

CLASS DESCRIPTIONS FOR 2023-2024

NEW FOR 23-24!

WEE POM: Our pom classes have gotten so popular and they have done very well at competitions! We are now adding pom as a competition team for 2nd & 3rd graders! Dancers **MUST** be enrolled in a core Showstoppers class or Wee Kix to add Wee Pom.

FULL SEASON ELITE POM: This past year, we did Elite Pom as a special session and Coach Aimee is ready to do it full season! Dancers in 6th grade this year can audition for Elite Pom. Details will be sent via email. We will still offer a Junior Pom for those dancers who do not make Elite Pom or choose not to try out for it.

CORE KIX CLASSES: How JFK began! These classes work on kick routines, basic dance skills & teamwork, all while having fun!

Tiny Kix 3 year olds: core class for dancers who are 3 years old or close to 3 years olds. Dancers must be 3 by 9/1/23. Dancers learn teamwork, rhythm, basic dance skills. They use a variety of props and equipment to stay engaged in learning. Dancers perform at least 3 times per season. Non-competitive.

Tiny Kix 4-5 year olds: core class for dancers who are PreK 4 & 5 years old. Dancers must be 4 by 9/1/23. Dancers build basic dance skills, flexibility, musicality, balance, and teamwork. Dancers perform at least 3 times per year. Non-competitive.

Wee Petites: core class for dancers in kindergarten or 1st grade. Dancers learn basic dance skills, flexibility, teamwork. This class will have more formation work and build to more difficult skills. Dancers perform at least 3 times. Non-competitive.

Wee Kix: core class for dancers in 2nd or 3rd grade. Dancers learn various turns, leaps, jumps, kicks, do more formation work, and start learning more difficult, faster routines. Dancers perform at least 3 times. Non-competitive. We have an hour class option and a 45 minute class option. We find this age is not always ready for a full hour, so choose what you think your child will thrive in. If they are taking Wee Hip Hop, they may want the 45 minute Wee Kix right after, to lessen their tiredness.

COMBO CLASSES: Jazz & Kick Combined Classes: work jazz & kick routines, kick & jazz skills/technique & teamwork! All combos are competitive teams. Combo is the only option for dancers 4th grade and up; we have phased out Mini Kix, Middle Kix and Junior Kix due to the popularity of combo classes.

Firecrackers Combo: K & 1st grade: This is a Wee Petites core class and jazz class in one! Dancers will learn core kick skills and routines and also add jazz skills and routines. Dancers will perform at least 3 times. This is also a COMPETITIVE TEAM! Team will compete 2-3 times in the jazz category at competitions.

Showstoppers Combo: 2nd & 3rd grade: This is a Wee Kix core class and jazz class in one! Dancers will learn core kick skills and routines and also add jazz skills and routines. Dancers will perform at least 3 times. This is also a COMPETITIVE TEAM! Team will compete 2-3 times in the jazz AND kick categories at competitions.

Twinklers Combo 1 & 2: 4th & 5th grade: This is a Mini Kix core class and jazz class in one! Dancers will learn core kick skills and jazz skills, as well as routines in both styles. Class will also perform at least 3 times. This is also a COMPETITIVE TEAM! Team will compete 2-3 times in both the jazz and kick categories at competitions. *We have broken Twinklers into two teams to keep them with dancers at their skill level and keep class sizes down. This helps us better cater to their needs. New dancers should register for Twinklers 1. Current dancers who plan to be in combo next season will be evaluated in class and an email will be sent with their placement.

Shooting Stars Combo 1 & 2: 6th & 7th grade: This is a Middle Kix core class and jazz class in one! Dancers will learn core kick skills and jazz skills, as well as routines in both styles. This team will compete at least 3 times in both kick and jazz categories. Class will also perform at least 3 times.

*We have broken Shooting Stars into two teams to keep them with dancers at their skill level and keep class sizes down. This helps us better cater to their needs. New dancers should register for Shooting Stars 1. Current dancers who plan to be in combo next season will be evaluated in class and an email will be sent with their placement.

Rising Stars Combo: 8-12th grade: This is a Junior Kix core class and jazz class in one! Dancers will learn core kick skills and jazz skills, as well as routines in both styles. This team will compete at least 3 times in both kick and jazz. Class will also perform at least 3 times.

