

Roseland School of Dance Ronkonkoma 2025-2026 Dance Season

AGE	CLASSES	CLASS TIMES
1 Year Old	<u>Dance With Me (30 min.)</u> 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. Thursday 9:30-10:00am 2. Saturday 9:00-9:30am
2 Years Old	<u>Sing & Dance (30 min.)</u> Our toddlers have a great time learning basic dance skills, such as marching and jumping, all set to popular toddler tunes. (Please wear comfortable clothing.)	Sing & Dance 1. Monday 4:30-5:00pm 2. Thursday 10:00-10:30am 3. Saturday 9:15-9:45am 4. Saturday 11:00-11:30am
3 Years Old	<u>Pre-Dance 1 (45 min.)</u> 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.) <u>Tiny Tumbling (45 min.)</u> This program offers students the chance to develop strength, flexibility, and focuses on basic tumbling skills	Pre-Dance 1 1. Monday 4:45-5:30pm 2. Thursday 10:30-11:15am 3. Thursday 4:45-5:30pm 4. Saturday 8:30-9:15am 5. Saturday 9:15-10:00am Tiny Tumbling 1. Thursday 4:45-5:30pm 2. Saturday 10:00-10:45am
4 Years Old	<u>Pre-Dance 2 (1 hr)</u> 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. Many of these skills are tested in kindergarten screening. (Please wear a bodysuit and tights of any color. We recommend Tan Tap Shoes and Pink Ballet Slippers.) <u>Tiny Tumbling (45 min.)</u> This program offers students the chance to develop strength, flexibility, and focuses on basic tumbling skills.	Pre-Dance 2 1. Monday 5:00-6:00pm 2. Wednesday 4:30-5:30pm 3. Thursday 10:30-11:15am 4. Saturday 10:00-11:00am 5. Saturday 10:45-11:45am Tiny Tumbling 1. Thursday 4:45-5:30pm 2. Saturday 10:00-10:45am
5-7 Years Old: We offer a variety of classes for your dancer including our Dance, Jam, Cheer, and Tumble programs. Our 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	<u>Dance Level 1 (1 hr)</u> This class incorporates ballet and tap. Ballet is important for students to develop strength and good posture, while tap is taught to help students develop rhythm. 1. Monday 4:30-5:30pm 2. Wednesday 4:30-5:30pm 3. Saturday 9:30-10:30am	<u>Jam Class (1 hr)</u> Basic Tumbling incorporated with some funky hip hop moves. 1. Monday 5:30-6:30pm 2. Friday 4:45-5:45pm <u>Cheer Dance (1 hr)</u> This class will provide a foundation in Jumps, Stunts, Tumbling and Pom Dances. 1. Wednesday 5:30-6:30pm 2. Friday 5:45-6:45pm
6 Years Old	<u>Dance Level 2 (1.25 hr)</u> 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 4:45-6:00pm 2. Saturday 10:30-11:45am	
7 Years Old	<u>Dance Level 3</u> 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. Thursdays: Tap 5:15-5:45pm Ballet 5:45-6:30pm Jazz 6:30-7:15pm	
8+ Years Old	<div><div><u>Beginner Dance Mix (Lyrical/Hip Hop)</u> Monday 6:30-7:30pm Friday 6:45-7:45pm</div><div><u>Experienced Dance Mix (Lyrical/Hip Hop)</u> Thursday 5:30-7:00pm</div></div> <div>We offer a variety of styles and classes including Ballet, Jazz, Tap, Lyrical, Hip Hop, and Tumbling. Email <u>RoselandRonkonkoma@gmail.com</u> for more information.</div>	