

MONDAY	CLASS	AGE	LOCATION
11:00-11:45am	Tap/Tumble	2.5 – 4.5	SADS
4:15-5:00pm	Dance combo	3-6	SADS
5-5:45pm	Jazz 1/2	6-9	SADS
4:30-5:30 PM	PRIVATE LESSON		CVILLE
4:30 – 5:30 PM	PRIVATE LESSON		CVILLE
5:30-6:30pm	PRIVATE LESSON		CVILLE
5:30-6:30 PM	PRIVATE LESSON		CVILLE
5:45-6:30pm	Jazz 2/3	8-12	SADS
6:30 – 7:15 PM	Tap 2	7-12	SADS
6:30-7:30 PM	PRIVATE LESSON		CVILLE
6:30-7:30 PM	PRIVATE LESSON		CVILLE
7:15-8:15 PM	YOGA	ADULT	SADS
7:30-8:30 PM	PRIVATE LESSON		CVILLE
7:30-8:30 PM	PRIVATE LESSON		CVILLE
8:15-9:15 PM	Modern/lyrical	teen/adult	SADS
TUESDAY	CLASS	AGE	LOCATION
3:30-4:15	Dance	K-8	VILLA
3:45-4:15 pm	Private lesson		SADS
4:30-5:00 PM	PRIVATE LESSON		CVILLE
4:15-5pm	Baton 2	6-10	SADS
5-5:45pm	Private Lesson		SADS
5:45-6:30pm	Ballet/lyrical	7-12	SADS
6:30-7:15 PM	Hip hop	10-16	SADS
5-7pm	TEAM	AUD	CVILLE
5-7pm	TEAM	AUD	CVILLE
7-9pm	TEAM	AUD	CVILLE
7-9pm	TEAM	AUD	CVILLE
7:15-8:15 pm	ZUMBA	ADULT	SADS
8:15-9:15pm	TAP 4/5	teen/adult	SADS

WEDNESDAY	CLASS	AGE	LOCATION
4:00-4:30pm	Baby baton	2.5-5	SADS
4:30-5:15pm	Ballet/jazz 1	5-8	SADS
4:30-5:15pm	Tumble/Jazz	4-8	GLEN
5:15-6:00 pm	Ballet 1 and 2	5-9	GLEN
5:15-6:00pm	Baton 1 and 2	5-9	SADS
6:00-6:45pm	Baton	7-12	GLEN
6:00-6:45pm	Baton 3	8-12	SADS
6:45-7:30pm	Teen Dance	Teen	GLEN
6:45-7:30pm	Ballet barre	12-18	SADS
7:30-8:15pm	Private lesson		GLEN
7:30-8:00pm	Ballet center/lyrical	12-18	SADS
8:00-8:45pm	jazz combo	12-18	SADS
THURSDAY	CLASS	AGE	LOCATION
3:30-4:15 pm	Baton	K-8	VILLA
3:45-4:15 pm	Dance private		SADS
4:30-5:15 pm	Preschool/Beg Acro	3-7	SADS
5:15-5:45 pm	Mommy and Me	18 mos to 3 yrs	SADS
5:45-6:30 pm	Cheer/dance/Acro	open	SADS
6:30-7:15	Acro	Open/Team	SADS
7:15-7:45	Acro	Team	SADS
4:30-6:00	Twirling Team	AUDITION	CVILLE
5:00-6:00 pm	Baton 4 and 5	exp.	CVILLE
5:30-7pm	Twirling Team	AUDITION	CVILLE
5:30-7pm	Twirling Team	AUDITION	CVILLE
7-8pm	Twirling Team	AUDITION	CVILLE
8-9pm	Private lesson		CVILLE
7:45-8:45 om	Zumba	ADULT	SADS
SATURDAY	CLASS	AGE	LOCATION
8-9:00 am	Ballet/pointe	recommended	SADS

9- 9:45am	Dance combo	4-7	SADS
9:45-10:30am	Ballet 2/3 pre-pointe	7-13	SADS
10:30-11:00am	Dance team	AUDITION	SADS
11:00-11:45am	hip hop	7-12	SADS
11:45-12:15 pm	Turns and Leaps	exp	SADS
12:15-1:00	Modern/Lyrical	Teen/company	SADS
1:00-2:00 pm	Company	AUDITION	SADS

RUSSELL'S 2016-2017 SCHEDULE

START DATE FOR THE NEW SEASON:

All classes will begin September 7th, 2016 and run through May with the End of Year Recital!

