

# DANCE ENRICHMENT



## The Program

Ms. Gia is committed to creating an environment where children can feel good about themselves, and learn to express themselves through the art of dance, all while learning the skills necessary to become a confident dancer. In all classes children can expect to focus on technique, artistry, fitness, discipline, and a whole lot of fun! Starting in January, children will begin work on their performances for the Spring Recital. Each dance class will perform a piece in the end of the year recital held in June.

## K - 8<sup>th</sup>

### Hip Hop

A high-energy class that uses the latest music in rap, R&B, and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop involves movement that has elements of popping, locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style. Learn all the basic hip hop and break dancing skills, from footwork, to freezes, to group choreography and teamwork.

#### *Hip Hop I*

*Available for K-3<sup>rd</sup> grades. Class time is 45 minutes*

#### *Hip Hop II*

*Available for 4<sup>th</sup>-8<sup>th</sup> grades. Class time is 1 hour*

## K - 3<sup>rd</sup>

### Ballet

Ballet classes begin with training at the barre to practice proper body placement, warm and strengthen muscles, and build technique that is brought to the center. In the center, dancers work on adagio (slow, controlled movements that combine strength and flexibility), petit allegro (small, quick jumps that build speed and ease of motion), allegro (more dramatic movements that are a natural extension of petit allegro), and grand allegro (large, spectacular steps that use a combination of skills learned throughout class). Strength and flexibility training are incorporated to supplement technique.

*Available for K-3<sup>rd</sup> grades. Class time is 45 minutes*

### Jazz

Class will focus on elementary jazz dance technique. During the session, students will be introduced to effective stretches and warm-ups, across-the-floor combinations, and jazz choreography elements. Students will gain basic jazz vocabulary. This is an upbeat and active class.

#### *Jazz I*

*Available for K-3<sup>rd</sup> grades. Class time is 45 minutes*

**Gia Camarillo**

**P** 916-724-9296

**E** giacamarillo@gmail.com

It's almost here! Dance classes are just around the corner! Please be sure that your child is dressed in comfortable clothing for class. Jazz/Ballet shoes are permitted, but are not required, a pair of socks will do just fine.

## Prices:

**\$55/6 Weeks 1 hour class**

**\$50/6 Weeks 45 minute class**

## Classes Offered

- **Hip Hop I**  
**Tuesday 3:15 -4:00pm**
- **Hip Hop II**  
**Tuesday 4:00 – 5:00pm**
- **Ballet I**  
**Wednesday 3:15 – 4:00pm**
- **Jazz I**  
**Thursday 3:15 – 4:00pm**

Classes will run on a 6 week schedule, starting **Tuesday October 18<sup>th</sup>** running through **December 8<sup>th</sup>**, with a break the week of November 21<sup>st</sup> through the 25<sup>th</sup>.