

Join us for another exciting year of dance!

## 2022-23 Class Schedule

August 29, 2022-June 16, 2023



**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

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 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.

### **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.

### **Seasonal Workshops Mini (6-9 yrs) & Jr Pom (10-12 yrs) 1 hour**

Pom classes focus on basic jazz technique while incorporating the fundamentals of PomPon dance. Students will learn to lead cheers and perform upbeat routines using precise, visual arm movements with the Poms. \*No gymnastics or tumbling.

**Dance Team Prep**  
For dancers looking to improve their chances of making their high school, all-star, collegiate or professional dance teams. Classes will focus on technical elements such as turns, leaps, kicks, jumps, and pom work, as well as on performance quality, quick choreography retention, physical fitness, and audition techniques.

## 2022-2023 Class Schedule

*Teacher approval REQUIRED before enrolling in Intermediate/Advanced Level Classes.*

*\*Must have 4 students enrolled in a class before it can officially start.*

### Ages 3-4 years

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

### Ages 4-5 years

Creative Mvmt Ballet/Tap II 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 (A) Mon 4:00-5:00pm

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

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

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

### Ages 7-9 years (Beginning)

Tap II (A) Mon 3:30-4:00pm

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

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

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

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

Boys Hip Hop (Cam) Weds 6:30-7:30pm

### Ages 8-10 years (Beginning)

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

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

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

Tap II (A) Mon 3:30-4:00pm

Boys Hip Hop II/III (Cam) Weds 6:30-7:30pm

Ballet II/III Tech & Cond\* 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

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

Tap II (A) Mon 3:30-4:00pm

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

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

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

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

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

Hip Hop III (Cam) Weds 5:30-6:30pm

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

Ballet III Thurs 4:30-5:30pm

### 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

Tap III (A) Mon 7:00-7:45pm

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

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\* Weds 4:30-5:00pm

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

Pointe I\* Weds 6:00-6:30pm

Jazz III/IV Tech & Cond\*(A) Weds 6:30-7:30pm

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

Tap III (A) Mon 7:00-7:45pm

Turns, Leaps, Tricks III/IV & IV\* (M) 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

Contemporary IV (A) Weds 5:30-6:30pm

Ballet IV & V Weds 6:30-8:00pm

Pointe II Weds 8:00-9:00pm

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

Jazz IV Tech & Cond\* (K) Thurs 6:30-7:30pm

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

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

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

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

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

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

Ballet IV & V Weds 6:30-8:00pm

Jazz V Tech & Cond (K) Thurs 5:30-6:30pm

Ballet V Thurs 6:30-8:00pm

Pointe III Thurs 8:00-9:00pm

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

Beginning Acro (S) Thurs 6:30-7:30pm

Intermediate Acro (S) Thurs 5:30-6:30pm

Advanced Acro (S) Thurs 8:00-9:00pm

Adv Acro Strength & Cond\* (S) Weds 8:00-9:00pm

Int/Adv Acro Strength & Cond\* (S) Thurs 7:30-8:00pm

### **Instructors:**

(N): Nicole (A) Arlin

(K) Katy (M): Mel

(B): Brandi

(S) Suri

(Cam) Cameron

**2022-23 School Year  
August 29, 2022-June 16, 2023**

**Monthly In-Studio Tuition**

<b>Hours/Week</b>	<b>Monthly Rate</b>
30 mins/week	\$60
45 mins/week	\$80
1 hour/week	\$96
2 hours/week	\$182
3 hours/week	\$259
4 hours/week	\$326
5 hours/week	\$384
6 hours/week	\$432
7 hours/week	\$470
8 hours/week	\$499
9 hours/week	\$518
10+ hours/week	\$528

**Drop-In Group Class Rates**

30 min Class	\$15
45 min Class	\$20
1 hour Class	\$24
1.5 hour Class	\$36

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

Acro \$25/hour or \$100 monthly

**Private Lessons**

30 minutes: \$44

**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 5, 2022

Thanksgiving Break: Nov. 20-Nov. 27, 2023

Winter Break: December 18th-January 1, 2023

President's Day: February 20, 2023

Memorial Day: May 29, 2023