

**Creative Movement (ages 18 months – 4yrs.)** - a joyful way for children to explore movement through music and dance. Your child will work on developing physical skills, channel energy, stimulate imagination, and creativity. This class is open to adults (mom, dad, aunts/uncles, grandparents, babysitters) to join and help your dance take class, you may participate as much or as little as your child needs!  
ADULT PARTICIPATION

**Introduction to Dance (ages 4-6)** students will learn the fundamental skills and fundamental basics of dance. Students will improve flexibility, coordination, range of motion, musicality, and poise. Students will also develop greater self-confidence, self-expression, and body awareness. This is the perfect class for your first-time dancer or a dancer with some experience!

**Intro to Acro/Tumbling(ages 4-6)** Students will learn strength and flexibility to perform gymnastic-based tricks. It teaches flexibility, balance, strength, and coordination. Skills in this class that will be learned are forward/backward rolls, handstands, headstands, cartwheels, backbends and more.

**Beginner Dance (ages 7 yrs. & up)** – This is the perfect class for first time dancers and dancers with some experience! Students will learn the beginning skills and fundamentals of lyrical, ballet and jazz dance. Students will improve flexibility, coordination, range of motion, musicality, and poise. Students will also develop greater self-confidence, self-expression, and body awareness. In this class, students will learn leaps, pirouettes, and choreography.

**Beginner Acro/Tumbling(7yrs+)** - If your child is under age 7 but able to kick over please email the student for access to this class. Students will learn strength and flexibility to perform gymnastic-based tricks. It teaches flexibility, balance, strength, and coordination. Skills in this class that will be learned are handstands, headstands, cartwheels, aerial drills, front walk overs, back walkovers, back handspring drills, and more.

### **Competition Team Combo & Strength**

This class is for Spark, Power, Force & Electric students only. (Pulse should join Beginner Dance). Dancers will start class with dance-based strengthening and end class with a different combo each week.

### **Comp/Intermediate/Adv Acro**

This class is for competition dancers or any intermediate/adv acro students. Dancers must have front or back walkover (a true front or back walkover - not just a kick over) to enter this class. If you are in intermediate acro this season please ask Miss Gabrielle if this class is for you. If you have a kick over, not back/front walkover. please sign up for beginner acro.



Located Inside The Clearview Mall  
optimumdancecomplex@gmail.com  
724.831.8361

# 3 WEEK SATURDAY MINI SESSIONS

CLASSES MEET ON SATURDAYS FOR A TOTAL OF 3 CLASSES

|              |                                 |
|--------------|---------------------------------|
| 9:00-9:30    | Creative Movement (18mos -4yrs) |
| 9:30-10:00   | Intro to Dance (4-6yrs)         |
| 10:00-10:30  | Intro to Acro (4-6yrs)          |
| 10:30-11:00  | Beginner Dance (7-11yrs)        |
| 11:00-11:30  | Beginner Acro (7-11yrs)         |
| 11:30 -12:15 | Comp Team Strength & Combo      |
| 12:15- 1:00  | Comp Team Adv/Intermediate Acro |

**1 CLASS= \$25 total/dancer**

(example intro to dance only)

**2 CLASSES = \$40 total/dancer**

(example intro to dance & intro to acro)

**Visit our website to see class descriptions to decide what class is best for you!**

**VIEW OUR SCHEDULE & REGISTER ONLINE TODAY!**

[www.optimumdancecomplex.com](http://www.optimumdancecomplex.com)

**MINI SESSION 1 – 3 CLASSES:**

2/1, 2/8, 2/22

**MINI SESSION 2 – 3 CLASSES:**

3/1, 3/8, 3/15