

Class Descriptions

Ages 2-12 Months (Adult Participation)

GroovaRoo: A fun baby-wearing dance class with our GroovaRoo Dance Certified Faculty! We create a safe and fun dance environment for you and baby, this class is geared to help improve the sensory-motor development of your baby. All levels welcome! Must utilize an approved ergonomic carrier. Common Carriers: Ergobaby, Tula Baby, Emei Baby, Lille Baby, Kinderpack, Beco, Boba.



Please visit GroovaRoo.com's Baby Wearing Safety page for tips and resources.

Ages 6-18 Months (Adult Participation)

Listen & Wiggle: Introduce your baby to the fundamentals of music & movement. This class utilizes songs and guided movements to get babies bouncing and grooving. Caregivers participate in guided play using musical instruments, mazes, and parachutes to encourage cognitive learning and physical development.

Ages 18-24 Months (Adult Participation)

Baby Movers: Your baby is on the move and we are too! This class builds upon the fundamentals of music and movement, and gets your tiny dancer out on the floor. The development of basic motor skills are encouraged by incorporating creative movement, rhythm & musicality, and introduction of basic dance terminology.

Ages 2-4 Years (Adult Participation Optional)

Creative Movement: Introduces rhythm and musicality, elementary ballet skills, weight shifting, and imaginative movements referencing animals and nature.

Tumbling: Intro to gymnastics fundamentals and body awareness in a fun, playful environment. Class builds body awareness and motor skills through games and exercises utilizing mats, blocks, balance beam, and more!

Hip-Hop: Focuses on the popular urban style of dance. Class work consists of a cardio and strength building warm-up, stretching, and developing a vocabulary of steps and combinations.

Broadway Ballet: Introduces elementary Ballet skills, weight shifting, and imaginative movements to the sounds of your favorite Broadway tunes!

SUMMER DROP-IN SCHEDULE July 7-August 26, 2018

TIME	SATURDAY	SUNDAY
9:30-10:15 AM	Hip-Hop Ages 2-4	Baby Movers Ages 18-24 mo
10:15-11:00 AM	Tumbling Ages 2-4	Tumbling Ages 2-4
11:00-11:45 AM	GroovaRoo Ages 2-12 mo	Hip-Hop Ages 2-4
12:00-12:45 PM	Hip-Hop Ages 5-7	Hip-Hop Ages 5-7
1:00-1:45 PM	Listen & Wiggle Ages 6-18 mo	
1:00-2:00 PM		Ballet/Tap Combo Ages 5-7
2:00-2:45 PM	Tumbling Ages 5-7	Creative Movement Ages 2-4
3:00-3:45 PM		Broadway Ballet Ages 2-4
3:00-4:00 PM	Ballet/Tap Combo Ages 5-7	
Class Prices		\$34 Single Class
		\$160 5-class/ 2 month package
		\$300 10-class/ 3 month package

Ages 5-7 Years (Adult Participation Optional)

Ballet/Tap Combo: Introduces rhythm and musicality, elementary ballet and tap skills, weight shifting, and imaginative movements referencing animals and nature.

Tumbling: Intro to gymnastics fundamentals and body awareness in a fun, playful environment. Class builds body awareness and motor skills through games and exercises utilizing mats, blocks, balance beam, and more!

Hip-Hop: Focuses on the popular urban style of dance. Class work consists of a cardio and strength building warm-up, stretching, and developing a vocabulary of steps and combinations.