

# All About Dance! by Kristen Early Childhood Program

In the following pages, you will find a listing of the classes that are offered to our students in the early childhood years.

Additionally, you will learn of the developmentally appropriate skills taught in these classes that have been specially designed to meet the needs of each specific age group.

## For the 2-year old Child:

### Mom (or Dad) & Me

The two-year old child is likely to be more successful in the classroom environment with the help and support of a more capable individual.

Our **Mom (or Dad) & Me** class is intended to:

- Gently introduce the young child into the classroom environment with the support of a familiar individual
- Offer a time for parent and child to experience the joy of learning together
- Introduce creative movement and beginning dance concepts
- Introduce locomotor skills (skipping, hopping, tip-toeing, etc.)
- Introduce nonlocomotor skills (balancing, stretching, twisting, etc.)
- Introduce musical awareness and appreciation
- Introduce beginning acro-gymnastics skills (stretching, bridges, v-sits, front & back rolls, balance beam work, etc.)

This class is 45 minutes long and meets once per week for eight weeks. All About Dance will offer **Mom (or Dad) & Me** beginning in September.

## For the 3-year old Child:

### Kindercise

- Gentle introduction to the classroom environment
- Locomotor Skills (skipping, galloping, hopping, etc.)
- Nonlocomotor Skills (balancing, stretching, twisting, etc.)
- Beginning dance concepts and positions
- Creative movement
- Musical awareness and rhythmic coordination
- Beginning acro-gymnastics skills (headstands, rolls, bridges, cartwheels, balance beam & mini trampoline work, etc.)

- 1- hour long; meets once per week

### Six-Week Fun and Creative Dance

(Fairy Princess, High School Musical, iCarly Dance Party, Glamour Girls)

- A Magical Experience that combines dance with creative art!
- Beginning dance concepts and skills
- Expands creative expression with the use of props
- Design own keepsake book, along with imaginative costuming
- 6 week session; 1- hour long; meets once per week

### Mom/Dad & Me

(Please see description under "For the 2-year old Child.")

## For the 4-year old Child:

### Kindercise

- Solidifying the concepts introduced in the first year of Kindercise
- Mastering certain loco motor and non-loco motor skills
- Expanding on more complicated acro-gymnastics skills and more complex rhythmic coordination
- 1-hour long; meets once per week

### Kinderdance

- Gentle introduction to the classroom environment and etiquette
- Loco motor Skills (skipping, galloping, hopping, etc.)
- Non-loco motor Skills (balancing, stretching, twisting, etc.)
- Beginning dance concepts and creative movement
- Musical awareness and rhythmic coordination
- Beginning tap skills (shuffles, shuffle step, heel digs, toe digs, flaps, etc.)
- 1- hour long; meets once per week

### Small Feet

A fast-paced class to introduce basic tap and ballet concepts

### Six-Week Fun and Creative Dance

(Please see description under "For the 3-year old Child.")

## For the 5-year old Child:

### Tap

### Acro-Gymnastics

### Pre-Cecchetti Ballet

### Tot Bop Jazz, Hippy Hop

### Six-Week Fun and Creative Dance

Five-year old students continue to work on the same concepts as the younger child, but in greater degrees of complexity. Thus, classes are separated into single areas of concentration. Classes are 45 minutes long each and meet once a week. (Exception: All 6-Week Classes are 1 hour long)

In **ballet**, **tap**, and **jazz** five-year olds develop an ability to count music, learn the basic steps and positions associated with a specific genre of dance, focus on coordinating and sequencing movements, and become more familiar with the concept of opposition (i.e. galloping, or *chasse*, and skipping). In **acro-gymnastics**, five-year olds are introduced to more challenging tumbling and flexibility skills on all pieces of equipment and to splits. Upper body muscles are developing at this time and aid the student in performing sequences of skills.

## For the 6-year old Child:

### Tap

### Acro-Gymnastics

### Pre-Cecchetti Ballet

### Tot Bop Jazz, Hippy Hop

### Six-Week Fun and Creative Dance

At age six, children begin the transition from the Early Childhood Program to the primary levels of all areas of dance. Classes begin to take on a more disciplined format as the classroom environment becomes more familiar. Class length remains at 45 minutes, each class meeting once per week. By the time students have reached age seven, they will have a strong foundation, physically, mentally and socially, to begin studying more advanced material in Cecchetti Ballet, Modern, Traditional Jazz, Hip Hop Jazz, Contemporary, Tap, Lyrical, and Acro-Gymnastics.

# Our Early Childhood Philosophy

At All About Dance! our Early Childhood Program is specially designed to provide children between two and six years of age with a strong foundation in dance and movement. Our program's design is a reflection of the most recent research findings in early childhood development.



Children in the early childhood years are making developmental strides in the physical, social, emotional, and aesthetic arenas. Accordingly, our Early Childhood Program functions to mirror these findings. Our program aids **physical development** by introducing movement concepts, musical rhythm, opposites, and the elementary positions of dance. **Social development** is aided by participation in our early childhood classes when students are introduced to the basics of classroom behavior and manners, such as learning how to take turns, how to follow a leader, how to wait patiently, how to work together with others, and how to maintain a positive attitude. Integrated with these physical and social concepts are such ideas as self-awareness, self-efficacy, and self-esteem. These important components of a child's **emotional development** are emphasized in our positive, upbeat learning environments. Finally, our program serves to develop a child's creative, or **aesthetic development**. We do so by introducing such concepts as musical awareness and appreciation, dance appreciation, spatial awareness, and by providing many opportunities for sensory experiences with educational props.

Our Early Childhood Program classes, listed in the following sections separated by age group, are rooted in this dedication to the developmental needs of our early childhood students.



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# All About Dance!

by Kristen



## Early Childhood Program

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