

Universal Dance Studios
 18401 Ne 19th Ave, North Miami Beach, FL 33179
 305-937-253
 Universaldancealexiss@gmail.com

Fall Schedule 2016

Starting September 5th, 2016

MONDAY "A" DAY		TUESDAY "A" DAY		WEDNESDAY "B" DAY		THURSDAY "B" DAY		FRIDAY		SATURDAY	
STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO A	STUDIO B	STUDIO B	
ACRO 1 4pm-5pm Ages 8-10	Basic Acro 4:00-4:45pm Ages 5-7	Ballet 1 4:15-5:00pm Ages 5-7	Break Dance 4pm-5pm ages 5 & Up	ACRO 1 4pm-5pm Ages 8-10		Ballet 1/Tap 4:15- 5:00pm Ages 5-7	Baby Ballet Combo 4:15-5:00pm Ages 3-4	Contemporary Dance Team 5pm-6:30pm	Piano lessons	Baby Ballet Combo 10am-11am ages 3-4	
ACRO 2* 5pm-6pm	Lyrical/Pre Jazz 5pm-6pm Ages 5-9	BALLET 2 5:00-6:00pm Ages 8-10	HIP HOP teen 5pm-6pm Ages 12& up	ACRO 2* 5pm-6pm	Israeli dance	Beginner Tap 5pm -6pm Ages 7-11	BEG. HIP HOP 5:15-6:00pm Ages 5-11	D a n c e T e a m	Singing lessons	Pre Ballet Combo 11am-12pm ages 5-7	
Jazz 2 * 6pm-7pm	Jazz 1 6pm-7pm Ages 11 &Up	Ballet 3* Pre-Pointe 6pm-6:45pm	INT. HIP HOP 6pm-7pm AGES 7-11	Contempo- rary 6pm-7pm Ages 11 & Older	Israeli dance	Ballet 3 6pm-7pm Ages 11 & Up	Stretch & Strengthen 6pm-6:45 Age 8 & up		Singing lessons	Jazz Combo 12pm-1pm ages 7-10	
Acro Dance Team 7pm-8pm		Lyrical 7-pm-8pm Ages 11 & Up		Dance Team Hip Hop Production 7pm-8:30	Israeli dance	Adv. tap 7pm -8pm Ages 11 & up	Jazz Dance Team 7pm-8pm		Singing lessons		
Zumba 8:00pm With VIVI		Class Key Ages 3-4 yrs Ages 5-7 yrs Ages 8-10 yrs				Zumba 8:00PM With VIVI					Peruvian Dance

Teen/Adult 11 & Up

*Must have permission to take this class.

**Class hasn't started yet, but taking registration.

All highlighted classes are new Classes

Class placement is at the discretion of the Program Director and Instructors. We base our decision on a pre-determined class curriculum.



PLEASE MAKE APPOINTMENT BEFORE COMING TO ANY

ZUMBA FITNESS IS HERE!

Ditch the Workout, Join the Party!

\$5 per person

CLASS DESCRIPTIONS

Ballet Classes-The foundation of all dance forms. Body placement, flexibility, balance, alignment, strength and technique are achieved through barre and center floor work. All of our ballet classes stress correct placement (body alignment), and correct classical ballet technique and French terminology.

Jazz Classes-Basic combinations of rhythmic, percussive movements of traditional jazz style. Increase flexibility, turns, leaps, and all aspects of Jazz Technique. We challenge our students with many different forms of jazz, all high energy, but with different styles some traditional, some more contemporary. These classes are popular with all ages and provide an added benefit of cardiovascular exercise due to the high level of energy exerted. Jazz class is a fun and fast paced mixture of various techniques and is great for an all-around workout!

Hip Hop Classes-We introduce high energy movement, rhythm, balance and coordination, all to fun and current music! Students love learning cool new moves to show off at parties or for their friends and family. Students increase strength, endurance, and get a great cardio workout, without even realizing.

Tap Classes-Basic combinations of rhythmic, percussive movements. Tap increases coordination, agility, rhythm, and lower body strength. This is a wonderful way to exert energy and learn to dance at the same time.

Acrobatic "Acro" Dance Class-Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. It is a popular dance style in amateur competitive dance as well as in professional dance theater and contemporary circus productions such as those by Cirque du Soleil. Acro is an especially challenging dance style for dancers as it requires them to be trained in both dance and acrobatic skills. Acro dancers must be in excellent physical condition as well, because acro is a physically demanding activity. Although acro is a popular dance style, many dance schools do not teach it, often due to lack of facilities or expertise needed for acrobatic training.

Lyrical/Contemporary- This class begins with a Short barre, where students perform exercises and build up core strength and flexibility with the assistance of the Barre. Class then focuses on technique for turns, leaps, floor work, and gesturing. The final portion of class is dedication to choreography that includes all styles of dance technique such as jazz, ballet, lyrical, and modern. Choreography can be fast and energetic, full of jumps and turns, or slow and soft, focusing on emotion.

Stretch & Strengthen – During this high energy class we motivate our student while they are working out to strengthen every muscle in their body and to reach their full potential when it comes to stretching. The class is for anyone wanting to tone up but keep their flexibility.

Leaps & Turn- This class is a great class to learn different types of jump and turns. The class includes jumps and turns from Jazz, Ballet, and Modern. Technique will be gained throughout the course of the class and will be a great foundation to any other class they join.

Modern Classes-Modern dance encourages dancers to use their emotions and moods to design their own steps and routines. It is not unusual for dancers to invent new steps for their routines, instead of following a structured code of technique, as in ballet. Another characteristic of modern dance in opposition to ballet is the deliberate use of gravity. Whereas classical ballet dancers strive to be light and airy on their feet, modern dancers often use their body weight to enhance movement. This type of dancer rejects the classical ballet stance of an upright, erect body, often opting instead for deliberate falls to the floor.

PRICING

(This is **PRICING** for **ONE CHILD** if you need information for more than one child or more classes then please call)

45 minutes a week | \$69/ month — 1 hour a week | \$79/month— 90 minutes a week | \$120/month — 2 hours a week | \$139 — 3 hours a week | \$189