



## *COURSES AT FREESTYLE DANCE ACADEMY*

Here at Freestyle Dance Academy, we will be offering a diverse selection of classes all with the goal of enriching, inspiring and educating our students. What courses are you interested in trying?

### *- Children's Menu -*

**Hip-Hop** – An urban style of dance that has grown out of the street/funk styles and become popular in the commercial dance world. Elements include choreography, various techniques (popping, locking, breaking, etc.), and freestyling. FDA offers different learning environments including boys and girls only classes.

**Hip-Hop Technique** – A class for older hip-hop dancers that focuses more on the individual styles that comprise hip-hop, as well as an increased emphasis on the technique of each style.

**Jazz** – An energetic and exciting style of dance that is considered to be a foundation for dancers looking to study other styles of dance. Music can range from hip-hop to show tunes. A ballet background can help those looking to study jazz dance. Styles of jazz taught will depend on instructor.

**Ballet** – Students will focus on learning the techniques of classical ballet, as well as the history behind them. Those older dancers who show enough skill will be offered the opportunity to go up on pointe. Pointe is a privileged opportunity and provided to dancers who show proper work ethic and skill to proceed. Permission for Pointe is determined by Ballet teacher evaluation.

**Tap** – An intriguing form of dance where music is created with one's tap shoes. This style is seen in musical theatre and movies. Tap shoes required.

**Groovin' Basics w/ Ian** – Come in and experience dance a whole new way! A cardio workout mixed with a party. Jam out to all the songs you listen to on the radio while Ian teaches you every dance move you need to show off at your next school dance or family party.

### *- Adult Menu -*

**Zumba** – A Latin based dance workout filled with infectious steps and fun-filled rhythms.

**Yoga** – a flexibility workout with a focus on stretching that intends to strengthen and condition the body.

**Funkin' It w/ Ian** – An adult cardio workout combined with all the music you know and love. Come for a workout that combines the high energy of Zumba with the sounds of Michael Jackson and other classic hits. Ian's moves are fun, funky and unforgettable!

**Any Questions? Talk to Freestyle Studio Director, Tony!**

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