Roseland School of Dance, Mt Sinai 2024-2025

*3.5% Cash Discount Price Listed. Credit Card Prices Listed on Brochure Cover.

1 Year Old $55* Monthly	**Dance With Me (30 min.)** Our youngest students will dance, jump, and shake with help from their favorite adult. Lots of fun with props and music they know and love. (Please wear comfortable clothing.)	**Dance With Me** 1. Tuesday 9:30-10 AM
2 Years Old $55* Monthly	**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** 2. Tuesday 10-10:30 AM 3. Wednesday 9:30-10 AM 4. Thursday 4:30-5 PM 5. Saturday 9:30-10 AM
3 Years Old $65* Monthly **SPECIAL** ADD 2nd class for **ONLY** $60* monthly	**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. Tuesday 10:30-11:15 AM 2. Tuesday 4:30-5:15 PM 3. Wednesday 10-10:45 AM 4. Saturday 10-10:45 AM **Tiny Tumbling** 1. Monday 4:15-5 PM
4 Years Old $65* Monthly **SPECIAL** ADD 2nd class for **ONLY** $60* monthly	**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. Wednesday 4:30-5:30 PM 2. Thursday 10-11 AM 3. Thursday 4:30-5:30 PM 4. Saturday 10:45-11:45 AM **Tiny Tumbling** 1. Monday 4:15-5 PM
5-7 Years Old: We offer a variety of classes for your dancer including our Dance Jam program, Cheer Dance, 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 DANCE, and TUMBLE classes provide a great space for the child that wants to do some flips, hip hop moves, or cheer dance with poms.		
5 Years Old $70* Monthly **SPECIAL** ADD 2nd class for **ONLY** $60* monthly	**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 5-6 PM 2. Tuesday 5-6 PM 3. Saturday 9:30-10:30 AM	**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 2. Tuesday 6-7PM 3. Friday 6-7 PM 4. Saturday 10:30-11:30 AM **Cheer Dance (1 hr)** This class will provide a foundation in Tumbling, Jumps, Stunts, and Pom Dances. 1. Friday 5-6 PM **Tumble (1 hr)** Stretch, Strengthen and Balance in this class. Learn tumble skills such as forward rolls, handstands, cartwheels, and backbends. 1. Tumble 1 (Ages 5-7) Wednesday 5:30-6:30 PM 2. Tumble 2 (Ages 8 & Up) Wednesday 6:30-7:30 PM
6 Years Old $70* Monthly **SPECIAL** ADD 2nd class for **ONLY** $60* monthly	**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. Monday 5-6 PM 2. Thursday 5:30-6:30 PM 3. Saturday 11:30-12:30 PM	
7 Years Old 2 Styles $100* 3 Styles $115* **SPECIAL** ADD Jam, Cheer, or Tumble **ONLY** $60* monthly	**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. **Thursday:** Tap 5-5:30 PM Ballet 5:30-6:15 PM Jazz 6:15-7 PM	
7-9 Years Old $70* Monthly	**Dance Mix 1 (1 hr)** This class introduces dancers to two of today's most popular styles of dance - Lyrical and Hip Hop.	**Dance Mix 1** 1. Tuesday 7-8 PM

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.

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