LOCATIONS:

Sads – Sadsburyville – next to Harrys

Cville – Coatesville Union Hall

Glen – Glenmoore Old Fire House – in front of post office

Villa – Villa Maria Lower School

REQUIREMENTS:

- Acro team must take acro team plus one dance class
- Dance team must take dance team, the ballet before team, plus a dance class
- Dance company must take dance company plus Wednesdays 6:45-8:45 – recommended the modern class before company as a warm up class
- Twirling team must take twirling team – two nights a week
- All students recommended to take a ballet class for technique
- To take dance solo lessons you must take a dance class

REGISTRATION INFORMATION:

To register you can call 610-857-9435 and register by phone

Or email at russellsbaton@verizon.net

AGE LIMITS:

Age limits on this schedule are tentative. We base all of our classes on age but also on experience and training. We are a professional dance school focusing on technique, advancement in the arts! For questions on your child's age or level, please call and speak with Mrs. Russell at 610-857-9435

CLASS DESCRIPTIONS:

BABY BATON AND DANCE – 30 MINUTE SESSION CLASS DESIGNED TO INTRODUCE STUDENTS TO THE LOVE OF DANCE AND BATON TWIRLING. THIS PROGRAM IS FOR THE YOUNGEST STUDENTS 2 ½ YEARS OF AGE (BY SEPTEMBER 26, 2015) TO 4.0 YEARS OF AGE. FOCUS CONCENTRATES ON RHYTHM, BODY POSITION, COUNTING, CREATIVE MOVEMENT, SONG AND DANCE. EVERY STUDENT IS ENCOURAGED TO BE EXPRESSIVE, CREATIVE, AND EVEN SILLY, WHILE IN THIS SAFE, STRUCTURED, FUN ENVIRONMENT. MUST BE POTTY TRAINED.

COMBO CLASS - BALLET/TAP – IS DESIGNED SPECIFICALLY FOR STUDENTS THAT ARE AGES 3-7. THIS PROGRAM AFFORDS STUDENTS A SOLID FOUNDATION OF BALLET TECHNIQUE AND EXPLORES THE EXPRESSIVE STYLE OF TAP DANCE.

BALLET - OFFERED TO STUDENTS AGES 6 AND UP. BECAUSE BALLET IS THE BASE AND MOST IMPORTANT BUILDING BLOCK OF ALL GREAT DANCERS, WE ENCOURAGE ALL OF OUR STUDENTS TO STUDY THE “FOUNDATION DISCIPLINE OF ALL DANCE”. THESE CLASSES DEVELOP POISE, GRACE AND PROPER BODY CARRIAGE. BALLET CLASSES ARE DESIGNED TO STRENGTHEN EACH DANCER’S BODY AND MIND. BALLET CLASSES STRESS BODY PLACEMENT, FLEXIBILITY AND FLUIDITY, WHICH ALLOWS YOUR DANCER TO REACH A LEVEL OF ARTISTRY UNMATCHED BY OTHER STYLES OF DANCE. THIS STYLE IS RECOMMENDED FOR DANCERS WHO ARE SERIOUSLY MOTIVATED TO TRAIN.

POINTE - POINT CLASSES ARE AVAILABLE FOR MORE ADVANCED STUDENTS AGES 10 AND UP. THIS PROGRAM REQUIRES AUDITION AND FACULTY RECOMMENDATION. THIS STRENUOUS DISCIPLINE IS INTRODUCED AT AN INTERMEDIATE BALLET LEVEL. STUDENTS WORK AT THE BARRE TO OBTAIN PROPER ALIGNMENT AND STRENGTHEN THEIR ARCHES, ANKLES, AND LEG MUSCLES NECESSARY FOR POINTE WORK. **PREREQUISITE** - STUDENTS MUST TAKE THE BALLET CLASS ALSO

TAP – OFFERED TO STUDENTS IN FIRST GRADE AND UP. FOR ANYONE WHO HAS BEEN EXCITED BY THE SYNCOPATED RHYTHMS OF A TAP DANCER’S FEET, WE HAVE A CLASS FOR YOU. TAP BUILDS CONCENTRATION, COORDINATION, RHYTHM, SPEED, DEXTERITY AND OFFERS A BROAD KNOWLEDGE OF THE CLASSICAL STYLE AS WELL AS CONTEMPORARY AND RHYTHM TAP TECHNIQUE. AN IMPORTANT CLASS TO HELP DANCERS IMPROVE IN ALL DISCIPLINES.

MODERN/LYRICAL – IS OFFERED TO THOSE STUDENTS WHO HAVE REACHED THE INTERMEDIATE LEVEL OF BALLET TRAINING. MODERN ENCOMPASSES HORTON AND GRAHAM TECHNIQUES. IT IS A STYLE OF THEATRICAL DANCE THAT ENCOURAGES DANCERS TO USE THEIR EMOTIONS, MOODS, AND INNER FEELINGS WHICH ALLOWS STUDENTS TO TAKE THEIR MOVEMENT TO NEW LEVELS.

