

Sterba's DanceSport

Winter 2009 Class Description

Creative Movement: The basic fundamentals for Ballet are introduced to our inspiring dancers. Uncover hidden talents of your little one through music & movements. Stretching, dance games, use of props, songs and dance fundamentals are taught with a creative approach and lots of imagery. This class is all about teaching young dancers the basics of dance while having a lot of fun! **Leotards, tights and ballet shoes required.**

Ballet: Ballet teaches the fundamentals of form, positioning, posture, terminology and movement. This class will focus on the traditional styles and disciplines of ballet, while introducing contemporary choreography and creativity. Ballet training is applicable to all other forms of dance. This class teaches the basics of ballet in a modern, fun and energetic way. Students will learn steps at the barre and in the centre. **Leotards, tights and ballet shoes required.**

Jazz: Jazz is a fun contemporary spin on classical dance. It takes very traditional dance steps and places them into contemporary movements. Jazz dance is a very upbeat and expressive form of dance. This allows the dancer more freedom in expressive choreography and creativity. Some of the movements that will be introduced in this class are jazz positions, walks, isolations and leaps. This class is for the dancer who wants to learn the basics of dance in an exciting new way. **Comfortable clothes and jazz shoes required.**

Hip Hop: Hip Hop is the newest genre of dance. It is a very high impact and fast pace form of dance. Hip-Hop takes a whole new approach to dancing. It combines unconventional movements, such as shoulder rolls, pops, and quick arm and leg isolations. Hip Hop can be seen performed by many recording artists and dancers in music videos. This class will introduce the newest techniques of Hip Hop dance to the latest Hip Hop music. **Comfortable clothes and sneakers or jazz shoes preferred.**

Cardio Hip Hop: Get your feet moving and heart pumping to the hottest Hip Hop music. This class will teach fun and easy choreography allowing you to keep moving throughout the class. If you're looking for a fun way to workout, this class is for you! **Comfortable clothes and sneakers or jazz shoes preferred.**

Strength and Stretching: This is a class for all levels of fitness and abilities which will effectively teach a series of stretching techniques to increase flexibility and strength. This class includes an invigorating warm-up, strength exercises and a relaxing stretching sequence. **Comfortable clothes and gym shoes required.**

Poms Dance: This is a fun and energetic style of dance. You will learn jumps, turns, kicks and pom passes; including very showy dance combinations with strong, sharp movements. This class will help any student who may be thinking about high school pom squad or drill team. **Comfortable clothes and jazz shoes required. Poms optional.**

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