Starmakers: Audition only team. Dancers who have completed their 7th grade year in JFK can try out for Starmakers. Starmakers compete in kick, jazz and lyrical and Senior Showcase at Rochester Nationals.

COMPETITIVE HIP HOP TEAMS: a core or combo class is required to add hip hop.

Petite Hip Hop: hip hop class for K-1st grade. Class will perform at least 3 times. This is also a COMPETITIVE TEAM! Team will compete 2-3 times per season. Dancers in Lil' Hip Hop must also be enrolled in a core or combo class: Wee Petites or Firecrackers.

Wee Hip Hop: hip hop class for 2nd-3rd grade. Class will perform at least 3 times. This is also a COMPETITIVE TEAM! Team will compete 2-3 times per season. Dancers in Wee Hip Hop must also be enrolled in a core or combo class: Wee Kix or Showstoppers.

Mini Hip Hop: hip hop class for 4-5th grade. Class will perform at least 2 times. This is also a COMPETITIVE TEAM! Team will compete 2-3 times per season. Dancers in Mini Hip Hop must be enrolled in a core Mini Kix class or Twinklers Combo.

Middle Hip Hop: hip hop class for 6 & 7th grade. Class will perform at least 2 times. This is also a COMPETITIVE TEAM! Team will compete 2-4 times per season. Dancers in Middle Hip Hop must be enrolled in a Shooting Stars Combo.

Senior Hip Hop: hip hop class for 8-12th grade. Class will perform at least 2 times. This is also a COMPETITIVE TEAM! Team will compete 4-5 times per season. Dancers in Junior Hip Hop must be enrolled in a core Rising Stars Combo or Starmakers.

Elite Hip Hop: hip hop class for dancers 6-12th grade chosen by audition. Dancers must be enrolled in a competitive hip hop class to try out for Elite Hip Hop. Elite Hip Hop will compete at Rochester Nationals in the Senior Hip Hop Showcase. Auditions are mid-season.

REC HIP HOP TEAM:

Coed Rec Team: 1-4: hip hop class for dancers 1-4th grade. No core required. Non-competitive. Team will perform at least 3 times per season.

LYRICAL: ALL TEAMS ARE COMPETITIVE. A combo class is required to add lyrical.

Mini Lyrical: 4th-5th grade. Class will perform at least 2 times and compete at least 3 times.

Middle Lyrical: 6th-7th grade. Class will perform at least 2 times and compete at least 3 times.

Junior Lyrical: 6-12th grade. Class will perform at least 2 times and compete at least 3 times.

POM TEAMS. ALL TEAMS ARE COMPETITIVE. A combo class is required to add pom.

Mini Pom: pom class for 4-5th graders. Dancers will need to purchase a uniform and poms. Dancers are responsible for bringing poms to class each week. Team will perform at least 2 times per season and compete 2-3 times.

Junior Pom: pom class for 6-12th graders. Dancers will need to purchase a uniform and poms. Dancers are responsible for bringing poms to class each week. Team will perform at least 2 times per season and compete 2-4 times.

Elite Pom: pom class for 7-12th graders who are chosen by audition. Dancers who do not want to try out should register for Junior Pom. Dancers will need to purchase a uniform and poms. Dancers are responsible for bringing poms to class each week. Team will perform at least 2 times per season and compete 2-4 times.

TECHNIQUE CLASS

We highly recommend dancers take technique class. This class works technique, body placement, skills, and flexibility.

SERIOUS STRETCHING

This class is all about increasing flexibility! If your dancer is frustrated with their lack of flexibility or is often sore from dance, this class will help! Even very flexible dancers can benefit from dedicated a class each week to stretching their muscles.

ACRO FOR DANCE

Acro for Dance is a great class for dancers wanting to up their strength and flexibility. Dancers will also learn tumbling skills that could enhance a dance routine. Cartwheels, walkovers, handstands, hip hop tricks/stunts, and aerials are becoming increasingly more popular in dance routines and we want to be able to incorporate these skills into routines, solos, and small groups. This is not a full gymnastics class; only tumbling. No beam, bars, vault, etc....