



# SUMMER CLASS DESCRIPTIONS

## MAYOR CARLO DEMARIA & EVERETT COMMUNITY HEALTH AND WELLNESS CENTER YOUTH PROGRAMS

### **Kicks & Crafts (4-6 yrs)**

This class is designed to give children hands-on opportunities to get messy, explore art materials and get active through structured games. Children will spend 45 minutes playing games like soccer, basketball and floor hockey; they will then head to work on art masterpieces

### **Teeny Ballerinas (3-4 yrs)**

This is a combo class with 45 minutes of ballet and 15 minutes of tap. Through games and structure your teeny ballerina will learn the basics of both techniques and also the class structure. They will have a chance to explore creative movement through the use of props and instructional games. They will start to learn coordination and balance. They will improve their discipline and listening skills. Class meets for 1 hour

### **Shake, Rattle and Roll (2-3 yrs)**

This class is a combination of movement and tumbling. It's a great class that will have an isolation warm-up and they will move to some small stretching activities. They will learn some fun dances and get to tumble two to three times on the mat each class. We will add in some props and age appropriate music to make this a must have class for any toddler.

### **Pre Ballet (2-3 yrs)**

This is a 45-minute class for toddlers. In this class we will explore creative movement and learn some of the structures of a ballet class. We will learn through cute little dances and songs that are age appropriate like nursery rhymes X cetera. We will use props and shapes in order to teach the children. This is a great class as a beginning for any child who would like to start ballet at age 3.

### **Ballet & paint (3-5 yrs)**

Let's see what we can create! This will be a class with a ballet warm up. Add we get moving across the floor and round the room paint will come into play as the children each create their own special picture each time! A messy and fun way to learn!

### **Creative movement and craft (3 – 5 yrs)**

This class is all about moving! The children will use their imaginations to create movements all their own. In some classes we will create a craft with these movements and in some the craft will take place the last half hour of class

### **Intro to Basic hip-hop (3 – 5 yrs)**

This class will give children between the ages of 6-13 the opportunities to learn the fundamentals to hip-hop. They will learn how to pop, lock and do basic footwork. Most importantly they will be having fun and dancing to music they enjoy on a daily basis!

### **Dance Combo Level 2 (7-9 yrs)**

This is a combo class with 45 minutes of ballet and 30 minutes of tap. Your beautiful ballerina will start to expand on the skills learned previously. She will start to put together beautiful combinations, start turns and really work on balance and technique. In tap we will also build on what was previously learned and start to put together more steps with rhythm as a focus. Longer combinations will be done in the center and across the floor. Jazz now included.

**Dance Combo Level 1 (5-6 yrs)**

This is a combo class with 45 minutes of ballet and 15 minutes of tap. Your ballerina will learn Basic barre exercises and center exercises. They will learn some movements across the floor. They will learn how the terms translate into English. They will also learn the flow of class and good listening skills. This will be a challenging class for any little ballerina. They will also learn the basic steps in tap and how to start putting these steps together to form combinations. Of course they will be rewarded at the end of class with a game!

**Musical Theatre (6-10 yrs)**

This class will be a combination of singing and dance. We will learn Fasse style movements for dance and a song to go along with them. Each session will culminate in a full song and dance for parents to see.