

# *Roseland School of Dance- Oakdale 2021-2022 Schedule*

12-20 Months	<b><u>Dance with Me-</u></b> Your little one will dance, play, jump, and move to music. Child must be accompanied by an adult.	Wed 9:30-10am
20-36 Month	<b><u>Sing and Dance Along-</u></b> Students will experience fun and expressive movements that will increase their rhythm and coordination to music. (Please wear comfortable clothing)	Mon 4:45-5:15 pm Wed 10-10:30 am Thurs 9-9:30 am Sat 9:45-10:15 am
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)	Wed 10:30-11:15 am Thurs 9:30-10:15 am Thurs 4:15-5 pm Sat 10:15-11 am
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.	Tues 12:30-1:30pm Tues 4:15-5:15 pm Thurs 10:15-11:15am Fri 4:15-5:15 pm Sat 9-10 am
3 & 4 yr old	<b><u>Tiny Tumblers</u></b> Students will learn to stretch, jump, and roll in class. Designed to develop strength and flexibility through tumbling skills.	Tues 1:45-2:30
5 yr 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.	Mon 5:15-6:15 pm Fri 4:30-5:30 pm Sat 11-12
6 yr old	<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.	Tues 4:45-5:45 pm Fri 4:30-5:30pm Sat 11-12
5,6, 7,8 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.  <b><u>Cheer Class</u></b> - Provides a foundation in tumbling, jumps, stunts, and pom dances. Students focus on building strength, trust, and teamwork.  <b><u>Tumble -</u></b> Stretch and strengthen to learn basic tumble tricks	Thurs 4:30-5:30 pm Fri 5:30-6:30 pm Sat 10-11 am <u>Jam 2 (7-8 yr old)</u> Fri 6:30-7:30pm Sat 12-1 pm <u>Cheer</u> Fri 7:30-8:30pm <u>Tumble</u> Fri 5:15-6:15 pm

Additional class times available for all ages including Adults.

Call (631) 244-4500 or email [Oakdale@roselanddnace.com](mailto:Oakdale@roselanddnace.com)

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

Address \_\_\_\_\_

Email \_\_\_\_\_ Cell Number \_\_\_\_\_

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

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

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

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