

Joanne Langione Dance Center

Fundamentals, Hip Hop and AcroDance Programs

** NEW* Class Times and Offerings for 2015-2016!*

2015-2016 Registration OPENS MARCH 4th!

Fundamentals 1 (Grade 2)	Fundamentals 2 (Grade 3)	Fundamentals 3 (Grade 4)
Monday 3:30-5:00 Tuesday 2:00-3:30 Wednesday 3:30-5:00 Thursday 5:00-6:30 Saturday 9:00-10:30 Sunday 9:00-10:30	Monday 5:00-6:30 Tuesday 2:00-3:30 Wednesday 3:30-5:00 Thursday 5:00-6:30 Saturday 10:30-12:00 Sunday 9:00-10:30	Wednesday 4:30-6:30 Thursday 4:30-6:30 Saturday 11:00-1:00

Fundamentals 1 begins the formal study of ballet with simple barre exercises and center floor technique. Proper ballet terminology is used and classical music appreciation is begun. Following ballet, a short section of tap and contemporary jazz including hip-hop style moves are given to increase mobility and for relaxation and fun.

Fundamentals 2 is a continuation of Fundamentals 1 with new students grouped by age and experience. Students refine what they have learned in Fundamentals 1 adding new terminology and building a stronger technique.

Fundamentals 3 adds 30 minutes to class time. Greater emphasis is placed on using correct ballet technique and body placement. Jazz technique is begun at this age, and traditional tap steps are taught to develop rhythmic coordination.

Hip Hop 1 (Grade 1, 2)	Hip Hop 2 (Grade 3, 4)	AcroDance 1 (Grade 1, 2)	AcroDance 2 (Grade 3, 4)
Tuesday 3:30-4:30 Friday 3:30-4:30 Sunday 11:30-12:30	Tuesday 4:30-5:30 Friday 4:30-5:30 Sunday 12:30-1:30	Saturday 10:30-11:30 Sunday 10:30-11:30	Monday 6:30-7:30 Friday 5:30-6:30 Sunday 11:30-12:30

*** NEW* AcroDance:** Acrobatic training teaches flexibility, balance, strength, muscle control, and above all, discipline and concentration. With careful, quality instruction, a dancer will gain more flexibility and upper body strength, giving her a substantial advantage in today's demanding choreography. It is an excellent way to learn spatial awareness. **AcroDance** is the fusion of classic dance technique with proper body alignment and the precision and athleticism of tumbling. Dancers who train in both dance and acrobatics have balanced development, are stronger, more flexible and can be fearless. Training dancers with more skills, who have fewer accidents, and are less likely to develop chronic injuries is the goal of JLDC acrobatic classes. We believe that the high degree of discipline and concentration of dance and acrobatics carries over to many other aspects of a student's life.

School for Excellence (Grade 2)	School for Excellence (Grade 3)	School for Excellence (Grade 4)
Prima Ballerina 2: Tuesday 3:30-4:30 Extra Fun Jazz 2: Tuesday 4:30-5:30 Extra Fun Tap: Saturday 11:30-12:30 Extra Fun Hip Hop: Saturday 12:30-1:30	Prima Ballerina 3: Tuesday 5:30-6:30 Extra Fun Jazz 3: Tuesday 4:30-5:30 Extra Fun Tap: Saturday 11:30-12:30 Extra Fun Hip Hop: Saturday 12:30-1:30 Dance Team: Sunday 5:00-6:00 Company C: Sunday 5:00-6:00 <i>(Company students MUST be enrolled in Prima Ballerina)</i>	Bunheads 1: Monday 5:30-6:30 Excel Jazz 1: Saturday 2:30-3:30 or Sunday 3:00-4:00 Tap Jam 1: Sunday 4:00-5:00 Excel Hip Hop 1: Saturday 1:30-2:30 Dance Team: Sunday 5:00-6:00 Company C: Sunday 5:00-6:00 <i>(Company students MUST be enrolled in Bunheads)</i>

The School for Excellence is offered to students who have worked diligently to develop their own creativity and technique. Excel classes are accelerated and offered to qualified students **by invitation**.

Please Note the 2015-2016 JLDC Class Schedule is subject to change.