Roseland School of Dance, Mt Sinai 2026-2027

1 Year Old	**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. Sat 9:45-10:15 am
2 Years Old	**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** 1. Tues 10-10:30 am 2. Wed 9:30-10 am 3. Sat 9:15-9:45 am 4. Sat 10:15-10:45 am
3 Years Old	**Pre-Dance 1 (45 min.)** Tiny dancers will love exploring the joy of movement in this engaging preschool class. Through Tap, Ballet, and creative movement, children develop coordination, balance, motor skills, confidence, and a lifelong love of dance. (Please wear a bodysuit and tights of any color. We recommend Tan Tap Shoes and Pink Ballet Slippers.) **Tiny Tumble (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. Mon 4:30-5:15 pm 2. Tues 10:30-11:15 am 3. Wed 10-10:45 am 4. Thurs 5-5:45 pm 5. Sat 9-9:45 am **Tiny Tumble** 1. Thurs 4:15-5 pm 2. Sat 9:45-10:30 am
4 Years Old	**Pre-Dance 2 (45 min.)** Our Pre-K program combines the excitement of Tap and Ballet with dance instruction that encourages confidence, creativity, and a love of movement. Students learn basic dance vocabulary while developing important Kindergarten readiness skills, including skipping, hopping, jumping, balancing, and coordination. (Please wear a bodysuit and tights of any color. We recommend Tan Tap Shoes and Pink Ballet Slippers.) **Tiny Tumble (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. Tues 4:45-5:30 pm 2. Wed 4:30-5:15 pm 3. Fri 5-5:45 pm 4. Sat 10:30-11:15 am **Tiny Tumble** 1. Thurs 4:15-5 pm 2. Sat 9:45-10:30 am
5-7 Years Old: We offer a variety of classes for your dancer including Tap/Ballet, Jam, Cheer Dance, and Tumble. Our Tap/Ballet 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. ***SPECIAL*** Add Jam, Cheer Dance or Tumble to a DANCE class for a discounted rate.		
5 Years Old	**Kinder Dance (1 hr)** Our Kindergarten dancers are ready to take the next step with Tap and Ballet! In this fun and encouraging class, students will build strength, improve posture, and develop rhythm, timing, and coordination while growing in confidence and a love for dance. 1. Mon 5-6 pm ***Waitlisted*** 2. Wed 5:15-6:15 pm 3. Sat 10:45-11:45 am	**Jam (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. Mon 6-7 pm ***Waitlisted*** 2. Tues 5-6 pm
6 Years Old	**Junior Dance 1 (1.25 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. Wed 5:15-6:30 pm 2. Sat 10:45-11:45 am	**Cheer Dance (45 min.)** This class will provide a foundation in Tumbling, Jumps, Stunts, and Pom Dances. 1. Thurs 5:45-6:30 pm
7-8 Years Old	**Junior Dance 2** 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. **Monday:** Tap 5:15-5:45 pm Ballet 5:45-6:30 pm Jazz 6:30-7:15 pm **Thursday:** Tap 5:15-5:45 pm Ballet 5:45-6:30 pm Jazz 6:30-7:15 pm	**Tumble (1 hr)** Stretch, Strengthen and Balance in this class. Learn tumble skills such as forward rolls, handstands, cartwheels, and backbends. 1. Wed 6:30-7:15 pm
8-10 Years Old	**Dance Mix (1.25 hr)** This class introduces students to two of today's most popular styles of dance - Lyrical and Hip Hop.	**Dance Mix** 1. Fri 6-7:15 pm

We offer a variety of classes for dancers ages 9 and up including Ballet, Jazz, Tap, Lyrical, Hip Hop, and Tumble. Contact us for more information.

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