

Roseland School of Dance, Mt Sinai 2023-2024

1 Year Old	Dance With Me (30 min.) Our youngest students will dance, jump, and move to music with the help of their favorite adult. Lots of fun with props and great music. (Please wear comfortable clothing.)	Dance With Me 1. Tuesday 9:30-10 AM
2 Years Old	Sing & Dance (30 min.) Parents are encouraged to let their 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.)	Sing & Dance 1. Tuesday 10-10:30 AM 2. Wednesday 9:30-10 AM 3. Wednesday 4:30-5 PM 4. Saturday 9:30-10 AM
3 Years Old	Pre-Dance 1 (45 min.) We introduce tap and ballet to our preschoolers with an emphasis on developing coordination, rhythm, flexibility, self-confidence, and fundamental dance skills. (Please wear a bodysuit and tights of any color. We recommend Tan Tap Shoes and Pink Ballet Slippers.) Tiny Tumbling (45 min.) Students will learn to stretch, jump, and roll in this class designed to develop strength and flexibility through basic tumbling skills.	Pre-Dance 1 1. Monday 4:15-5 PM 2. Tuesday 10:30-11:15 AM 3. Wednesday 10-10:45 AM 4. Thursday 4:30-5:15 PM 5. Saturday 10-10:45 AM Tiny Tumbling 1. Wednesday 4:15-5 PM
4 Years Old	Pre-Dance 2 (1 hr) Basic steps and dance vocabulary in tap and ballet are taught, while we also begin working on important skills such as how to skip, march, jump, hop and balance. (Please wear a bodysuit and tights of any color. We recommend Tan Tap Shoes and Pink Ballet Slippers.) Tiny Tumbling (45 min.) Students will learn to stretch, jump, and roll in this class designed to develop strength and flexibility through basic tumbling skills.	Pre-Dance 2 1. Monday 4:30-5:30 PM 2. Tuesday 4:30-5:30 PM 3. Thursday 10-11 AM 4. Saturday 10:45-11:45 AM Tiny Tumbling 1. Wednesday 4:15-5 PM
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 Years Old	Dance 1 (1 hr) This class incorporates ballet and tap. Ballet is important for students to develop strength and good posture. Tap is taught to help students develop rhythm. 1. Monday 5:00-6:00 PM 3. Saturday 9-10 AM 2. Thursday 5:15-6:15 PM	Jam Class (1 hr) Teaches Hip Hop and incorporates Tumbling. Fun, energetic Hip Hop movements are taught to upbeat music. Basic tumbling skills are taught to promote flexibility and coordination. 1. Monday 6-7 PM (<i>Jam 1</i>) 2. Tuesday 5:30-6:30 (<i>Jam 2</i>) 3. Thursday 6:15-7:15 4. Saturday 10-11 AM
6 Years Old	Dance 2 (1 hr) This class will develop a young dancer's flexibility, core strength, confidence, rhythm, knowledge of steps and timing through the basics of Ballet, Tap, and introducing Jazz. 1. Tuesday 6:30-7:30 PM 3. Saturday 11-12 AM 2. Thursday 5:15-6:15 PM	Cheer Dance (1 hr) This class will provide a foundation in Tumbling, Jumps, Stunts, and Pom Dances. 1. Wednesday 5-6 PM
7 Years Old	Dance 3 These classes develop a young dancer's flexibility, core strength, confidence, rhythm, knowledge of steps and timing through the basics of Ballet, Tap, and Jazz. Tuesdays: Tap 5-5:30 PM Saturdays: Jazz 12-12:45 PM Ballet 5:30-6:15 PM Ballet 12:45-1:30 PM Jazz 6:15-7 PM Tap 1:30-2 PM	Tumble (1 hr) Stretch, Strengthen and Balance in this class. Learn tumble skills such as forward rolls, handstands, cartwheels, and backbends. 1. Beg Tumble (Ages 5-7) Friday 5-6 PM 2. Tumble 1 (Ages 6 & Up) Wednesday 7-8 PM
7 Years Old	Dance Mix (1 hr) This class introduces dancers to two of today's most popular styles of dance - Lyrical and Hip Hop.	Dance Mix 1. Monday 7-8 PM
<p style="text-align: center;">We offer a variety of classes for dancers ages 8 and up including Ballet, Jazz, Tap, Lyrical, Hip Hop, and Tumble.</p> <p style="text-align: center;">Contact us for more information. Phone: 631-331-4100 Email: roselandmtsina@gmail.com</p> <p style="text-align: center;">Website: roselanddance.com</p>		