

Hastings Just For Kix 2023-24 Class Descriptions

* Additional Core Class Requirement: Kick Class

** Both Kick and Jazz Class or Age Level Combo Class

16-24mos

Mini and Me - 30 mins per week (\$43/month)

This class is the perfect introduction to creative movement and dance with a parent helper! Dancers will learn basic dance movement and technique while also practicing following directions and socializing with others. This class lasts 30 minutes.

2-3 years (Teenys)

Teeny Kix - 30 mins per week (\$43/month)

This is a super fun class for 2 and 3 year olds. This class is available for special sessions and full year options. The class will incorporate an introduction to ballet, kick, jazz, movement and stretching. We will learn 1 routine per "session" and perform at the corresponding show (halloween, winter, love, spring shows). This class will last 30 minutes.

Tumble with Me - 30 mins per week (\$43/month)

Tumble with Me is a base intro to gymnastics class with the help of a parent's participation. We work on basic movements and skills. We will also work some strength, flexibility and movement aspects that go hand in hand with dance and gymnastics. We also try to progress as a class as far as the skills we work on throughout the season. Typically we are working to perfect forward rolls and cartwheels. This class is a non-performing class. This class lasts 30 minutes.

4-5 years (Petites)

Pre Petites - 30 mins per week (\$43/month)

This is the perfect class for preschoolers who are 4 and 5 years old. This class is available for special sessions (6 and 8 week) and full year options. We will introduce technique in ballet, kick, jazz, creative movement and stretching. We will learn 1 routine per "session" and perform at the corresponding show (halloween, winter, love, spring shows). This class will last 30 minutes.

Petite Dance and Tumble - 30 mins per week (\$129/winter 8 week, \$161.25/ spring 10 week session)

Petite Dance and Tumble is an intro to gymnastics class. We will work on basic movements and skills. We will also work on some strength, flexibility, and movement aspects that go hand in hand with dance and gymnastics. We will alternate between dance and tumbling throughout the season and perform at all of the shows. This class will last 30 minutes.

Kindergarten and 1st Grade (Firecrackers)

Wee-Petite - 45 mins per week (\$46/month)

This class is a performance only core class for K-1st grade dancers. We will focus on basic jazz and kick technique while also incorporating ballet, creative movement and stretching. This class will learn different routines for each show but will not go to any competitions. This class will last 45 minutes.

Firecrackers - 1 hr per week (\$46/month)

This class is a fun, high energy class for K-1st graders and is our core class for this age group. We will focus on basic jazz and kick technique while also incorporating ballet, creative movement and stretching. This class will learn a variety of different routines for performances as well as attend one local competition and compete their jazz routine at a TWD competition.

Firecracker Hip Hop - 30 mins per week (\$64.50/6 week session)

This is a super fun hip hop class for K-1st graders. This class is available in Special Sessions throughout the season (Halloween, Winter, Spring). The focus of this class is hip hop choreography and movement. This class will only perform at the shows and lasts 30 minutes.

Firecracker Tumbling - 30 mins per week (\$129/8 week session)

This class is perfect for any Kindergarten or 1st grader interested in gymnastics. This is an Acro and Tumbling class for dancers in K-1st grade. Dancers will learn proper technique, with injury prevention in mind, for skills such as bridges, cartwheels, handstands, somersaults and different variations of each skill throughout the season. This class does not perform and will last 30 minutes.

2nd-3rd Grade (Wees)

Wee Combo - 1 hr per week (\$46/month)

This class is our core class for dancers in 2nd and 3rd grade. We will focus on jazz and kick technique and choreography while also incorporating ballet, stretching, and strengthening. This class will learn a variety of routines to be performed at shows and TWD competitions. Wee Combo classes are 1 hour long.

Wee Acro/Tumbling/Dance - 45 mins per week (\$69/month)

This class is for 2nd-5th graders interested primarily in Acro/Tumbling. Dancers will learn proper technique, with injury prevention in mind, for skills such as bridges, cartwheels, handstands, somersaults and different variations of each skill throughout the season, with each class being 45 minutes long. **This class will perform an Acrobatic dance at our Stage Show and Spring Show in April/May.**

****Wee Lyrical - 30 mins per week (\$86/8 week session)**

This class is a great option for 2nd and 3rd grade dancers. Wee Lyrical is separated into 3 special sessions where we will learn different routines and perform them for all 3 shows. The Winter and Spring sessions will include opportunities to compete the routines at TWD competitions as well. Each class is 30 minutes long and focuses on lyrical and ballet technique and choreography. **Dancers need to be in Firecrackers or Wee Combo to take this class as well.**

Wee Pom - 30 mins per week (\$64.50/6 week session)

Wee Pom is a high energy class for 2nd and 3rd graders. This class runs for 30 minutes and focuses on Pom technique and choreography. The Wee Pom class has 3 special sessions (winter, competition, spring) that begin in November. This class will perform their routines at our shows and TWD competitions.

