

Class Description

Happy Feet Hip Hop, Tumble and Tricks (Ages 2.5-4 years)

This class introduces a combination of music, beginner dance steps, beginner tumbling skills (forward roll, backward roll, cartwheel) and tricks in a fun and friendly manner. Your athlete progresses at their own pace, while having fun, building confidence, muscle strength, and coordination as they learn new skills.

Lolli Pops Hip Hop, Tumble and Tricks (Ages 5-7)

This class is great for more independent children. We incorporate an even mix of hip hop, basic tumbling skills (forward roll, backward roll, cartwheel, bridges kick overs, walk overs) and tricks, in a fun and friendly manner. Your child progresses at their own pace, while having fun, building confidence, muscle strength and coordination, as they learn new skills.

BEASTY BOYS – All Boy Hip Hop (Ages 5-10)

This Class is designed for **BOYS** only! This class introduces a very energetic form of street dance, including breakdancing, locking and popping, primarily choreographed to Hip Hop music. It allows our dancers to perform with freedom and movement, while having fun learning new skills. Our version of Hip Hop dance is extremely tasteful, clean and fun.

My Hops Hip Hop (Ages 8-11)

This class introduces a very energetic form of street dancing, including a wide range of style, primarily choreographed to Hip Hop music. It allows our dancers to perform with freedom and movement, adding in their own personalities. Our version of Hip Hop dance is extremely tasteful, clean and fun.

Tricks

Tricks is a clever and skillful action that someone performs to entertain or amuse people. This class teaches skills that is deemed difficult, such as head springs, aerials, head and hand stands, monkey flips, kip ups, rubber bands and freeze poses, just to name a few. Athletes progress at their own pace, while having fun, building confidence, muscle strength and coordination as they learn new skills.

Jazz Funk

Dancers will learn a combination of street Jazz, mixed with movements from other dance styles, from modern- hip hop- to lyrical, wrapped into a funky style that is both fun and expressive. This style of dance gives our dancers the chance to release sassiness and dance fiercely.

Adult Hip Hop Aerobics (Ages 18+)

This class introduces a form of exercise that blends dance moves. Pick up street style while you kick up your cardio with a fun and fast-paced workout that will get your heart pumping and your booty shaking.

Special Needs Hip Hop

This class is designed especially for **athletes with disabilities**. Our instructors will create a fun learning environment that encourages flexibility, large muscle movement and promotes greater joint mobility. Dancing is not only a great form of exercise for children with disabilities, but it also has many social benefits. There's no required age limit.

Tumble & Twist level I

This class introduces the basics of tumbling. You should take Tumbling I, if you have never tumbled before, or are still a beginner. This level teaches forward and backward rolls, cartwheels, round offs, handstands, bridge kick overs and front walk overs. This will in turn, improve your form in more advanced tumbling as well as work on flexibility.

Tumble level II

Athletes should take Tumbling II, if you have been in a tumbling class before, and can do all the skills listed in Tumbling I. This class will start from bridge kick overs, walkovers, start back handsprings, and start linking together round off back handsprings

Tumbling III

Athletes should take Tumbling III if you can do all the skills in Tumbling I and II. You also need to perform a back handspring and a round off back handspring with no spot at all. This class will begin with multiple back handsprings, teaching back tucks, aerials, punch fronts and combination passes.

Tumbling IV

Athletes should take Tumbling IV, if you can do multiple back handsprings and a back handspring-back tuck with no spot. This class will start teaching layouts, halves and fulls. You must be approved by an instructor to be in this class.

Open Gym

Open gym allows dancers/athletes to come to the studio and work on whatever they want. This event is open to everyone, so bring a friend!