



Classes/ Workshops for Age 2-4

Mommy & Me Ballet
Music & Rhythm

Mommy & Me Music
Creative Movement

Classes and Workshops for Ages 5- 17

Creative Movement
Ballet
Hip Hop
Modern
Salsa
Chicago Step
Voice
Band

Pre- Ballet /Jazz
Jazz/ Hip Hop
Tap
African
Line Dancing
Acting
Guitar
Piano
.....and More

Performances - All Ages

The Journey: Hip Hop Dance Revealed *
Chrysalis: Breakthrough *
African Dance & Drumming
Puppet Shows
Capoeira
Salsa
Caribbean
Modern Dance

.....and More



ALL Classes begin with 15 min of warm up and stretch which includes isolations that warm up each individual body part and stretches the muscles to increase flexibility or barre . Warm up and stretch are followed by 15 min of basic technique which includes short exciting combinations across the dance floor. Students will then engage in 25 min of choreography that will builds from week to week

Mommy and Me

This class is part of Journey Movement classes. It is designed to give younger students the basic fundamentals of movement and dance. Parents take part in the class with their children. This class gives students and parents a chance to get used to a child's first dance experience. This is ideal for a student's first extracurricular activity.

Music and Rhythm

This class focuses on musicality rhythms and movement. Students will be introduced to a variety of styles, sound and genres. Students will explore the physical characteristic of age appropriate instruments to develop beats, rhythms and melodies. Students will enhance language and vocal ability through songs and chants. This class builds awareness of sound, beats and rhythm. Students will learn synchronized movement, group dances and timing.

Creative Movement

This class an introduction to dance to younger students. The class is ballet based with elements of jazz. These classes offer the fundamentals /structure of a dance class and basic techniques for a beginning dancer. Students will learn different rhythms, how to move to the beat and to create different formations on stage. This class incorporates elements of music and drama to teach technique . It is a great foundation and lots of fun.

Pre Ballet/Jazz

This class is design for younger students that to learn basic jazz and ballet technique and choreography. Class will consist of a basic warm- up, technique,



choreography, stretch and cool down. This class is ideal for students that have started school and are used to structured activities.

Ballet 1-2

This class is for beginner dancers. Students will be introduced to beginning ballet steps, terminology and the basics of dance and performance. Class will consist of a basic barre warm-up, technique, choreography, stretch and cool down.

Jazz/ Hip Hop

This class is for beginner dancers. Students will learn basic jazz technique with a fusion of hip-hop style. Class will consist of a basic warm-up, technique, choreography, stretch and cool down. Finally, class ends with a review of terminology and cool down. Students will receive dance terminology and review sheets for use at home.

Tap

Make some noise with tap! This introductory class teaches the basic movements and origins of tap. Dance to various styles of music while having a great time! Class will consist of a warm-up, instruction and technique, choreography, and cool down. This class is designed for those ready to wake those muscles up and dance!! Students will receive dance terminology and review sheets for use at home.

Tap Shoes Required

Chicago Step

This is a very hip and contemporary partner dance experience. Learn the art of partner dancing and build confidence while intertwining some of today's moves with traditional culture of Chicago Stepping, Detroit Ballroom and Soul Line



Dances. This class brings a style that has brought us back to the days of Ol' when people really danced. Get ready to really Dance.

Voice Classes for Beginners:

This course is designed as an introduction to vocal technique, performance skills and vocal music repertoire. The information, skills and training covered in this class are intended to advance the vocal ability and experience students taking vocal music in the music program. Classes consist of private lessons, individual vocal instruction, music listening, lectures, demonstrations, discussions, learning activities, performances, practices, and examinations. Curriculum areas covered include vocal technique, performance practice, vocal literature, vocal anatomy, physiology and language diction.

Intro to the World of Music for Beginners

This class will introduce to students the five basic elements of music: Rhythm, Harmony, Tone Color, Tempo, Tone/Pitch. Each element will be broken down into lesson and activities to create an understanding for music as a performing art. As part of the activities students will be able to create instruments such as hand drums for rhythm, and straw saxophones for help with tone and pitch.

Small Group Music Lessons

Journey offers group and private lessons for all instruments and voice. Lessons are structure based on individual level and desired outcomes. This program is designed to meet the needs of students seeking an introduction to music or performance growth.

Acting 101

This is a beginner's class. Students will learn the basic fundamentals of the Art of Acting. Included in this students will learn the aspects of the theater, which includes stage direction, costuming, character building, improvisation, script reading and writing, technical theater, directing and arts administration. This class is an introduction of what it takes to bring a production to life. This class is an hour in length



Dancers Hygiene Workshop

Journey will provide students with an additional workshop on dancer's hygiene and self-esteem. Students will engage in activities that promote self esteem, body image and positive affirmations. Students will also be given lessons on hygiene as it pertains to physical activities.

Dancers Performance Workshop

Journey will provide students with an additional workshop on dance performance etiquette. Students will engage in activities that will enhance their knowledge in the following areas; on-stage training, stage directions, proper use of facial expressions, costume design/selection, make-up application training , professionalism and speech.

Specialty Performances

Chrysalis: Breakthrough- Full Production Story of Self Doubt Bullying and Family separation and a triumph above \

Chrysalis Breakthrough: Dance Battle – This is a shorten version of the piece that deals with only one of the social issues and has an audience participation piece

Journey: Hip Hop Dance Revealed – A Journey through time of how Hip Hop Dance began –featuring a professional dance crew

