

DANCE CLASS SCHEDULE

STUDIO A

STUDIO B

MONDAY

4:15-5:00 Leaps/Turns/Jumps 2
5:00-6:00 Jazz 2
6:00-7:00 Tap 2
7:00-8:00 Lyrical

4:00-4:45 Multi Expos (3-4)
4:45-5:30 Multi Expos (5-6)
5:30-6:30 Jazz 1
6:30-7:15 Tap 1

TUESDAY

4:30-5:00 Tumbling
5:00-6:00 Hip-Hop 1
6:00-6:45 Beginning Hip-Hop
(12 plus)

3:45-4:30 Musical Theater
4:30-5:15 Community ED
5:15-6:00 Mini Hip-Hop (6-8)
6:00-7:00 Hip-Hop 2
7:00-8:00 Hip-Hop 3

WEDNESDAY

4:15-5:00 Multi Exposure 5-6
5:00-5:45 Multi Expos 3-4
5:45-6:30 Tap 3
6:30-7:30 Jazz 3
7:30-9:00 Solos/Duo

9:30-10:00 Fairy Ballerinas/
Tiny Tappers
10:00-10:45 Multi Expos (3-4)
4:30-5:30 Ballet/Tap (7-9)
5:00-6:00 Tap/Jazz (7-9)
6:00-7:00 Adult Jazz/Tap

THURSDAY

3:45-5:00 Ballet 2
5:00-6:00 Leaps/Turns/Jumps 1
6:00-6:30 Pointe
6:30-7:45 Ballet 3

4:00-5:00 Ballet 1
5:00-5:45 Pre-Ballet (6-8)
6:00-6:30 Perfect Pointe
6:30-7:30 Adult Ballet

FRIDAY

3:30-4:15 — Jazz 1
4:15-6:30 Solo/Duo/Trio

SATURDAY

9:00-9:45 Multi Expos (4-6)

Classes in Red-Competition Team

Bemidji
657 Mag 7 Court
Bemidji, MN 56601
Phone: 218.751.KICK

Classes

Tiny Tappers/Fairy Ballerinas - NEW!

This class is designed for our tiniest dancers. Open to ages 18 months - 3yrs. This class lets the kids explore the fun in music, movement and dance. Kids will leap, learn and laugh learning how to be a fairy ballerina or making music with their feet in tap.

Multiple Exposure

This class is devoted to exposing a young child (ages 3-6) to a variety of forms of music and dance. Included are tap, jazz, basic ballet, basic tumbling and creative moves. This is a 45 minute class. Although skills are important in this class, the focus is to develop individual training as the student grows and matures.

Combo/Trio

This class combines either tap & ballet or tap & jazz. It is taught to children ages 5-10. It will assist the individual to channel their interests in dance.

Tap

This class enhances and teaches a student's ability to utilize style, rhythm, timing and cardio stamina. It is a one hour class offered beginning to advanced for children to adults.

Jazz

Classes are devoted to developing technique & contemporary movement using a variety of music. Classes are one hour long for beginning to advanced for children to adults.

Hip Hop

This class combines street moves with traditional jazz to create a pop-and-lock style that sends off a lot of energy & attitude.

Lyrical

Explore the emotion of dance. This class combines Ballet and jazz techniques. Students will execute the elements of lyrical through combinations and routine work.

Ballet

Students will focus on building the strength, flexibility and control needed to execute ballet moves. Each class will emphasize barre exercises and may also include a combination of center floor work and across-the-floor combinations.

Musical Theater

Combines music, songs, spoken dialogue, acting and dance. Broadway style works like Westside Story, Cats, Annie & Chicago.

Specialty classes discounted if combined with any other class

Tumbling

For students ages 7 and up. This class teaches the basics tumbling skills that pertain to dance to enhance their performance; front and back rolls, handsprings, roundoffs, jumps, conditioning and more.

Perfect Pointe

This class will help increase the strength in feet and ankles, increase pointe range, fine tune technique and improve flexibility and turn out. This class is mandatory for any dancer going onto point and highly recommended to all dances in any dance style.

Leaps, Turns and Jumps

This class is dedicated to learning, improving, and perfecting technique in jumps, leaps, turns that a dancer will encounter in their dance classes.

*Placement is based first on a student's ability to retain and execute the required skills for each level and then on age. A student's ability to progress through each level successfully is based on attendance, as well as the ability to retain and comprehend technical terms.



Class Pricing

PRICING-Recreational
Per Month

30 Minutes \$27.00

45 Minutes \$32.00

60 Minutes \$37.00

90 Minutes \$47.00 (Ballet 2 & 3)

PRICING-Competition
\$40.00 per month/per subject

Multiple Class discount available

Specialty Classes

Leaps Turns Jump,
Tumbling and Tricks

Perfect Pointe

\$25 per month if combined
with other classes

Adult/Boys

\$25.00 per month

Registration Fee

\$15.00

The Studio

- Mission is to teach a comprehensive and professional level of instruction focused on proper dance techniques in a fun and safe environment.
- Equipped with 2 professional dance floors, mirrored walls and ballet barres
- Dance store for all your dancewear needs
- Regular studio performances

first **city**
dance studio

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www.firstcitydance.com

218-751-KICK