



# Spring 2012 Class Schedule

874 Sweetser Ave. Novato, CA

(415) 898-3933

[www.love2dance.biz](http://www.love2dance.biz)

## Class Descriptions & Dress Codes

- Hip-Hop** Students will explore the world of dance using upbeat music, popular dance steps and high-energy movement. Hip-Hop is often a reflection of current pop culture. Wear loose fitting clothing and tennis shoes without any tread. Please make sure shoes are clean. Knees should also be covered. May require kneepads.
- Jazz** Jazz class will broaden your dance repertoire by incorporating technique such as leaps, kicks, jumps & turns with dynamic and energetic choreography. Wear black jazz pants, fitted shirt or leotard, and black or tan jazz shoes, the instructor will inform you of preferred color on the first day of class. Hair must be secure in ponytail.
- Dance Fusion** Ballet & Jazz technique mixed with different styles of movement and music. This is an intermediate/advanced level class. Must know ballet/jazz basics and terminology for the advanced class. Wear comfortable fitted clothing with hair up and out of the face. Students may wear ballet shoes, jazz shoes or foot thongs.
- Musical Theater** This class combines dancing, acting and singing. We will focus on personality and performance. Wear comfortable clothing and jazz shoes.
- Acrobatics** Acrobatic training teaches flexibility, balance, strength, muscle control, discipline, and concentration. Dance elements from ballet, jazz, and hip-hop will be incorporated to enhance your performance skills and make the crowd say, "wow." Wear tight fitted clothing and bare feet. No jewelry, loose shirts, or pants will be allowed. Once students are able to perform off the mat they may wear foot thongs. Hair needs to be up in a ponytail. Please do not come on a full stomach. A light snack is best because a heavy/full tummy may hinder movement & cause possible injury.
- Little Feet** Students will learn a variety of dance movements, techniques and terminology from Ballet, Jazz, & Hip-Hop. This is the perfect introductory class to foster a love for dance and performing as well as build confidence at a young age. Class gives young children a platform for creativity, and increases awareness of the body through rhythm and dance. Wear comfortable fitted clothing or dance outfits. Must wear tennis shoes or dance shoes.
- Contemporary** Students will learn to use their bodies in a variety of ways while incorporating jazz and ballet technique as they focus on an emotional state to establish a mind-body connection with the music. Wear fitted clothing and foot thongs.

## Tara's Dance Philosophy

When I started Love2Dance ten years ago, my dream was to create a community of dancers so I could share my passion and love for dance. I did not realize just how special a place it would become. When I think of the studio, I think of home, and when I think of my fellow instructors, students, and parents, I think of family. Each and every student has a special place in my heart. I cannot imagine my life without dance and I am sure many of you feel the same way.

The studio is a place where we do more than dance. It is a place to build friendships and trust, exercise teamwork, and problem solve; it is a place where growth is encouraged and confidence is experienced.

Unlike traditional athletes our progress is not measured on the court or field because we do not compete in games. Instead we perform on the big stage! Our bi-annual performances are a huge part of our growth and serve as a beacon for our success. The performances keep us motivated and inspire us to work hard in every dance class and practice at home.

Remember dance is all about practice, repetition and refinement. Each class and rehearsal gets you one step closer to the freedom and exhilaration felt once you master a new step or routine. I believe that dance is a universal language to be shared by all, no matter what the ability level. It is important to take a variety of dance styles to become a more well-rounded dancer. We have an amazing staff at Love2Dance and we are ready to help you achieve your dance goals.

We hope that you will share in our passion by supporting our performances and community events.