

Mountain Dance

Spring 2010 Schedule

Creative Ballet & Rainbow Rider ages 3-5
This class combines our Rainbow Riders and Creative Ballet into a one hour class. Our Creative Ballet explores a variety of movement experiences, rhythmic, locomotor activities and basic ballet vocabulary. Props, music and imagery combine to make this class a wonderful introduction to the world of dance and movement.
Tues, Wed, Thurs 9:00-10:00 am
Mon, Wed, Sat 10:15-11:15 am
Wed, Thurs 1:30-2:30 pm
\$114./ 6 weeks



Petite Dancer ages 3-7
These classes are designed to captivate the young dancer that is just barely bigger than a tutu. Creative expression, body awareness, musicality and core dance skills are introduced in an imaginative way.

Petite Ballet & Stomp ages 4-6
Tues 10:15-11:15 pm \$105./ 6 weeks

Petite Ballet ages 4-6
Mon 11:45-12:30 pm or Fri 4:15-5:00 \$99./ 6 weeks

Pre Ballet & Tap for ages 5-7
Tues 4:15-5:15 pm, Wed 4:15-5:15 pm or Sat 9:00-10:00 am \$105./ 6 weeks

Sensory Process Dance ages 5-7
For children with sensory processing disorder, they will be introduced to the basic concepts, vocabulary, neurological coordination, and postural alignment of dance. This class also includes creative aspects of problem solving, movement exploration and expression and incorporates songs, games, props, and rhymes. Thurs 4:15-5:15 pm \$105./6 weeks



Demi Dancer ages 6-8
Perfect for the beginning dancer. Focus on dance style, beginning technique, developing grace and confidence are part of this level of dance.

Young Ballet & Tap Wed 4:15-5:15pm \$105./ 6 weeks
Young Jazz Wed 5:15-6:00 pm \$105./ 6 weeks
Rock Star Dance
In this class the students will explore creative movement, create their own choreography, dance with props, and learn some basic jazz and ballet technique to popular music. Thurs 4:15-5:15 pm \$105./ 6 weeks
Kids Hip Hop Fri 5:00-6:00 pm \$105./ 6 weeks

Pirouette Dancer ages 8-11
Professional instruction for the beginning dancer. Focus on beginning technique, style, creativity, and building confidence.

Ballet 1 ages 8-11 Tues 4:15-5:15pm \$105./ 6 weeks
Jazz 1 ages 8-11 Wed 6:00-7:00 pm \$105./ 6 weeks
Jazz 1/2 ages 8-11 Mon 4:15-5:15 pm \$105./ 6 weeks

Prima Dancer ages 9-11
Our Prima dance classes are the next level in our program and an excellent fit for intermediate dancers. These classes include focus on technique, body awareness, and performance style.

Jazz 2/3 Mon 4:15-5:15 pm \$105./ 6 weeks
Ballet 2 Wed 5:15-6:15 pm \$105./ 6 weeks
Tween Hip Hop Thurs 7:15-8:15 pm \$105./ 6 weeks

Premier Dancer ages 12+
For the teen who wants to dance, these classes are beginning level but will move at a faster pace working on technique, alignment, style, student choreography, and performance quality.

So you think you Wanna Dance Ballroom Basics
Basic ballroom steps in a variety of styles. Some of the styles include: Lindy Hop, Jitterbug, Charleston, Charleston Jazz, and Salsa. Tues 5:15-6:15 pm \$105./ 6 weeks

Break Dance/ Pop and Lock
Break dancing is a high-energy, urban style of acrobatic dance that is part of the hip hop culture. Pop and Lock is based on the technique of quickly contracting and relaxing muscles to cause a jerk in the dancer's body, referred to as a pop or a hit. This is done continuously to the rhythm of a song in combination with various movements and poses.

Tues 6:15-7:15 pm \$105./ 6 weeks
Teen Ballet 1/2 Thurs 6:15-7:15 pm \$105./ 6 weeks
Teen Jazz/Modern 1/2 Thurs 5:15-6:15 pm \$105./ 6 weeks
Teen / Adult Hip Hop Fri 6:45-7:45 pm \$105./ 6 weeks
Dance Team Sat 11:15-12:15pm \$105./ 6 weeks

Peak Dancer ages 10-12
Performance dance classes are geared for the teen intermediate and moving toward advanced dancer. These classes will continue to focus on strong technique, body alignment, as well as incorporate student choreography, and performance quality.

