

## **B.O.S.S. DANCE ACADEMY 12 WEEK INTRODUCTORY DANCE CLASSES AT THE STEINBACH ARTS COUNCIL**

**Date:** 12 Mon. Sept 17 – Dec 10, 2018

**No Class:** Oct 8 – Thanksgiving

**Location:** Steinbach Cultural Arts Center Studio D, lower level

**Class fee:** \$100.00 - 45min class / \$120.00 1hr class

### **Dance Class Outlines:**

#### **Dance4Tots (Ages 3-5)**

**Time: 4:30 – 5:15 pm (45 mins.)**

Each student will be encouraged to freely explore music & movement with a balance of personal creativity and class structure. Introductory dance concepts from Hip Hop, Jazz, Ballet and Musical Theatre will be incorporated into this class. If your child is upbeat and energetic this is the class for them!

#### **Intro Hip Hop (Ages 6+)**

**Time: 5:15 – 6:15 pm (1 hr.)**

#### **Hip Hop (Ages 10+)**

**Time: 7:15 – 8:15 pm (1 hr.)**

XCOMPANY understands that hip hop is a CULTURE, and its dance form features fast-paced fluid dance moves that explores rhythm through movement. Learn hip hop styles like breakdance, popping, locking, house, waacking, party dance, krump and more. This is a high energy class will have you grooving to its upbeat music and "siick" dance moves!

#### **Intro Jazz (Ages 6+)**

**Time: 6:15 – 7:15 pm (1 hr.)**

#### **Jazz (Ages 10+)**

**Time: 8:15 – 9:15 pm (1 hr.)**

Jazz is an energetic style of dance that is set to current and up-beat pop music. This class is a great way to improve coordination, rhythm, flexibility, muscle control, and overall fitness. Focusing more on flexibility and dance technique this class is a must for anyone that can't stop moving when music is on!

**What to Bring:**

1. Indoor runners – for safety and to protect our professional studio floors
2. Proper dance attire
3. Water bottle
4. Energy and excitement

**Cancellations/Refunds** – Full refunds (less the Membership Fee and \$20 Administration Fee) honored with minimum 2 weeks notice, prior to start date of class/workshop. Classes may be subject to cancellation if the minimum number of registrants is not reached. In this case, a full refund will be issued (less the Membership Fee). **\*Membership fees are non-refundable.**

One week prior to the class, a reminder phone call will be given to let you know the class is coming up, direction to the centre, and location of the classroom along with dates and time of class. If you have any questions or concerns, please feel free to call 346-1077.