

# Roseland School of Dance, Stony Brook 2024/2025 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!</p>	<ol style="list-style-type: none"> <li>1. Tuesday 10:00-10:30</li> <li>2. Saturday 9:00-9:30</li> </ol>
<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.</p>	<ol style="list-style-type: none"> <li>1. Tuesday 10:30-11:00</li> <li>2. Weds 10:00-10:30</li> <li>3. Saturday 9:30-10:00</li> <li>4. Saturday 11:30-12:00</li> </ol>
<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.</p> <p><b><u>TINY TUMBLERS</u></b> – Introduction to basic tumbling. Builds strength, flexibility and coordination. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p>	<ol style="list-style-type: none"> <li>1. Tuesday 4:30-5:15</li> <li>2. Weds 10:30-11:15</li> <li>3. Thursday 4:30-5:15</li> <li>4. Saturday 10:00-10:45</li> <li>5. Saturday 10:45-11:30</li> </ol> <p><u>Tiny Tumble</u> Thursday 5:15-6:00</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.</p> <p><b><u>TINY TUMBLERS</u></b> – Introduction to basic tumbling. Builds strength, flexibility and coordination. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p>	<ol style="list-style-type: none"> <li>1. Monday 4:30-5:30</li> <li>2. Tuesday 4:30-5:30</li> <li>3. Wednesday 4:30-5:30</li> <li>4. Saturday 9:00-10:00</li> </ol> <p><u>Tiny Tumble</u> Thursday 5:15-6:00</p>
<b>5 Year Olds</b>	<p><b><u>DANCE 1 - (Ballet &amp; Tap)</u></b>- Ballet is taught to develop strength &amp; good posture while tap teaches timing &amp; rhythm.</p> <p><b><u>JAM (Hip Hop &amp; Tumbling)</u></b>- Learn freestyle dance moves and proper ways to execute tumbling tricks. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p> <p><b><u>CHEER DANCE</u></b> - Foundation in Tumbling, Jumps, Stunts &amp; Pom Dances. Build strength, trust and teamwork. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p>	<p><b><u>DANCE 1</u></b></p> <ol style="list-style-type: none"> <li>1. Monday 5:45-6:45</li> <li>2. Tuesday 5:30-6:30</li> <li>3. Saturday 10:00-11:00</li> </ol> <p><b><u>JAM</u></b></p> <ol style="list-style-type: none"> <li>1. Tuesday 6:30-7:15</li> <li>2. Weds 5:30-6:15</li> </ol> <p><b><u>CHEER</u></b> Monday 6:45-7:30</p>
<b>6 Year Olds</b>	<p><b><u>DANCE 2 - (Ballet &amp; Tap)</u></b>- Teaches, Tap, Ballet and Introduction steps to Jazz.</p> <p><b><u>JAM (Hip Hop &amp; Tumbling)</u></b>- Learn freestyle dance moves and proper ways to execute tumbling tricks. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p> <p><b><u>CHEER DANCE</u></b> - Foundation in Tumbling, Jumps, Stunts &amp; Pom Dances. Build strength, trust and teamwork. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p>	<p><b><u>DANCE 2</u></b></p> <ol style="list-style-type: none"> <li>1. Monday 5:30-6:45</li> <li>2. Tuesday 5:15-6:30</li> <li>3. Saturday 11:00-12:15</li> </ol> <p><b><u>JAM</u></b></p> <ol style="list-style-type: none"> <li>1. Tuesday 6:30-7:15</li> <li>2. Weds 5:30-6:15</li> </ol> <p><b><u>CHEER</u></b> Monday 6:45-7:30</p>
<b>Ages 7 &amp; UP</b>	<p><b><u>DANCE 3 (Ballet, Tap, Jazz)</u></b> - These classes develop a young dancer’s flexibility, core strength, confidence, rhythm, knowledge of steps and timing through the basics of Ballet, Tap &amp; Jazz.</p> <p><b><u>BEG LYRICAL/HIP HOP- (Ballet is required to take Beg/Lyrical Hip Hop)</u></b> -Introduction to Lyrical’s expressive style and fun hip hop dance moves</p> <p><b><u>CHEER DANCE</u></b> Foundation in Tumbling, Jumps, Stunts &amp; Pom Dances. Build strength, trust and teamwork. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p> <p><b><u>TUMBLING</u></b> - Develop strength &amp; flexibility through acrobatic skills</p>	<p><b><u>DANCE 3</u></b> Wednesday 4:45-6:45</p> <p><b><u>BEG LYRICAL/HIP HOP</u></b> Monday 4:45-5:45</p> <p><b><u>CHEER</u></b> Monday 6:45-7:30</p> <p><b><u>TUMBLING</u></b> MONDAY 7:30-8:15</p>
<b>Ages 8 and UP</b>  <b><u>INTRO CLASSES</u></b>	<p><b><u>DANCE MIX CLASS -(Lyrical/Hip Hop) ONE YEAR INTRODUCTORY CLASS</u></b> for dancers to try popular styles of dance</p> <p><b><u>BALLET/JAZZ INTRO &amp; TAP INTRO</u></b>-Begin to Learn and Develop your dance skills in this great class for those starting their dance journey</p> <p><b><u>TUMBLING</u></b> - Develop strength &amp; flexibility through acrobatic skills</p>	<p><b><u>DANCE MIX</u></b> Weds 6:15-7:15</p> <p><b><u>BALLET/JAZZ INTRO</u></b> Weds 7:15-8:30</p> <p><b><u>TAP INTRO</u></b> Tues 8:00-8:45</p> <p><b><u>TUMBLING</u></b> Mon 7:30-8:15</p>
<b>Ages 8 and UP</b>	<p style="text-align: center;"><b><i>Roseland Offers Ballet-Jazz-Tap-Hip Hop-Lyrical-Tumbling</i></b> CONTACT ROSELAND FOR MORE CLASS SCHEDULES 631-675-6343 Roselandstonybrook@gmail.com</p>	<p style="text-align: center;">We Follow the Three Village School District Age Requirements <b><u>Dec 1 - Nov 30</u></b></p>