

Astound Class Descriptions

Tiny Tots

Ages 3-4

This class is designed for our little dancers ages 3-4. Dancers will learn the basics of ballet and tap while using imagination, games, and imagery. Your dancer can expect to learn the beginning terminology of dance and basic positioning, as well as the importance of sharing, following directions, and much more.

Ballet

Ages 5 and up

Develop the fundamentals of dance through control, poise, precision, fluency and grace using the technique and style of ballet. This class aims to improve body alignment, vocabulary, and correct positions of the legs, feet and arms. Ballet is the fundamental technique for all styles of dance and is strongly recommended as an addition to any class.

Tap

Ages 5 and up

Tap teaches an awareness of beat, timing, and rhythm. It is a fun and exciting class used to improve musicality and coordination. In this class the dancer is able to make different sounds using his or her feet. Students in this class will learn tap terminology as well as the execution of the terms to enable him or her to identify sound, count, and movement.

Tiny Boppers

Ages 3-4

This class is designed for our little dancers ages 3-4 who want to learn all about the sassy world of Hip Hop! Dancers will use games, imagery, and imagination along with Hip Hop terminology while learning some new and groovy moves in this class.

Jazz

Ages 5 and up

In this class students will focus on coordination and flexibility. Using fun, upbeat, energetic music, students will learn the fundamentals of this style using kicks, turns, leaps and across the floor progressions.

Hip Hop

Ages 5 and up

This high energy class uses the latest music on the charts along with movements influenced by some of the most popular choreographers in the business. In this class we will learn the elements of popping, locking, freestyling as well as some basic breaking techniques.

Dance With Me

Ages 18 months to 3 years

This fun and exciting class is for our baby dancers ages 18 months to 3 years to share with a parent or guardian. It is designed for the dancer to begin to explore music and movement while interacting and socializing with other children of the same age. This class will incorporate basic dance skills, games, creative movement, rhythm, and gymnastics. **30 minute class

Everybody Dance Now

Ages 6 and up

Everybody Dance Now is our popular 6 week session for the beginning dancer. This into to dance class will sample many different styles of dance throughout the session including ballet, jazz, hip hop, and more! Ask us for details on when the next session is happening!

Contemporary

Ages 9 and up

Contemporary is quickly becoming one of the most popular styles of dance around the country. In this class students will combine ballet and jazz technique to express the feeling of a musical piece. This class encourages self-expression through subtle and dynamic movement. We will focus on conveying musicality and emotion through movement.

**Students in this class must have at least 1 previous year of ballet training and be enrolled in a ballet class at ADA.

Acro/Tumbling

Ages 8 and up

Acro dance is our new style of dance that focuses on acrobatic tricks, contortion, flexibility, and strengthening. From walkovers and handsprings to chin stands and partner balances, this class is a great addition to your dance repertoire.

Cheer/Poms

Ages 8 and up

Similar to our jazz class, this class will focus on coordination and flexibility while adding the element of basic tricks and flips. Some minor partnering will be introduced in this class as well as work with poms, learning basic chants, and cheerleading jumps.

Boys Hip Hop

Ages 7 and up

This class is geared especially for boys. It will include all of the elements of our regular Hip Hop classes with added breaking techniques.

Mini Movers

Ages 5-7

This beginning tumbling class is for the 5-6 year old dancer. We will focus on movement, creative use of space, and basic tumbling skills.

Adult Classes

Ages 18 and up

Check with our receptionist to see which 6 week adult session is going on next! We offer 6-week sessions in Jazz, Tap, Ballet, and Hip Hop!