Jazz 3/4 Tues 6:15--7:15 pm \$105./ 6 weeks
Ballet 3 Thurs 5:15-6:15 pm & Sat 9:00-10:30 am
\$192./ 6 weeks



Performance Dancer ages 12+
These classes are for the advanced dancer at Mountain Kids. These classes help the students continue to learn and to become aware of their technique, alignment, performance qualities, self corrections, student choreography, and professionalism.

Ballet 4 Wed 6:15-7:45 pm & Sat 10:30-12:30 pm
\$225./ 6 weeks
Ballet 5 Wed 6:15-7:45 pm & Sat 12:30-2:30 pm
\$225./ 6 weeks
Ballet 6 Wed 7:45-9:15 pm & Sat 12:30-2:30 pm
\$255./ 6 weeks

Open Level Adult Ballet ages 18+
Tues & Thurs 12:45-2:15 pm *inquire for pricing*

Pre Professional Program ages 13+
Fri 1:00-4:00 pm *inquire for pricing*
Jazz 5 ages Fri 4:15-5:45pm \$133.50/ 6 weeks
Jazz 6 ages Thurs 7:15-8:45 pm \$133.50/ 6 weeks

Contemporary & Lyrical
This style is derived from ballet and jazz technique. Typically with a softer style, the dancer moves to the lyrics or melody of a song. Dancers will be able to blend ballet and jazz with stylized movements. Thurs 6:15-7:15 pm \$105./ 6 weeks

Intermediate/ Advanced Modern
Mon 6:15-7:30 pm \$133.50/ 6 weeks

So you think you Wanna Dance Ballroom Basics
Tues 5:15-6:15 pm \$105./ 6 weeks

Break Dance/ Pop and Lock Tues 6:15-7:15 pm
\$105./ 6 weeks

Teen / Adult Hip Hop Fri 6:45-7:45pm \$105./ 6 weeks

Performance Companies ages 12+
We offer three dance companies by invitation or audition. Many unique opportunities are available as a member including performance opportunities, group events, continued dance skill mastery, conditioning and strength and travel.

Young Peoples Dance Company (YPDC) ages 7-11
Mon 5:15-6:15 pm \$105./ 6 weeks (by invitation)

Peak Performance Group for ages 12+
Tues 7:15-8:30 pm \$133.50/ 6 weeks

Mountain Moving Company 14+
Mon 7:30-9:00 pm \$133.50/ 6 weeks

Style Descriptions

Ballet
Our classical ballet is based on a consistent progression of levels taught by experienced professionals.

Jazz
A thorough warmup introduces and develops the jazz style while across the floor combinations and routines including jumps, turns and leaps prepare students for more advance classes where technique, muscular endurance, sharpness, precision and style are further developed.

Modern
Focusing on freedom of expression, this class incorporates floor work and center combinations to develop strength, lyricism and musicality.

Hip Hop
Hip Hop is a style of street dance which includes footwork, ground moves, isolations and freezes. It is a high energy expression of pop culture with its own dynamic steps.

Dance Team
This high-energy class focuses on preparation for poms, dance team and cheerleading. Dancers will strengthen their technical and performance abilities and develop their own movement ideas. This class teaches audition tricks & technique.

Why Choose Mountain Dance?

Excellence in technical training in ballet, jazz and modern with opportunities to study other dance styles. A professional staff that is currently performing and choreographing regionally and has extensive expertise in each style they teach.

A yearly optional dance recital in May complete with fun but reasonably priced costumes and unique choreography presented at the Lincoln Center Main Stage with free admission for family and friends.

Excellence in artistic training. As students progress into our companies they study with guest choreographers, perform in a variety of other venues and have the opportunity to create and perform their own choreography.

Competition and travel opportunities are available through our three performance companies. We performed in Disney World in 2004 and have traveled several times to Dance Competition Nationals.

Registration may be taken over the phone at 970-482-3118 with a Visa/MC payment or on site. You can also request additional class information and availability via email to info@mountain-kids.com. Rates are based on a traditional six-week session however sessions will vary in length throughout the year and tuition will be adjusted accordingly. Classes may be cancelled at any time due to low enrollment.

419 E. Stuart St. Fort Collins, CO 80525
(970)482-3118 info@mountain-kids.com
www.mountain-kids.com

"Kids: they dance before they learn there is anything that isn't music."

-William Stafford

