



All Classes/Programs Are Subject To Change At The Discretion of The Owner & Artistic Director. Including, but not limited to classes offered, schedule & tuition

Mini Academy

Cuties and Company Ages: 2-4 and Their Caregiver

Class Requirement: Must be walking

Class Time: Mondays 6:00pm-6:25pm

Description: Cuties and Company is an introduction to the magical world of dance and music. This class is designed specifically for those impressionable minds and ever-growing skill sets. They will learn basic motor skills such as communication, memory development, social involvement and more through music, movement, creativity and most importantly a loving and nurturing environment. The best part? You get to take class with your little cutie! **Students enrolled in the Cuties and Company Class are given the OPTION to participate in the Spring Showcase**

NEW LOOK! *Tiny Tots* Ages: 4-6

Class Requirement: Potty Trained

Class Time: Mondays 6:40-7:05

Description: We heard you loud and clear and couldn't be more excited to be offering our new and improved Tots Ballet/Tap/Hip-Hop Combo Class! This fun-filled class will get our tiny dancers moving and grooving into the world of introductory level training. Ballet will help students to build a foundation of strength, flexibility and vocabulary. Tap will begin to train their ear musically and rhythmically. And Hip-Hop will give them the freedom to move their bodies to the beat of the music while developing coordination skills! This introductory level will begin to train and condition them for STRIVE Academy Program and Classes. Our number one goal is to build and awaken enthusiasm, self-confidence and a love for the arts in each student all while nurturing their natural creativity in a fun and loving atmosphere!



S.T.R.I.V.E Academy

Ages: 7 and up

All students will have a placement assessment in order for us to set them up for the utmost success!

New! *Ballet/Tap Combo Class*

Class Time: Mondays 5:00-5:45pm

Description: Ballet is the foundation for training at our school. Ballet classes will focus on developing solid ballet technique with an emphasis on correct body placement, proper use of terminology, turn out, coordination of the upper body (epaulement), and use of arms (port de bras). We take pride in our ballet curriculum and believe every artist's journey starts at the barre. Our curriculum is designed for students to build upon the techniques they are learning each week and apply them to center and across the floor progressions. Our innovative approach exposes students to both aspects of traditional and modern techniques.

Tap is also a staple in performing arts training and is the butter to the bread of Ballet, so to speak. Tap dance is a timeless art that combines dance and percussion that will enhance student's understanding of musicality, counts, timing, syncopation and rhythm. Our tap curriculum will explore the two traditional styles, rhythm tap and Broadway tap. Class will begin with warm up exercises that increase knee and ankle flexibility, control, coordination and rhythm followed by across the floor exercises that teach dynamics, phrasing and musicality and ending with exciting and dynamic combinations and choreography.

NEW! *Lyrical/Jazz*

Class Requirement: Ballet/Tap enrollment

Class Time: Mondays: 7:15-8:00pm

Description: Lyrical has arguably been the most popular and loved style and art form in the industry for the last decade, and counting, due to its enchanting choreography and impressive skill set. It continues to be the front runner for the most sought-after classes, so we couldn't be more thrilled to be offering it this season! Lyrical training combines strength, flexibility, artistry and passion. It's unique in that it focuses on learning and understanding movement, progressions and choreography based on phrasing and lyrics as opposed to the traditional 8 count. Students will learn the concept of mind, body connection and awareness through movement fluidity and storytelling. Lyrical challenges a dancer physically, mentally and emotionally with



the end goal being, learning how to express oneself in a beautiful, creative and vulnerable way!

The jazz portion of this class will focus on building strength, endurance and flexibility through up-tempo and rhythmic movements, all centered around music that is directly associated with jazz. From Broadway to funk, we search for innovative ways to teach important techniques, choreography and history!

Our most popular class! Musical Theater

Class Time: Tuesdays 5:00-5:45pm

Description: This exciting and fun class will give students the opportunity to explore what it means to be a part of an ensemble and what the industry likes to call a “Triple Threat”! Our MT curriculum is founded on the principle of performance quality, where students will learn how to develop a character and retain and execute choreography within specific genres, styles and musicals throughout the decades! Our syllabus will challenge students to bridge the gap between the dance and theater world by combining all three art forms (dance, acting and singing) into one show stopping experience! **Last but not least, for the very first time this season we will be inviting advanced students to experience this class in the coveted CHARACTER SHOES *By instructor discretion only*** We highly recommend this class to all of our students!

NEW! Acting 101

Class Requirement: must be able to read & write

Class Time: Tuesdays 6:00-6:45pm

Description: Acting technique is the foundation for all forms of art and teaches the importance of vulnerability and honesty through our words or body language. At STRIVE, our curriculum based on the world renown Stanislavski and Meisner theories and techniques with a focus on ensemble work, text analysis and character development. Acting 101 will explore age appropriate monologues and scene work, auditioning skills, improvisation, basic voice and speech techniques, warm-ups and fun team building theater games! This is the perfect class to step outside of your comfort zone, build incredible confidence and escape into your own world where you take center stage as the actor you have always dreamed of becoming!



New! Private Lessons/Solos

Ages 7 and up

Dance (various styles), Voice or Acting Lessons

Space is limited. First Come First Serve Basis. Current Students will Receive Precedence

Class Time: Will Be Scheduled Individually

Description: Take your training to the next level with exclusive one on one instruction with our professionals! The benefits of private study are truly priceless and give the serious students an opportunity to hone their craft and push their limits. Students will focus on their own unique skills, techniques, obstacles, strengths and weaknesses. We will emphasize on conditioning, strength, flexibility, choreography and learning how to carry over what is achieved during their private sessions into their group classes. **In addition to the priceless training, students will also experience the responsibility and thrill of performing as a soloist in our Spring Showcase for the first time this season!** Don't miss this amazing opportunity! Book your slot today!

NEW! Adult Program

Consistent Interest Must Be There For STRIVE To Continue to Offer Our Adult Program. If At Any Point The Numbers Drop Significantly We Will Fill This Time With Other Academy Class Needs

On Tap (Adult Tap)

Class Time: Tuesdays 7:00-7:30pm

Description: I am so excited to be offering our Adult Program this season! You deserve some "me" time on the daily, and I couldn't be more thrilled to give you that opportunity by fusing together my passion and love of dance and fitness! I promise you, you won't regret taking a chance and stepping outside of your comfort zone. This class is designed for all levels, abilities and experience! Whether you are a beginner, advanced or a former dancer this class is for you! It won't even feel like "exercises" as I take you on a



upbeat and fun journey of rhythm, music and “sole”. The sweating and getting fit part is just a BONUS!

Babes And Bumps (Stretch, Sweat, Strengthen)

Class Time: Tuesdays 7:45-8:15pm

Description: This class is the perfect complement to our *On Tap* class and for those individuals looking/need a lower impact option. Even though *Babes and Bumps* is open for everyone-it is specifically designed with the Mamas and Mamas To Be in mind! Being a first-time Mom, I have learned so much about my body and life pre and post baby, and I want to share it with all of you. We are pretty dang amazing, if I do say so myself! Come sweat, laugh and have a good time with me!