

# Join us for another exciting year of dance!

## 2021-22 Class Schedule



**NEW LOCATION!**  
**NEW CLASSES!**

**ELEVATE YOUR TRAINING &  
JOIN THE RISE FAMILY TODAY!**

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To register, please call the studio or email us at:  
[RiseAcademyOfDance@gmail.com](mailto:RiseAcademyOfDance@gmail.com)

633 N. Pacific Coast Highway  
Redondo Beach, CA 90277  
(424) 257-8946

\*Classes will be held at our current location 234 S. PCH Suite 107 in Redondo Beach until our new location opens.

## Mission Statement

At Rise Academy of Dance, we provide a nurturing, yet disciplined environment that allows students to achieve their individual goals and instills a lifelong appreciation for the art of dance. We implement a high standard of technique in our training, while also encouraging our students' own artistry and expression. Our goal is to inspire our students to become not only skilled dancers, but confident individuals as well. We are committed to developing self-esteem, cultivating creativity and building character within our dancers. Our hope is that every student will leave our school having the poise, discipline and passion to succeed in all aspects of their lives.

## Why Choose Our Studio?

- \*Owner has a formal dance education and professional experience within the dance industry
- \*Highly qualified instructors
- \*Personalized path for each students' individual goals
- \*State-of-the-art facility, including sprung dance floor, mirrors, barres, and sound system
- \*Variety of class styles: Preschool Dance, Ballet, Tap, Jazz, Hip Hop, Contemporary, Lyrical, Pom, Tap
- \*Competitive and Performance Dance Teams
- \*Classes work on technique, as well as developing self-esteem, cultivating creativity and building character within our dancers.
- \*Excellent customer service and knowledgeable managers that create a family-friendly atmosphere
- \*Competitive pricing
- \*Central location in the South Bay makes it easily accessible for parents in surrounding communities.

## Class Descriptions

### **First Steps: Me & You (1.5-2.5 years)**

**30 minutes**

In this Ballet/Tap class, parents help their toddlers move to the rhythm of the music. It focuses on developing children's gross motor skills in a fun, nurturing environment.

### **Tiny Dancers (2.5-3.5 years)**

**30 minutes**

An extension of our First Steps Ballet/Tap class, without a parent in the room. Students continue to develop their gross motor skills while learning independence and classroom etiquette as well.

### **Creative Movement I/II (3-4 years, 4-5 years)**

**45 minutes**

This Ballet/Tap class works on basic dance skills, coordination, and rhythm, using of music, imagery and props. Learning these skills in a fun and entertaining fashion will establish an early appreciation for dance.

### **Dance Fusion Ballet/Tap, Ballet/Jazz (5-6 yrs)**

**1 hour**

These classes expose students to multiple dance forms, which helps to stimulate and maintain their interest, while also creating a well-rounded dancer. Correct vocabulary, proper alignment and execution of movement, and sequential memorization will be emphasized.

### **Tiny (4-6 yrs), Mini (6-9 yrs), & Jr Pom (10-12 yrs)**

**1 hour**

Pom classes focus on basic jazz technique while also incorporating the fundamentals of PomPon dance. Students will learn to lead cheers and perform upbeat routines using precise, visual arm movements with the Poms, \*This class does not include any gymnastics or tumbling. Offered Seasonally

### **Ballet**

**1 or 1.5 hours**

Ballet offers a strong foundation for every other dance form. Structured around classical ballet training, these classes require a strong focus on technique. Exercises will build strength, flexibility, proper alignment, balance and coordination. Musicality and artistic expression will also be encouraged.

### **Jazz**

**1 hour**

Jazz is a high-energy dance style, set to contemporary music, which combines elements of classical ballet and modern dance. Classes focus on body isolations, rhythmic accuracy, and sequential memorization, as well as building muscular strength and improving flexibility. Students will learn turns, leaps, jumps and other tricks.

### **Tap**

**30 or 45 minutes**

Tap is a popular dance form that requires the dancer to create rhythms with the metal taps on his/her heels and toes. Classes focus on creating rhythms through percussive movement of one's own body. Proper tap technique will be taught as well as musicality, muscle control and coordination.

