

Roseland School of Dance, Stony Brook 2025/2026 Dance Year

1 Year Olds	<p><u>DANCE WITH ME</u> – 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"> Tuesday 10:30-11:00 Saturday 9:30-10:00
2 Year Olds	<p><u>SING & DANCE</u>– 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"> Tuesday 10:00-10:30 Wednesday 10:00-10:30 Saturday 9:00-9:30 Saturday 11:45-12:15
3 Year Olds	<p><u>PRE-DANCE 1</u>– Pre-schoolers will love our fun methods that will enhance coordination and motor skills. We introduce Tap, Ballet and creative movement.</p> <p><u>TINY TUMBLERS</u> – 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"> Monday 4:45-5:30 Tuesday 4:30-5:15 Wednesday 10:30-11:15 Thursday 4:45-5:30 Saturday 10:00-10:45 <p><u>Tiny Tumble</u> Thursday 5:30-6:15</p>
4 Year Olds	<p><u>PRE-DANCE 2-</u> 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><u>TINY TUMBLERS</u> – 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"> Monday 5:30-6:30 Tuesday 4:30-5:30 Thursday 4:30-5:30 Saturday 10:45-11:45 <p><u>Tiny Tumble</u> Thursday 5:30-6:15</p>
5 Year Olds	<p><u>DANCE 1 - (Ballet & Tap)-</u> Ballet is taught to develop strength & good posture while tap teaches timing & rhythm.</p> <p><u>JAM (Hip Hop & Tumbling)-</u> Learn freestyle dance moves and proper ways to execute tumbling tricks. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p> <p><u>CHEER DANCE</u> - Foundation in Tumbling, Jumps, Stunts & Pom Dances. Build strength, trust and teamwork. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p>	<p><u>DANCE 1</u></p> <ol style="list-style-type: none"> Tuesday 5:30-6:30 Wednesday 5:30-6:30 Saturday 9:00-10:00 <p><u>JAM</u></p> <ol style="list-style-type: none"> Tuesday 6:30-7:15 Saturday 10:00-10:45 <p><u>CHEER</u> Wednesday 4:45-5:30</p>
6 Year Olds	<p><u>DANCE 2 - (Ballet & Tap)-</u> Teaches, Tap, Ballet and Introduction steps to Jazz.</p> <p><u>JAM (Hip Hop & Tumbling)-</u> Learn freestyle dance moves and proper ways to execute tumbling tricks. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p> <p><u>CHEER DANCE</u> - Foundation in Tumbling, Jumps, Stunts & Pom Dances. Build strength, trust and teamwork. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p>	<p><u>DANCE 2</u></p> <ol style="list-style-type: none"> Tuesday 5:15-6:30 Saturday 10:45-12:00 <p><u>JAM</u></p> <ol style="list-style-type: none"> Tuesday 6:30-7:15 Saturday 10:00-10:45 <p><u>CHEER</u> Wednesday 4:45-5:30</p>
Ages 7 & UP	<p><u>DANCE 3 (Ballet, Tap, Jazz)</u> - These classes develop a young dancer's flexibility, core strength, confidence, rhythm, knowledge of steps and timing through the basics of Ballet, Tap & Jazz.</p> <p><u>BEG LYRICAL/HIP HOP- (Ballet is required to take Beg/Lyrical Hip Hop)</u> -Introduction to Lyrical's expressive style and fun Hip Hop dance moves</p> <p><u>CHEER DANCE</u> Foundation in Tumbling, Jumps, Stunts & Pom Dances. Build strength, trust and teamwork. (*SPECIAL ADD ON-Discounted Rate when Added to A Dance Class)</p> <p><u>TUMBLING</u> - Develop strength & flexibility through acrobatic skills</p>	<p><u>DANCE 3</u> Monday 4:45-6:45</p> <p><u>BEG LYRICAL/HIP HOP</u> Thursday 6:15-7:15</p> <p><u>CHEER</u> Wednesday 4:45-5:30</p> <p><u>TUMBLING</u> Tuesday 6:30-7:15</p>
Ages 8 & UP <u>INTRO CLASSES</u>	<p><u>DANCE MIX CLASS -(Lyrical/Hip Hop with Introduction to Ballet & Jazz)</u> ONE YEAR INTRODUCTORY CLASS for dancers to try popular styles of dance</p> <p><u>TUMBLING</u> - Develop strength & flexibility through acrobatic skills</p>	<p><u>DANCE MIX</u> Thursday 7:15-8:45</p> <p><u>TUMBLING</u> Tuesday 6:30-7:15</p>
Ages 8 & UP With Experience	<p><u>Roseland Offers Ballet-Jazz-Tap-Hip Hop-Lyrical-Tumbling</u> CONTACT ROSELAND FOR MORE CLASS SCHEDULES 631-675-6343 Roselandstonybrook@gmail.com</p>	<p>We Follow the Three Village School District Age Requirements <u>Dec 1 - Nov 30</u></p>