	Tues. 6:15 - 7:15pm Location: Backstage Dance Studio	Yes
6 to 18	Stunting for Cheerleading	30 min	All Levels	None	This class will teach the basics of stunting, and all the stunt positions. Higher levels of difficulty will be attempted as students begin to master their positions. "Trust is a must" so this class is also a great team builder! Cheerleading teams, as well as individuals who want to improve as flyers, bases, back spots, front spots, etc. are all welcome.	Comfortable attire. Socks, bare feet, or cheerleading shoes worn ONLY inside. Flyers will need cheerleading shoes or dance sneakers..	Thurs. 6:45 - 7:15pm Location: Cheer Gym	No
6 to 18	Flexibility and Conditioning	30 min	All Levels	None	This class will focus on building upper body, core and leg strength as well as flexibility needed for splits and gymnastic tricks. This class will help improve all aspects of dance, tumbling, gymnastics and cheerleading.	Comfortable attire. Socks, bare feet, or indoor dance shoes.	Thurs. 7:15 - 7:45pm Location: Cheer Gym	No
6 to 18	Flexibility and Conditioning	30 min	All Levels	None	SAME AS ABOVE	Comfortable attire. Socks, bare feet, or indoor dance shoes.	Mon. 5:15 - 5:45pm Location: Backstage Dance Studio	No
6 to 18	Tumbling for Cheerleading	1 hour	All Levels	None	Students will work on cartwheels, round offs, bridge kickovers and back handsprings in a progressive order. Teachers will give each student instruction based on their current skill set.	Hair pulled back out of the face, and if long enough, pulled up into a secured bun, or ponytail. Clothing must be form fitting and secure from riding up or falling down. Socks, bare feet, or soft gymnastic/dance shoes that are ONLY worn inside.	Thurs. 5:45 - 6:45pm Location: Cheer Gym	No
8 and up	Tap OPEN	1 hour	All Levels		This class will teach students to use rhythm and sound to create beats with their feet. They will also learn basic dance steps and combinations.	Hair pulled back out of the face, and if long enough, pulled up into a secured bun, or ponytail. Clothing must be form fitting and secure from riding up or falling down. Tap shoes.	Thurs. 7:00 - 7:45pm Location: On Stage	Yes

8 and up	Lyrical/Jazz OPEN	45 min	All Levels		This class will teach the joy of expressive movement as well as up beat combinations that include leaps, jumps and turns. Students are encourage to supplement with OPEN technique to insure proper placement and body lines.	Hair slicked back out of the face, and up into a neat or messy secured bun. Leotards, or form fitting tops with tights. Form fitting shorts, or short wrap skirts may also be worn. Socks, bare feet, foot thongs, lyrical or ballet shoes can be worn.	Thurs. 6:15 - 7:00pm Location: On Stage	Yes
8 and up	Floor Gymnastics	1 hour	Beg./Int.	Cartwheel and Round Off	Students will start mastering beginner and intermediate gymnastic tricks like cartwheels and round offs using perfect form and technique to build upon them for more difficult tricks. Emphasis will be on technique, core strength, flexibility, up side down balance and proper body alignment.	Hair pulled back out of the face, and if long enough, pulled up into a secured bun, or ponytail. Clothing must be form fitting and secure from riding up or falling down. Socks, bare feet, or soft gymnastic/dance shoes that are ONLY worn inside.	Tues. 7:15 - 8:15pm Location: Cheer Gym	Optional
8 and up	Floor Gymnastics	1 hour	Int./Adv.	Bridge Kick over	Students will work on mastering intermediate and advanced gymnastic skills, combined floor gymnastic tricks and achieving and perfecting back handsprings so that running tumbling and aerial tricks can be achieved. Emphasis will be placed on proper technique, body alignment, core strength, flexibility, and up side down balance.	SAME AS ABOVE	Mon. 6:45 - 7:45pm Location: Cheer Gym	Optional
8 and up	Floor Gymnastics	1 hour	Int./Adv.	Bridge Kick over	SAME AS ABOVE	SAME AS ABOVE	Wed. 5:15 - 6:15pm Location: Cheer Gym	Optional
8 and up	Floor Gymnastics	1 hour	Adv.	Round Off Double BHS MASTERED	Students will work on mastering aerial tricks, back tucks, front tucks etc. and building a series of combined gymnastic tricks. Emphasis will be placed on maximizing height during gymnastic tricks, proper technique, and body alignment.	SAME AS ABOVE	Thurs. 7:45 - 8:45pm Location: Cheer Gym	Optional
11 to 18	cheerdance	1 hour	Beg./Int.	None	This class will introduce students to the basics of cheerleading, including cheer motions, cheer jumps, vocal chants, and level 1 stunts as well as basic jazz technique and hip hop dance moves. Students who have prior "cheerdance" or cheerleading experience are encouraged to take this class to master their basic skills before moving on. This is a fun class, but will also prepare aspiring grade school cheerleaders and those who would like to someday become a professional NBA or NFL cheerleader! Students perform in production numbers at various events as well as the end of year Showcase.	Hair pulled back out of the face, comfortable attire, bring dance sneakers if your are a flyer. (NO outside shoes on the gym floor)	Mon. 7:45 - 8:45pm Location: Backstage Dance Studio	Yes

11 to 18	cheerdance	1 hour	Int./Adv.	2 years of cheerdance or 1 year of comp	Please NOTE: (we are the ONLY facility that offers this class). It is also helpful if students have prior experience with cheerleading and dance. This class will focus on difficult jump combinations, fast precise motions, and level 2 and up cheerleading stunts. Students will show off their abilities in a production routine at various events as well as the end of year showcase.	SAME AS ABOVE	Mon. 7:45 - 8:45pm Location: Cheer Gym	Yes
Ages 5 to 18	All-star Cheerleading	-	-	-	Call to find out how students can audition to be a RoKstar!	-	-	Yes
Ages 5 to 19	Competitive Dance	-	-	-	Call to find out how students can audition to be on one of our competitive dance teams!	-	-	Yes

Choose your classes and register today!

Go to our home page and register online with no waiting,...

...OR.....Come to one of our currently scheduled open houses (see our home page)

OR.... call us or stop by Monday through Wednesday between 5pm and 8pm (704) 635-8959 and one of our warm friendly staff members will be happy to assist you!

cheerdance

"bridging the gap!"