JAZZ - BEGINNER THROUGH THE ADVANCED LEVELS ARE OFFERED. ALL STYLES OF JAZZ FROM CLASSICAL, CONTEMPORARY, LYRICAL, MUSICAL THEATRE, AND BROADWAY. THESE CLASSES DEVELOP BODY STRENGTH, FLEXIBILITY AND COORDINATION. JAZZ AS AN ART FORM HAS EVOLVED OVER TIME. HOWEVER, TURNS, LEAPS, AND KICKS WILL ALWAYS REMAIN THE CORE OF OUR WORK. WITH A SOLID WARM UP AT THE BEGINNING OF EACH CLASS, OUR JAZZ PROGRAM STRIVES TO IMPROVE NOT ONLY THE DANCERS' SKILLS, BUT THE STRENGTH AND FLEXIBILITY BEHIND THE MOVEMENTS. ENDLESS COMBINATIONS AND ACROSS THE FLOOR BUILDING BLOCKS WILL KEEP THE DANCERS ON THEIR TOES.

ACRO/TUMBLING - DESIGNED FOR DANCE AND CHEER STUDENTS WHO ARE INTERESTED IN LEARNING BASIC FLOOR TYPE GYMNASTIC SKILLS. THIS CLASS WILL HELP STUDENTS TO DEVELOP STRENGTH, ENDURANCE AND FLEXIBILITY. THIS PROGRAM IS OFFERED TO STUDENTS WHO ARE 6 YEARS OF AGE OR OLDER. ALL SKILL LEVELS ARE WELCOME. FROM FORWARD ROLLS TO BACK TUCKS, INSTRUCTION PROVIDED ON PROPER WARM UP TECHNIQUES, DRILLS, AND CONDITIONING EXERCISES WITH HANDS ON SPOTTING.

HIP HOP – CLASSES ARE FAST PACED, ENERGETIC AND JAM PACKED WITH FUN! THEY ARE OFFERED TO STUDENTS 8 YEARS OF AGE AND OLDER. THE CLASS FOCUSES ON COORDINATION, BALANCE, BODY CONTROL, AND RHYTHM. EXPLORE THE VARIOUS STYLES OF HIP HOP, INCLUDING THE LATEST B-BOY/B-GIRL SKILLS, POPPING, LOCKING, TUTTING, AND MANY MORE. HIP HOP STUDENTS WILL LEARN HOW TO FREESTYLE AND EXPRESS THEMSELVES, SOMETHING VERY IMPORTANT IN THE DANCE INDUSTRY. THE NEWEST MOVES WILL KEEP YOU ROCKING ALL DAY LONG!

COMPETITION TEAMS – BY AUDITION ONLY, THESE CLASSES ARE DESIGNED FOR THE STUDENT INTERESTED IN COMPETING. STUDENTS WILL FOCUS ON LEARNING CHOREOGRAPHY AND PERFORMANCE TECHNIQUES.

URNS & LEAPS – IS OFFERED TO THOSE STUDENTS WHO ARE AT AN INTERMEDIATE LEVEL. A CLASS FOR THE DANCER LOOKING FOR AN EDGE IN THE CLASSROOM AND ON THE COMPETITION SCENE. THIS IS A CLASS IN WHICH THE STUDENTS WILL WORK PRIMARILY ON PROPER JUMPING AND TURNING TECHNIQUE AS WELL AS LEARNING EXERCISES THAT WILL HELP THEM MAINTAIN THEIR CENTER AND GET THE HEIGHT THEY ARE LOOKING FOR IN THEIR BIG JUMPS. THIS CLASS ALSO FOCUSES ON STRETCHING AND STRENGTHENING THE MUSCLES THAT WILL HELP THE DANCER REACH THESE GOALS. **PREREQUISITE** - STUDENTS MUST TAKE A BALLET

BATON TWIRLING - BEGINNER THROUGH THE ADVANCED LEVELS ARE OFFERED. WE ALSO OFFER COMPETITIVE TEAMS, PRIVATE LESSONS AND CLASSES FOR ALL AGES AND LEVELS OF BATON TWIRLING. BATON TWIRLING IS A SPORT PLUS AN ART. WE INCORPORATE STRETCHING, MARCHING, HAND EYE COORDINATION, FUN ROUTINES, TOSSES, DANCE, TECHNIQUE, ROLLS, BASIC TWIRLS, MOVEMENT INTO EACH CLASS. WE START TWIRLING AT THE AGE OF 2.5.