### **Lyrical**

**1 hour**

Lyrical is a combination of a variety of dance styles- ballet, jazz, modern and contemporary dance. It focuses on interpreting music through emotional expression while combining the technical elements of these dance forms.

### **Hip Hop**

**45 minutes or 1 hour**

This high-energy class teaches coordination, rhythm, strength, and personal style. Set to popular hip-hop music, students will learn basic body isolations, break dance skills, sequential memorization, and musicality.

### **Contemporary**

**1 hour**

A fusion of classical ballet, modern and jazz dance, Contemporary relies on the strong, controlled legwork of Ballet, the isolations and emotions of Jazz, and the unpredictable change in rhythm, speed and movement sequencing characteristic in modern dance. Improvisation and personal interpretation are also highly encouraged.

### **Stretch, Strength & Conditioning**

**30 mins or 1 hour**

This class focuses primarily on building strength, increasing flexibility, improving on the technical elements of ballet and jazz dance, and increasing overall endurance.

### **Turns, Leaps & Tricks**

**45 mins or 1 hour**

This class is a great addition for a dancer that wants to further improve their jumps, leaps, and turns. This is an advanced, invite-only level class and must be taken with additional ballet and jazz technique classes. There is no recital routine associated with this class.

### **Musical Theater Dance**

**45 mins or 1 hour**

A mixed genre dance class filled with Broadway style dancing and music. This style emphasizes learning performance skills such as connecting with the audience and facial expressions.

### **Adult Barre & Stretch (18+)**

**1 hour**

A beginning/intermediate level class for adults. Using ballet barre technique, theraband resistance training, stretch techniques and dance cardio, this class will help you strengthen, tone and increase flexibility.

### **Dance Team Prep \*Seasonal Workshops**

For dancers looking to improve their chances of making their high school, all-star, collegiate or professional dance teams. Classes will not only focus on technical elements such as turns, leaps and jumps, but on performance quality, quick choreography retention, physical fitness, and audition techniques.

### **Private Lessons**

One-on-one lessons tailored to your desired dance needs. Available to anyone looking to improve their technique, build strength and flexibility, and improve their physical fitness

## 2021-2022 Class Schedule

*Students MUST receive teacher approval before enrolling in Intermediate/Advanced Level Classes.*

