



## Move It Dance Project is Back!!!

Please feel free to contact Alicia Smith-Kirk at 440-444-4608 or at [moveitdp@gmail.com](mailto:moveitdp@gmail.com) with any questions!

### PRE-BALLET & TAP

Wednesdays 4pm (age 3-5)  
45 min classes

*This class will focus on the basic fundamentals of terminology and body placement for the very young dancer. It will also incorporate personality expressions which will allow the dancers to utilize hand gestures and movements highlighting their musicality, rhythm and timing. A fun and exciting class that will make your little star shine.*

**Attire:** Black leotard, pink tights, pink ballet shoes and black tap shoes.

**Cost:** \$50 per 5-week session

### CHEER DANCE COMBO

Wednesdays 5pm (age 6-9)  
55 min classes

*Using popular children's music, this fun and exciting class consists of an introduction to basic technique of ballet, jazz, tumbling and cheer. Students will be introduced to splits, standing leg extension, strength, flexibility, rhythm, coordination and balance. Students will learn cheer dance choreography. Parents, watch your little dancing star light up the stage!*

**Attire:** Black leotard, black leggings, white socks, gym shoes or jazz shoes, hair secured away from face off neck and yoga mat.

**Cost:** \$50 per 5-week session

### JAZZ HIP HOP

Wednesdays 6pm (age 10-17)  
55 min classes

*This high-energy dance class incorporates hip-hop and other appropriate music with a rigorous upper and lower body warm-up to help students build strength and stamina for jazz dance technique, isolations and across the floor progressions. This class also prepares students for the fast paced street dances, rhythms and current fads creating a hip hop class culture. Join the fun, and be surprised as your "inner cool moves" evolve.*

**Attire:** Active wear, socks and gym shoes or jazz shoes.

**Cost:** \$50 per 5-week session

### ADULT DANCE & STRETCH

Wednesdays 7:15pm (age 18+)  
55 min classes

*This class is designed for the adult seeking a good workout while incorporating flexibility, stamina and dancing style. Dancers will learn jazz dance technique along with choreography to popular music of today and yesterday. This is a great opportunity for each participant to get in shape, while enjoying good music and developing your own personal dancing style. Join the fun!*

**Attire:** Active wear, socks and gym shoes or jazz shoes. Yoga mat & block optional.

**Cost:** \$50 per 5-week session



### CLASS DATES BY SESSION

WEDNESDAY—Program Session Dates

Session 1: Oct 9—Nov 6   Session 2: Nov 13—Dec 18   Session 3: Jan 8—Feb 5   Session 4: Feb 12—Mar 11   Session 5: Mar 18—Apr 15   Session 6: Apr 22—May 20



### PRINCESS BALLERINA

(age 3-5) 55 min classes

**Monthly Event - 2nd Fridays of each month at 6pm**

*Tutu's, Wands and Tiaras... Learn to dance like your favorite Fairy Princess!*

**Attire:** Dress in "cute" active wear like your favorite princess would go to class!

**Cost** \$15 per class

**STOP INTO THE BEREA RECREATION CENTER TO REGISTER FOR ANY OF THESE CLASSES!**

**ALL CLASSES ARE HELD AT THE BEREA RECREATION CENTER—451 FRONT STREET, BEREA, OH 44017**

**PRE-REGISTRATION IS REQUIRED - YOU DO NOT HAVE TO BE A RESIDENT OR A MEMBER OF THE BEREA REC TO TAKE THESE CLASSES**