

## CLASS DESCRIPTIONS FOR 2024-2025

### NEW FOR 24-25!

**FULL SEASON ELITE HIP HOP:** This past year, we did Elite Hip Hop as a special session, but moving forward, we have made it a full season class. Dancers in Elite Pom this year do not need to try out again; in the future they will. Dancers in Middle Hip Hop and Senior Hip Hop are eligible to try out. Details will be sent via email. We will still offer Middle and Junior Hip Hop classes for those dancers who do not make Elite Hip Hop or choose not to try out for it.

**STRENGTH AND STRETCH:** This class is all about increasing strength and improving flexibility! Dance takes an incredible amount of both and this class will help our dancer better their best!

**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 9/1/24. 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 9/1/24. 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.

**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. If your dancer's combo does an evaluation, you will be sent a separate email on evals.

*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 2 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 Petite 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 2 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 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 4-6 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 4-6 times per season. Dancers in Junior Hip Hop must be enrolled in a core Rising Stars Combo or Starmakers.

### **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 5 times.

*Junior Lyrical:* 8-12th grade. Class will perform at least 2 times and compete at least 5 times.

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

*Wee Pom:* pom class for 2-3rd grades. Dancers will need to purchase a uniform and poms. Dancers are responsible for bringing poms to class each week. Dancers **MUST** be enrolled in a core Showstoppers class or Wee Kix to add Wee Pom. Team will perform at least 2 times per season and compete 2-3 times.

*Mini Pom:* pom class for 4-5th graders. Dancers will need to purchase a uniform, poms and 1 pound wrist weights.. Dancers are responsible for bringing weights and 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, poms and 1 pound wrist weights.. Dancers are responsible for bringing weights and poms to class each week. Team will perform at least 2 times per season and compete 4-6 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, poms and 1 pound wrist weights.. Dancers are responsible for bringing weights and poms to class each week. Team will perform at least 2 times per season and compete 4-7 times and compete in the Pom Showcase at Rochester Nationals.

### **TECHNIQUE CLASS**

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

### **ACRO FOR DANCE**

Acro for Dance is a great class for dancers wanting to up their strength and flexibility. Dancers will also learn gymnastics 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....

## **SUMMER OFFERINGS AT THE JFK STUDIO!**

Dancers! Don't lose your skills, flexibility or strength over the summer! Come and dance a session or 2 or MORE at the studio this summer! Register online at [classes.justforkix.com](http://classes.justforkix.com) on or after May 15. See below for descriptions, check spreadsheet for class days & times. Use the summer to gain strength, flexibility and technique without the pressure of performances, competitions and routines! (Any classes with less than 10 kids enrolled will likely be canceled.)

### **Acro for Dance (2nd grade and up)**

Gain strength, flexibility and learn gymnastics skills that could enhance a dance routine.

### **Strength, Stretch & Cardio (6th grade and up) w/ Alicia**

This class will focus on strength building and conditioning, alternating between barre, yoga, and tabata.

### **Technique (2nd-5th grade) w/ Alicia**

This class will work turn, jump and leap technique, breaking down skills and correcting form.

### **DAY DANCE CAMPS: PREK-1ST GRADE CAMP (9:00-11:30 OR 12:00-2:30)**

Day camp is so much fun! Dancers learn a routine, play games, get their faces painted, have a snack, do a craft and perform their routine for parents at the end of camp. Each camp has a fun theme that we follow throughout the day.

### **JFK YOUTH CAMP: K-9TH GRADE**

JFK Youth Camp is a fun, summer tradition! Dancers learn multiple routines and styles of dance in 3 jam-packed days! Youth camp is run by North/South Fargo director, Carly Hager, so you must go to the North Fargo website to register. All communication about camp will come from Carly.

### **Ballet for Dance Team (6th grade and up) w/ Amy**

This class will focus on the fundamentals of ballet that help excel our dance technique. Items to expect: a lot of slow and controlled ballet barre work including, lengthening of lines, extensions, control and strength. Across the floor movements that help us turn out our feet and legs and strengthen our feet for higher relevés and jumping off our toes. Weeks will repeat many of the same sequences of movements to help apply and improve the foundation of our skills.

\*This class is not fast paced and will not focus on advanced turns or jump combinations. Dancers must come ready to really focus on details.

### **Skills 101 (6th grade and up) w/ Amy**

A slow breakdown of skills, proper form and technique. This class will help our beginner and intermediate dancers improve their skill set, but any dancer can benefit from this class!

### **Advanced Turns & Jumps (6th grade and up) w/ Amy**

Dancers must have a solid double pirouette and a solid 3 ala seconde turns into double pirouette. If those are not mastered yet, sign up for Skills 101. This class will not be a breakdown of skills, but advancing into harder skills and doing more difficult turn/jump/leap combos across the floor. If you are unsure if your dancer is ready for this class, email me.