Wee Hip Hop - 30 mins per week (\$64.50/6 week session)

Wee Hip Hop is a high energy class for 2nd and 3rd graders. This class runs for 30 minutes and focuses on Hip Hop technique and choreography. The Wee Hip Hop class has 3 special sessions (winter, competition, spring) that begin in November. This class will perform their routines at our shows and TWD competitions.

4th-5th Grade (Minis)

Mini Combo - 1.5 hours per week (\$63/month)

This class is our core class for dancers in 4th and 5th grade. We will focus on jazz and kick technique and choreography while also incorporating ballet, stretching, and strengthening. This class will learn a variety of routines to be performed at shows and TWD competitions. Mini Combo classes are 1 hour and 30 minutes long.

Wee Acro/Tumbling/Dance - 45 mins per week (\$69/month)

This class is for 2nd-5th graders interested primarily in Acro/Tumbling. Dancers will learn proper technique, with injury prevention in mind, for skills such as bridges, cartwheels, handstands, somersaults and different variations of each skill throughout the season, with each class being 45 minutes long. This class will perform an Acrobatic dance at our Stage Show and Spring Show in April/May.

****Mini Lyrical - 45 mins per week (\$69/ 6 week session, \$92/8 week session)**

This Mini Lyrical is for 4th and 5th graders. Mini Lyrical is separated into 3 special sessions where we will learn different routines and perform them for our Winter and Spring Shows. The Winter and Spring sessions will include opportunities to compete the routines at TWD competitions as well. Each class is 45 minutes long and focuses on lyrical and ballet technique and choreography. **Dancers need to be in Mini Combo to take this class as well.**

Mini Pom - 45 mins per week (\$69/6 week session, \$92/8 week session)

Mini Pom is a high energy class for 4th and 5th graders. This class runs for 45 minutes and focuses on Pom technique and choreography. The Mini Pom class has 3 special sessions (winter, competition, spring) that begin in November. This class will perform their routines at our shows and TWD competitions.

Mini Hip Hop - 45 mins per week (\$46/month)

Mini Hip Hop is a high energy class for 4th and 5th graders. This class runs for 45 minutes and focuses on Hip Hop technique and choreography. The Mini Hip Hop class has 3 special sessions (winter, competition, spring) that begin in November. This class will perform their routines at our shows and TWD competitions.

Boys Hip Hop - 45 mins per week (\$46/month)

Boys Hip Hop is a popular high energy class for 2nd-6th grade boys. This class focuses on Hip Hop technique and choreography for 45 minutes. These dancers will perform a variety of routines at our shows and TWD competitions.

6th-8th Grade (Middles)

Middle Kix - 1 hr per week (\$46/month)

This is our Core Kick class for dancers in 6th-8th grade. This class meets for 1 hour per week. The primary focus of this class will be Precision Kick, a very competitive and popular style of dance for High School dance teams. This class will also incorporate some Jazz technique, stretching and strengthening. Middle Kix will perform their routines in our shows as well as TWD competitions.

***Middle Jazz - 1 hr per week (\$46/month)**

This is a Jazz Class for dancers in 6th-8th grade. The focus of this 1 hour class will be Jazz choreography, expression, movement, and technique. Ballet, stretching and strengthening will also be implemented. This class will perform their routines in our shows as well as TWD competitions.

Junior Acro - 1 hr per week (\$138/8 week session)

This is an Acro and Tumbling class for Beginner/Intermediate 6th thru 12th grade Acro dancers. We will be working strength, conditioning and flexibility to achieve Acrobatic Arts skills in Levels 1-4. For a more Intermediate/Advanced Acro dancer, this class would be great to go back to basics and work on strength and conditioning for higher level skills.

****Middle Lyrical - 1 hr per week (\$46/month)**

This is a Lyrical class for 6-8th grade dancers. We will focus on exploring lyrical and ballet technique and choreography while also incorporating stretching, strengthening, and skills work. This class will perform their routines at our shows and TWD competitions. This class is 1 hour long. **Dancers need to be in Middle Combo to take this class as well.**

Middle Pom - 1 hr per week (\$46/month)

This is a 6th-8th grade level Pom class. This class focuses on Pom technique and choreography while incorporating stretching, strengthening, and skills work. This class is 1 hour long and will perform at our shows and TWD competitions.

Middle Hip Hop - 1 hr per week (\$46/month)

This class is for 6th-8th grade dancers interested in Hip Hop. This class will focus on Hip Hop technique and choreography while incorporating isolations, skills work, and strengthening. This 1 hour long class will perform at our shows and TWD competitions.

