

Join us for another exciting year of dance!

2024-25 Class Schedule

August 26, 2024-June 13, 2025



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

To register, please call the studio or email us at:
RiseAcademyOfDance@gmail.com

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

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 with professional experience & collegiate degrees
- *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, Pointe, Jazz, Hip Hop, Tap, Musical Theater, Contemporary, Lyrical, Acro, Turns & Tricks, Strength & Conditioning
- *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

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.

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.

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

Hip Hop

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.

Ballet & Jazz Technique & Conditioning

1 hour

This class focuses on improving on the technical elements and artistry of ballet & jazz dance. It is a great addition for a dancer that wants to improve their skills in each style. *There is no recital routine associated with these classes.

Stretch, Strength & Conditioning

30 mins or 1 hour

This class focuses primarily on building strength, increasing flexibility, boosting overall endurance & improving on the technical elements needed all styles of dance.

Turns, Leaps & Tricks

1 hour

A great addition for dancers wanting to improve their jumps, leaps, extensions, and turns. This is an advanced, invite-only class and must be taken with additional ballet and jazz technique classes. *No recital routine associated with this class.

Acro

1 hour

For dancers, gymnasts & cheerleaders looking to enhance their training, this class works on strength & conditioning, flexibility, tumbling, and acro skills. This class places a strong emphasis on safety and proper technique.

Musical Theater

1 hour

This class features Broadway style dance, which can include jazz, tap & lyrical styles. It places an emphasis on learning performance skills that include acting, using facial expressions and body movements to exude emotions, and ways of connecting with the audience through character development.

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 physical fitness.

Instructors:

(N): Nicole

(A): Arlin

(AC): Allison

(B): Brea

(Cam): Cameron

(E): Estelle

(JT): Jacob

(K): Katy

(KC): Kyleigh

(M): Mel

(S): Suri

(BB): Brooklyn

2024-2025 Class Schedule

Ages 3-4 years

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

Ages 4-5 years

Creative Mvmt Ballet/Tap II (B) Tues 3:00-3:45pm

Creative Mvmt Ballet/Tap II (KC) Thurs 3:00-3:45pm

Ages 5-6 years

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

Dance Fusion Ballet/Tap Fri 3:30-4:30pm

Ages 6-8 years (Beginning)

Ballet I (N) Mon 4:00-5:00pm

Jazz I (B) Mon 5:00-6:00pm

Hip Hop I (KC) Thurs 5:30-6:30pm

Ages 6-9 years (Beginning)

Tap I (B) Mon 3:30-4:00pm

Ages 7-9 years (Beginning)

Ballet II Tues 3:30-4:30pm

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

Hip Hop II (M) Tues 5:30-6:30pm

Boys Hip Hop (Cam) Weds 7:00-8:00pm

Ballet II Tech & Cond Fri 4:30-5:30pm

Musical Theater Jazz II Fri 5:30-6:30pm

Ages 8-10 years (Beginning)

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

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

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

Ballet II/III & III Wed 7:00-8:00pm

Ballet II/III Tech & Cond*(N) Thurs 3:30-4:30pm

Jazz II/III Tech & Cond* (M) Thurs 4:30-5:30pm

Lyrical II/III (M) Thurs 5:30-6:30pm

Ballet II/III (B) Fri 3:30-4:30pm

Jazz II/III (B) Fri 4:30-5:30pm

Hip Hop II/III (B) Fri 5:30-6:30pm

Ages 10-12 years (Beginning/Intermediate)

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

Jazz III (M) Tues 3:30-4:30pm

Tap II (B) Tues 3:45-4:30pm

Contemporary III (M) Tues 4:30-5:30pm

Ballet III Tech & Cond* (JT) Weds 3:30-4:30pm

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

Jazz III Tech & Cond* (A) Weds 4:30-5:30pm

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

Ballet II/III & III Weds 7:00-8:00pm

Lyrical III (M) Thurs 3:30-4:30pm

Ballet III (KC) Thurs 4:30-5:30pm

Ages 11- 18 years (Beginning/Intermediate)

Teen Ballet (B) Tues 6:30-7:30pm

Teen Jazz (B) Tues 7:30-8:30pm

Ages 11-14 years (Intermediate)

Contemporary III/IV (M) Mon 4:00-5:00pm

Hip Hop III/IV (M) Mon 5:00-6:00pm

Musical Theater III/IV & IV(A) Mon 6:00-7:00pm

Turns, Leaps,Tricks III/IV * (AC) Mon 8:00-9:00pm

Ballet III/IV 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* Weds 4:30-5:00pm

Ballet III/IV Tech & Cond* Weds 5:00-6:00pm

Pointe I* Weds 6:00-6:45pm

Jazz III/IV Tech & Cond*(A) Weds 6:00-7:00pm

Hip Hop III/IV (KC) Thurs 7:30-8:30pm

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

Jazz IV & V Tech & Cond* (K) Mon 8:00-9:00pm

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

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

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

Ballet IV & V (E) Weds 6:45-8:15pm

Pointe II & III (E) Weds 8:15-9:00pm

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

Tap III (KC) Thurs 3:45-4:30pm

Contemporary IV (M) Thurs 6:30-7:30pm

Hip Hop IV & V (M) Thurs 8:00-9:00pm

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

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

Sr Team Jazz V Tech & Cond*(K) Mon 7:00-8:00pm

Jazz IV & V Tech & Cond (K) Mon 8:00-9:00pm

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

Stretch, Strength & Cond V*(A) Tues 7:30-8:00pm

Jazz V (N) Tues 8:00-9:00pm

Ballet IV & V (E) Weds 6:45-8:15pm

Pointe II & III (E) Weds 8:15-9:00pm

Ballet V (E) Thurs 6:30-8:00pm

Acro Classes: Placement in Acro is dependent on skill level, age, & maturity

Beginning Acro (S) Weds 5:00-6:00pm & Thurs 6:30-7:30pm

Intermediate Acro (S) Weds 3:30-4:30pm & Thurs 5:30-6:30pm

Advanced Acro (S) Thurs 4:30-5:30pm

Int/Adv Acro Strength & Cond* (S) Weds 4:30-5:00pm

**2024-25 School Year
August 26, 2023-June 13, 2024**

Monthly In-Studio Tuition

Hours/Week	Monthly Rate
30 mins/week	\$64
45 mins/week	\$88
1 hour/week	\$100
1.5 hour/week	\$152
2 hours/week	\$190
3 hours/week	\$270
4 hours/week	\$340
5 hours/week	\$400
6 hours/week	\$450
7 hours/week	\$490
8 hours/week	\$520
9 hours/week	\$540
10+ hours/week	\$550

Drop-In Group Class Rates

30 min Class	\$16
45 min Class	\$22
1 hour Class	\$25
1.5 hour Class	\$38

****Speciality Classes: (Not eligible for multi-class tuition reduction)**

Acro \$30/hour or \$120 monthly

Private Lessons

30 minutes: \$46

60 minutes: \$92

Studio Rentals:

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

The studio will be closed:

Labor Day: September 2, 2024

Halloween: October 31, 2024

Thanksgiving Break: November 24-November 30, 2024

Winter Break: December 21st-January 3, 2025

President's Day: February 17, 2025

Memorial Day: May 26, 2025