

Dance Class Descriptions

Contributed by Administrator
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Adult Programs

Introductory Lessons

This 30 minute lesson gives you a sneak peak as to what you should expect of future lessons. At the same time this gives the instructor and idea of your goals, which will help your instructor to better plan your dance experience.

Private Lessons

Normally 55 minutes in length these lessons will be the core of your dance program. This is your time with your instructor to work towards your goals.

Group Lessons

Meant to compliment your private lessons, these classes help you to excel by either reinforcing what you have already learned, or by teaching you something new, which you can then perfect during your private lesson.

Rhythm Dances (Group Class)

This program is designed for students who would like to concentrate on the American Style Rhythm dances: Rumba, Cha Cha, Swing, Bolero, Mambo, Merengue, Swing, Samba and Bachata. Classes are divided into two classes, Rhythm A (Rumba, Merengue, Samba & Bachata) and Rhythm B (Mambo, Hustle, Cha Cha & Swing).

Smooth Dances(Group Class)

This program is designed for students who wish to concentrate on the American Style Smooth dances: Waltz, Foxtrot, Tango and Viennese Waltz.

Salsa/Casino Rueda(Group Class)

Begins with the basic essentials of Salsa. It concentrates on partner work with good leading/following techniques. Rueda, as it is commonly called in Cuba, is a form of Salsa danced in a round circle with couples exchanging partners as steps are called out.

Salsa Miami/Cuban Style(Group Class)

Class includes partnering techniques, and the most unique intricate turns and steps in Salsa.

Drop In Group Classes

Classes change from week to week and month to month to cover all of the Ballroom and Latin dances. These classes are open to the public and no registration is required. Scheduled classes are listed on our Monthly Calendar of Events. Class Cards are also available for purchase at our front desk.

Practice Parties(Socials)

As the saying goes "Practice makes Perfect". If you wish to become a good dancer, it only makes sense that you should practice what you have learned. These parties give you the opportunity to do just that amongst your fellow students. Practice parties are held throughout the week usually in the evening after a group class.

Belly Dancing

Class includes warm-up, basic isolations, arm movements, hip movements, footwork and dancing. Improvisation and choreography will also be taught. No previous dance experience required.

Youth Programs

Zumba Kids (Ages 5-7)

Children develop creative expression and self confidence. Dance and fitness at this level is further developed through international music rhythms and provides a foundation to further develop hand-eye coordination and group cooperation.

Zumba Kids (Ages 8-12)

Basic dance and fitness skills and vocabulary are used to help students with coordination and strength. Class offers more structure and technique in various forms of ballroom and latin dance while continuing to develop strength through fitness skills.

Ballroom & Latin Dance (Ages 6-17)

Partnered dancing teaches students grace, coordination, self-discipline and self-confidence. Most importantly, students gain an insight on different cultures as they explore dances like salsa, tango, rumba and more. This is a great way to help children feel comfortable and confident in any social setting.

Mommy & Me Programs

Mommy & Me Boogie (Ages 18 Mos - 36 Mos)

This program is an exciting and stimulating introduction to music and dance. This program is designed to enhance motor skills, music appreciation and creativity. It is structured for the parent and child to participate and experience the class together. Class length is 55 minutes, 1 time per week.

Mommy & Me Zumba (3 Mos - 18 Mos)

Workout with your little bundle of joy! No need to get a babysitter! Try a low impact workout that will get you moving and grooving to exotic musical rhythms like salsa, merengue, rock and roll and more! Great low impact workout for New moms!