Turn Analysis/Technique - 45 mins per week (\$46/month)

This is a non performance class for 6th-12th grade dancers. Dancers will focus on turn technique supported by strengthening and drills. The coach meets each dancer where they are at and is there to provide individual feedback to allow dancers to progress. This class is 45 minutes of turn analysis and technique.

9th-12th (Seniors)

Senior Kix- 1 hr per week (\$46/month)

This is our Core Kick class for dancers in 9-12th grade. This class meets for 1 hour per week. The primary focus of this class will be Precision Kick, a very competitive and popular style of dance for High School dance teams. This class will also incorporate some Jazz technique, stretching and strengthening. Senior Kix will perform their routines in our shows as well as TWD competitions

***Senior Jazz - 1 hr per week (\$46/month)**

This is a Jazz Class for dancers in 9th-12th grade. The focus of this 1 hour class will be Jazz choreography, expression, movement, and technique. Ballet, stretching and strengthening will also be implemented. This class will perform their routines in our shows as well as TWD competitions.

Junior Acro - 1 hr per week (\$138/8 week session)

This is an Acro and Tumbling class for Beginner/Intermediate 6th-12th grade Acro dancers. We will be working strength, conditioning and flexibility to achieve Acrobatic Arts skills in Levels 1-4. For a more Intermediate/Advanced Acro dancer, this class would be great to go back to basics and work more on strength and conditioning for higher level skills.

****Senior Lyrical - 1 hr per week (\$46/month)**

This is a Lyrical class for 9th-12th grade dancers. We will focus on exploring lyrical and ballet technique and choreography while also incorporating stretching, strengthening, and skills work. This class will perform their routines at our shows and TWD competitions. This class is 1 hour long. **Dancers need to be in Senior Kix and Senior Jazz to take this class as well.**

Senior Pom - 1 hr per week (\$46/month)

This is a 9th-12th grade level Pom class. This class focuses on Pom technique and choreography while incorporating stretching, strengthening, and skills work. This class is 1 hour long and will perform at our shows and TWD competitions.

Senior Hip Hop - 1 hr per week (\$46/month)

This class is for 9th-12th grade dancers interested in Hip Hop. This class will focus on Hip Hop technique and choreography while incorporating isolations, skills work, and strengthening. This 1 hour long class will perform at our shows and TWD competitions.

Turn Analysis/Technique (\$46/month)

This is a non performance class for 6th-12th grade dancers. Dancers will focus on turn technique supported by strengthening and drills. The coach meets each dancer where they are at and is there to provide individual feedback to allow dancers to progress. This class is 45 minutes of turn analysis and technique.

Other Options

K-5th Adaptive Acro/Tumbling (\$129/8 weeks)

Adaptive Acro/Tumbling offers an inclusive environment for individuals of all abilities and needs- modifying Acro and Tumbling instruction to meet the needs of diverse learners, and hands-on practice and experience in the studio. This class is a non-performing class and will last 30 minutes. *Our Studio is located upstairs of an older building and unfortunately has no elevator or ramp.*

Boys Hip Hop (\$46/month)

Boys Hip Hop is a popular high energy class for 2nd-6th grade boys. This class focuses on Hip Hop technique and choreography for 45 minutes. These dancers will perform a variety of routines at our shows and TWD competitions.

Private Lessons (\$60/hour)

Private Lessons are available for 2nd-12th graders who want to further their technique and skills. We can structure these based on what the dancer wants to improve on focusing on strengthening, conditioning, balance, and technique. Packages are purchased in 1 hr, 2 hr, and 4 hr increments and scheduled outside of class time. Private Lessons are also used for SDS cleaning practices.

Solo, Duet, Small Groups 2nd-12th

Solo Choreography Package (\$250)

This package includes professional choreography at our Studio and 2 hours of private lessons to learn the choreography for a Solo. Additional Private Lessons will need to be purchased for cleaning the routine or meeting with the Choreographer. Recommended to purchase the 4 hour private lesson package and spread out cleaning throughout the season.

Duet Choreography Package (\$150/dancer)

This package includes professional choreography at our Studio and 2 hours of private lessons to learn the choreography for a Duet. Additional Private Lessons will need to be purchased for cleaning the routine or meeting with the Choreographer. Recommended to purchase the 4 hour private lesson package and spread out cleaning throughout the season.

Small Group Choreography Package (\$150/dancer)

This package includes professional choreography at our Studio and 2 hours of private lessons to learn the choreography for a Small Group (3-8 dancers). Additional Private Lessons will need to be purchased for cleaning the routine or meeting with the Choreographer. Recommended to purchase the 4 hour private lesson package and spread out cleaning throughout the season.