

## Roseland Stony Brook 2023/2024 Dance Year

<b>1 year olds</b>	<p><b><u>DANCE WITH ME</u></b> – Our youngest dancers enjoy engaging in play and basic dance steps with their favorite adult to help them along. Lots of fun! (Wear Comfortable Clothing)</p> <p>1. Wednesday 9:30-10:00                      2. Saturday 9:00-9:30</p>
<b>2 year olds</b>	<p><b><u>SING &amp; DANCE</u></b>– Our toddlers have a great time learning basic dance skills along with fun moves – marching, jumping, clapping – all while making new friends and listening to their favorite songs. We encourage our dancers to enjoy this class independent from parents. (Wear comfortable clothing)</p> <p>1. Tuesday 10:00-10:30      2. Wednesday 10:45-11:15                      3. Saturday 9:30-10:00      4. Saturday 11:45-12:15</p>
<b>3 year olds</b>	<p><b><u>PRE-DANCE 1</u></b>– Pre-schoolers will love our fun methods that will enhance coordination and motor skills. We introduce Tap, Ballet and creative movement. (Wear Any Color Leotard/Tights. We recommend Tan Tap &amp; Pink Ballet Shoes.)</p> <p>1. Tuesday 4:30-5:15                      3. Saturday 10:00-10:45 2. Wednesday 10:00-10:45      4. Saturday 10:45-11:30</p> <p><b><u>TINY TUMBLERS</u></b> – Introduction to basic tumbling. Builds strength, flexibility and coordination.</p> <p>1. Saturday 10:00-10:45</p>
<b>4 year olds</b>	<p><b><u>PRE-DANCE 2-</u></b> Our Pre-K dancers are ready to learn Tap, Ballet and dance vocabulary. Many skills are introduced that are part of kindergarten testing – skipping, jumping, hopping and balance. (Wear Any Color Leotard/Tights. We recommend Tan Tap &amp; Pink Ballet Shoes.)</p> <p>1. Tuesday 10:30-11:30                      3. Wednesday 4:30-5:30                      5. Saturday 11:30-12:30 2. Tuesday 5:15-6:15                      4. Saturday 9:00-10:00</p> <p><b><u>TINY TUMBLERS</u></b> – Introduction to basic tumbling. Builds strength, flexibility and coordination.</p> <p>1. Saturday 10:00-10:45</p>
<b>5 &amp; 6 year olds</b>	<p><b><u>DANCE - (Ballet &amp; Tap)</u></b>Teaches both ballet and tap. Ballet is taught to develop strength and good posture while tap teaches timing to music and rhythm.</p> <p><b><u>JAM (Hip Hop &amp; Tumbling)</u></b>- You will enjoy hip hop and tumbling by learning freestyle dance moves and proper ways to execute tumbling tricks.</p> <p><b><u>CHEER DANCE</u></b> - Provides a foundation in Tumbling, Jumps, Stunts &amp; Pom Dances. Focus on building strength, trust and teamwork.</p> <p><b><u>5 Years Old - DANCE 1 - (Ballet &amp; Tap)</u></b></p> <p>1. Tuesday 4:45-5:45                      2. Thursday 5:30-6:30                      3. Saturday 10:45-11:45</p> <p><b><u>6 Years Old -DANCE 2 - (Ballet &amp; Tap)</u></b></p> <p>1. Monday 4:45-5:45                      2. Wednesday 5:30-6:30                      3. Saturday 10:45-11:45</p> <p><b><u>JAM CLASS (Hip Hop &amp; Tumbling)</u></b></p> <p>1. Tuesday 5:45-6:45</p> <p><b><u>CHEER DANCE</u></b></p> <p>1. Monday 5:45-6:30                      2. Thursday 4:45-5:30</p>
<b>7 Year Olds</b>	<p><b><u>DANCE 3 (Tap, Ballet, Jazz)</u></b></p> <p>1. Monday 5:30-7:30</p> <p><b><u>LYRICAL/HIP HOP BEGINNER</u></b></p> <p>1. Wednesday 4:45-5:45</p> <p><b><u>CHEER DANCE</u></b></p> <p>2. Monday 5:45-6:30                      2. Thursday 4:45-5:30</p> <p><b><u>TUMBLING BEGINNER</u></b></p> <p>1. Wednesday 6:30-7:30</p>
<b>Ages 8 and UP</b>	<p><b><u>DANCE MIX CLASS</u></b> -<i>This is a One Year Intro Program for young dancers to try popular styles of dance (Lyrical/Hip Hop)</i></p> <p>1. Tuesday 6:45-7:45</p> <p><b><u>BALLET/JAZZ INTRO</u></b></p> <p>1. Thursday 6:30-7:30</p> <p><b><u>TAP INTRO</u></b></p> <p>1. Thursday 7:30-8:15</p> <p><b><u>TUMBLING BEGINNER</u></b></p> <p>2. Wednesday 6:30-7:30</p>
	<p><b><u>Roseland Offers Ballet/Jazz/Tap/Hip Hop/Lyrical</u></b> (Or a Combination of these classes) for all students ages 9 through Adults .</p> <p style="text-align: center;"><b>CONTACT ROSELAND FOR MORE CLASS SCHEDULES</b> 631-675-6343 Roselandstonybrook@gmail.com</p>