### **Serious Stretching (6th grade and up) w/ Amy**

A class dedicated to stretching and improving flexibility.

### **Improv (6th grade & up) w/ Shaeden**

A class for creative expression through movement. Dancers use their own imagination and creativity to improvise across the floor using prompts from their instructor.

### **Dance Power (8th grade and up, plus 7th graders on Elite teams) w/ Shaeden**

This class delivers a functional full body workout that focuses on endurance while also building muscle rather than toning. Mondays are usually leg focused and Wednesdays are arms/abs. This class also teaches dancers how to workout outside of the studio. This class is DIFFICULT! Be prepared for a tough workout. Dancers must eat beforehand and be hydrated. Wrist/ankle weights are also highly recommended.

### **Killer Kick (For grades 6-12, mandatory for Starmakers) w/ Alicia (4-7th) & Aimee (8th and up)**

This class will help prep dancers for the upcoming season! We will focus on building kick technique, height and endurance. This class will be tough, but our dancers are up for the challenge!

| <b>SUMMER SCHEDULE</b> |                                     |                                      |                  |                   |
|------------------------|-------------------------------------|--------------------------------------|------------------|-------------------|
| <b>Class Dates</b>     | <b>Day &amp; Time</b>               | <b>Class Name</b>                    | <b>Age Group</b> | <b>Instructor</b> |
| May 9-May 30           | Thursdays 6:00-7:00 pm              | Acro for Dance                       | 6th-12th grade   | Miranda           |
| May 15-June 26         | Wednesdays 5:00-5:45 pm             | Ballet for Dance Team: High School   | 9th-12th grade   | Amy               |
| May 15-June 26         | Wednesday 5:45-6:45 pm              | Advanced Turns & Jumps               | 6-12th grade     | Amy               |
| May 15-June 26         | Wednesday 6:45-7:30 pm              | Ballet for Dance Team: Middle School | 6-8th grade      | Amy               |
| May 15-June 26         | Wednesday 7:30-8:30 pm              | Skills 101                           | 6-12th           | Amy               |
| June 5-June 26         | Wednesday 8:30-9:15                 | Serious Stretching                   | 6-12th           | Amy               |
| June 3-June 25         | Monday & Tuesday 9:00-10:00 am      | Technique                            | 2-5th            | Alicia            |
| June 3-June 25         | Monday & Tuesday 10:00-11:00 am     | Strength, Stretch & Cardio           | 6-12th           | Alicia            |
| June 6-June 27         | Thursdays 6:00-7:00 pm              | Acro for Dance                       | 7-12th           | Miranda           |
| June 6-June 27         | Thursdays 7:00-7:45 pm              | Acro for Dance                       | 2-6th            | Miranda           |
| June 15                | Saturday 9:00-11:30 am              | TSwift Inspired Dance Camp           | PreK             | Alicia            |
| June 15                | Saturday 12:00-2:30 pm              | TSwift Inspired Dance Camp           | K-1st            | Alicia            |
| July 8-July 31         | Mon/Wed 5:00-6:00                   | Dance Power                          | 8-12th           | Shaeden           |
| July 10-July 31        | Wed 5:00-5:45                       | Improv                               | 6-12th           | Shaeden           |
| July 11-August 1       | Thursdays 6:00-7:00 pm              | Acro for Dance                       | 7-12th           | Miranda           |
| July 11-August 1       | Thursdays 7:00-7:45 pm              | Acro for Dance                       | 2-6th            | Miranda           |
| July 18-July 20        | Thursday, Friday & Saturday         | JFK YOUTH CAMP                       | K-9th            | Area Staff        |
| July 22-August 13      | Mondays & Tuesdays 9:00-10:00 am    | Technique                            | 2-5th            | Alicia            |
| July 22-August 13      | Mondays & Tuesdays 10:00-11:00 am   | Killer Kick                          | 4-7th            | Alicia            |
| July 27                | Saturday 9:00-11:30 am              | Pajama Dance Camp                    | PreK             | Alicia            |
| July 27                | Saturday 12:00-2:30 pm              | Pajama Dance Camp                    | K-1st            | Alicia            |
| July 22-August 13      | Mondays & Tuesdays 11:00-12:00 pm   | Strength, Stretch & Cardio           | 6-12th           | Alicia            |
| August 6-August 15     | Tuesdays & Thursdays 10:00-11:00 am | Killer Kick                          | Rising Stars     | Aimee             |
| August 6-August 15     | Tuesdays & Thursdays 11:00-12:00 pm | Killer Kick (mandatory)              | Starmakers       | Aimee             |
| August 17              | Saturday 9:00-11:30 am              | Moana Inspired Dance Camp            | PreK             | Alicia            |
| August 17              | Saturday 12:00-2:30 pm              | Moana Inspired Dance Camp            | K-1st            | Alicia            |