

Roseland Dance, Oakdale 2023-2024

Age	Class	Day/ Time
1 Yr old	Dance With Me – Our youngest students will dance, jump and move to music with the help from their favorite adult. Lots of fun with props and great music..	Wed 9:45-10:15
2 Yr old	Sing and Dance Along -Parents are encouraged to let their child be on their own. The student will experience fun and expressive moments that will increase their rhythm and coordination. (please wear comfortable clothing)	Mon 4:30-5 Wed 10:15-10:45 Thurs 9:30-10 Sat 9:45-10:15
2.5 Yr old	Toddler Dance - This class is perfect for students who enjoyed our Sing and Dance Class and need more time before PD1. We will stretch, dance, and introduce the skill structure needed for PreDance.	Tues 1-1:30 Thurs 10:45-11:15
3 Yr Old	Pre Dance1 - Emphasis is on developing coordination, rhythm, flexibility, self confidence and fundamental dance skills. Basics in ballet, tap are taught. (Please wear a bodysuit and tights, any color. Tap and ballet shoes are used but not required for summer)	Monday 5-5:45 Tuesday 4:30-5:15 Wednesday 10:45-11:30 Thursday 10-10:45 Saturday 10:15-11
4 Yr Old	Pre Dance 2 - 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. Tan Tap and pink ballet shoes	Mon 4:45-5:45 Tues 4:30-5:30 Tues 5:30-6:30 Wed 4:15-5:15 Thurs 4:30-5:30 Fri 4:15-5:15 Sat 9-10
3 &4 Yr Old	Tiny Tumblers - Students will learn to stretch, jump, and roll in this class. Designed to develop strength and flexibility through basic tumbling skills. (Please wear comfortable, fitted clothing. No shoes required)	Weds 4:15 - 5
5-7 Years Old: We offer a variety of classes for your dancer including our Dance Jam program, Cheer, and Tumble. Our Dance Jam program is two separate classes, both different in what they offer, but equal in fun and dance education. DANCE class is always recommended first. This class will develop a young dancer's skill, while our JAM, CHEER, and TUMBLE classes provide a great space for the child that wants to do some flips, funky moves, or cheer with poms while building strength, trust and teamwork.		
5 Year Old	Dance 1 – Teaches both ballet and tap. Helps to develop a young dancers' posture, flexibility, confidence, rhythm and timing to music. 1. Mon 5:45- 6:45 pm 3. Fri 5:15-6:15 pm 2. Wed 4:30-5:30 pm 4. Sat 11 am -12:00	Jam Class You will enjoy hip hop and tumbling by learning freestyle dance moves and the proper way to execute tumbling tricks. Thurs 4:15-5:15 Fri 6:15-7:15 Sat 10-11 Cheer Dance - Provides a foundation in Tumbling, Jumps, Stunts and Pom Dances. Students focus on building strength, trust and teamwork. Fri 4:30-5:15 Tumble - Stretch, Strengthen and Balance in this class. Learn tumble skills such as forward rolls, handstands, cartwheels and backbends. Friday 6:15-7:15
6 Year Old	Dance 2 - Teaches Tap and Ballet. Builds on the steps and technique learned in Dance 1 and continues to increase dance knowledge and timing of steps. 1. Wed 5:30-6:30 pm 3. Sat 11 am - 12:00 2. Fri 5:15-6:15 pm	
7 Year old	Dance 3 - These classes develop a young dancer's flexibility, core strength, confidence, rhythm, knowledge of steps and timing through basics of Ballet, Tap and Jazz. <div style="display: flex; justify-content: space-between;"> <div> Wednesday Tap 5:15- 5:45 Ballet 5:45- 6:30 Jazz 6:30- 7:15 </div> <div> Saturday Tap 10-10:30 Ballet 10:30-11:15 Jazz 11:15-12:00 </div> </div>	
7 Year old	Dance Mix - This class introduces dancers to two of today's most popular styles of dance. Lyrical and Hip Hop	Thursday 5:15-6:15
We offer a variety of classes for dancers ages 8 and up including Ballet, Jazz, Tap, Lyrical, Hip Hop and Tumble. Contact us for more information. Call (631) 244-4500 or Email oakdale@roselanddance.com		