### Ages 2.5-3.5 years

Tiny Dancers Ballet/Tap (E) Mon 3:00-3:30pm

### Ages 3-4 years

Creative Mvmt Ballet/Tap I (N) Mon 3:00-3:45pm

### Ages 5-6 years

Creative Mvmt Ballet/Tap II (E) Thurs 3:30-4:15pm

### Ages 5-6 years

Dance Fusion Ballet/Jazz (N) Weds 3:30-4:30pm

### Ages 6-8 years (Beginning)

Ballet I (E) Mon 3:30-4:30pm

Jazz I (E) Mon 4:30-5:30pm

Hip Hop I (A) Tues 3:15-4:00pm

Tap I (C) Fri 4:30-5:00pm

### Ages 7-9 years (Beginning)

Ballet II (N) Tues 3:30-4:30pm

Jazz II (A) Tues 4:30-5:30pm

Hip Hop II (M) Fri 3:30-4:30pm

Tap I (C) Fri 4:30-5:00pm

### Ages 8-10 years (Beginning)

Ballet II/III (N) Mon 4:00-5:00pm

Jazz II/III (N) Mon 5:00-6:00pm

Hip Hop II/III (M) Mon 6:00-7:00pm

Tap II (A) Tues 4:00-4:30pm

Hip Hop II/III (Cam) Weds 7:00-8:00pm

Ballet II/III (A) Thurs 4:30-5:30pm

Jazz II/III (E) Thurs 5:30-6:30pm

Lyrical II/III (E) Thurs 6:30-7:30pm

### Ages 10-12 years (Beginning/Intermediate)

Musical Theater Dance III (E) Mon 7:00-8:00pm

Tap II (A) Tues 4:00-4:30pm

Ballet III (L) Weds 3:30-4:30pm

Jazz III (N) Weds 4:30-5:30pm

Hip Hop III (Cam) Weds 6:00-7:00pm

Ballet III (A) Thurs 3:30-4:30pm

Jazz III (E) Thurs 4:30-5:30pm

Lyrical III (L) Thurs 5:30-6:30pm

Jazz III (M) Fri 4:30-5:30pm

Contemporary III (M) Fri 5:30-6:30pm

### Ages 11-14 years (Intermediate)

Musical Theater Dance III/IV (A) Mon 4:15-5:15pm

Contemporary III/IV (A) Mon 5:15-6:15pm

Hip Hop III/IV (A) Mon 6:15-7:15pm

Tap III (A) Mon 7:15-8:00pm

Ballet III/IV (N) Tues 4:30-5:30pm

Jazz III/IV (A) Tues 5:30-6:30pm

Lyrical III/IV (A) Tues 6:30-7:30pm

Pre-Pointe (L) Weds 4:30-5:00pm

Ballet III/IV (L) Weds 5:00-6:00pm

Pointe I (L) Weds 6:00-6:30pm

Jazz III/IV (N) Weds 6:30-7:30pm

Stretch, Strength, & Cond (E) Thurs 7:30-8:30pm

Hip Hop III/IV (M) Fri 6:30-7:30pm

### Ages 13-18 years (Advanced) *All Classes Invite Only*

Tap III (A) Mon 7:15-8:00pm

Jazz IV: Turns, Leaps & Tricks (M) Mon 8:00-9:00pm

Ballet IV (N) Tues 5:30-7:00pm

Jazz IV (N) Tues 7:00-8:00pm

Lyrical IV (N) Tues 8:00-9:00pm

Hip Hop IV (Cam) Weds 8:00-9:00pm

Contemporary IV (A) Thurs 5:45-6:45pm

Ballet IV (L) Thurs 6:45-8:15pm

Stretch, Strength, & Cond (E) Thurs 7:30-8:30pm

Pointe II (L) Thurs 8:15-9:00pm

### Ages 15-18 years (Advanced) *All Classes Invite Only*

Lyrical V (N) Mon 6:00-7:00pm

Hip Hop V (M) Mon 7:00-8:00pm

Contemporary V (A) Mon 8:00-9:00pm

Jazz V: Turns, Leaps & Tricks (A) Tues 7:30-8:30pm

Stretch, Strength & Cond (A) Tues 8:30-9:00pm

Jazz V (N) Weds 5:30-6:30pm

Ballet V (L) Weds 6:30-8:00pm

Pointe III (L) Weds 8:00-9:00pm

### **\*Please note:**

Must have 4 students enrolled in a class before it can officially start. We will be adding more classes to the schedule as these fill up.

### **Instructors:**

(N): Nicole (A) Arlin (Cam) Cameron C): Caitlin  
E) Emilee (L) Lauren (M): Mel

\*We will be adding more classes over the next few weeks!

**2021-22 School Year  
September 7th-June 18th, 2022**

**Monthly In-Studio Tuition**

<b>Hours/Week</b>	<b>Monthly Rate</b>
30 mins/week	\$56
45 mins/week	\$76
1 hour/week	\$92
1.5 hours/week	\$144
2 hours/week	\$175
3 hours/week	\$248
4 hours/week	\$313
5 hours/week	\$368
6 hours/week	\$414
7 hours/week	\$450
8 hours/week	\$478
9+ hours/week	\$496

**Drop-In Group Class Rates**

30 min Class	\$14
45 min Class	\$19
1 hour Class	\$24
1.5 hours Class	\$36

**Private Lessons**

30 minutes In-Studio: \$44  
1 hour In-Studio: \$88

**Studio Rentals &  
Birthday Parties**

For studio rentals and birthday party inquiries, please call us for more information on our rates and policies.

**The studio will be closed:**

Labor Day: September 6, 2021  
Thanksgiving Break: Nov. 23-Nov. 27, 2021  
Winter Break: December 19th-January 2, 2022  
Memorial Day: May 30, 2022