

## *Roseland School of Dance- Mt Sinai 2021-2022 Schedule*

20-36 Month	<b><u>Sing and Dance Along-</u></b> Parents are encouraged to let child be on their own. The student will experience fun and expressive movements that will increase their rhythm and coordination to music. (Please wear comfortable clothing)	Tues 10:00-10:30 Wed 9:30-10:00 Sat 9:45-10:15
3 year Old	<b><u>Pre Dance 1-</u></b> Emphasis is on developing coordination, rhythm, flexibility, self-confidence and fundamental dance skills. Basics in ballet, tap and tumbling are taught. (Please wear bodysuit and tights any color. Tap and ballet shoes)	Tues 10:45-11:30 Wed 10:00-10:45 Thurs 4:30-5:15 Sat 10:15-11:00
4 year Old	<b><u>Pre Dance 2-</u></b> Basic steps and dance vocabulary in Tap and Ballet are taught. We also begin working on important skills such as how to skip, march, jump, hop and balance. Many of these skills are tested in kindergarten screening. (Please wear any color bodysuit. Tap and ballet shoes)	Tues 12:00-1:00 Tues 4:30-5:30 Wed 4:00-5:00 Sat 11:00-12:00
5 year Old	<b><u>Dance 1</u></b> – This class develops a young dancer’s flexibility, core strength, confidence, rhythm, knowledge of steps, and timing through basics in tap and ballet. *Take BOTH Dance & Jam for \$105/month	Mon 5:00-6:00 Tues 5:30-6:30 Sat 12:00-1:00
1 <sup>st</sup> Grade	<b><u>Dance 2</u></b> – Builds on the steps and technique learned in Dance 1 and continues to increase knowledge and timing of steps in Ballet, Tap, and introduces Jazz. *Take BOTH Dance & Jam for \$105/ month	Wed 5:00-6:00 Sat 12:00-1:00
2 <sup>nd</sup> Grade	<b><u>Dance 3</u></b> – Combines the best dance styles we recommend for your 7 yr old. Ballet is taught to continually enforce good posture and strength. We believe ballet should always be part of a dancer’s education. Tap dancing is incorporated to enforce timing and rhythm. Jazz will be taught so the dancer can learn to perform Broadway style moves to popular upbeat music. Take BOTH Dance 3 & Jam for \$145	Wed 5:00-7:00 Sat 9:00-11:00
5, 6, & 7 yr old	<b><u>Jam Class</u></b> – You will enjoy hip hop and tumbling were you will learn freestyle dance moves and the proper way to execute tumbling tricks.	Tues 6:30-7:30 Wed 6:00-7:00 Sat 11:00-12:00

We offer a variety of classes for 8 yr. olds. Call 631-331-4100 for additional class times.

### Registration Form

Account Name \_\_\_\_\_ Student Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone Number \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_

Class \_\_\_\_\_ Day / Time \_\_\_\_\_

Class \_\_\_\_\_ Day / Time \_\_\_\_\_

Class \_\_\_\_\_ Day / Time \_\_\_\_\_