

Building Confidence Through Dance



STRONG STUDIOS

Strong Dance Studios Spring/Summer Season – Class Schedule 2024

Effective Jan 2nd - June 14th | Schedule is subject to change | www.strongdancestudios.com | 714.821.5500

Auto Debit runs every 1st of the month, and the schedule below is subject to change!

Dancers must enroll **each** season. Enrollment does **not** roll over. Register on our website today!

To book your free trials, please create a parent portal with us at www.strongdancestudios.com, click "Register/Log-In", then give us a call at (714) 821 5500.

	STUDIO 1	STUDIO 2	STUDIO 3	Aerial Campus
MON	4:30 pm Beg. Jr. Hip Hop 5:30 pm Combo 6:30 pm Jazz 3 7:30 pm Jazz 4	3:30 pm Beg. Jr. Hip Hop 4:30 pm Ballet 2 5:30 pm Contemporary 1 6:30 pm Ballet Rep 7:30 pm Contemporary 3 8:30 pm Adv. Hip Hop	3:30 pm Ballet 1 4:30 pm Acro 1 5:30 pm Jazz 1 6:30 pm Ballet 3 7:30 pm Open Level Ballet Technique*	3:30 pm Intro to Aerial 4:30 pm Intro to Aerial 5:30 pm Intro to Aerial
TUES	4:30 pm Tap 1 5:30 pm Combo 6:30 pm Ballet 1 7:30 pm Pointe 1	3:30 pm Int. Hip-Hop (8+) 4:30 pm Contemporary 1 5:30 pm Jazz 2 6:30 pm Ballet 4 7:30 pm Contemp. 2 8:30 pm Jazz 5	3:30 pm Jazz 1 4:30 pm Ballet 3 5:30 pm Int. Broadway Bound 6:30 pm Beg. Broadway Bound 7:30 pm Adv. Broadway Bound	4:30 pm Intro to Aerial
WED	3:30 pm Combo 4:30 pm Tap 2 5:30 pm Combo 6:30 pm Combo 2 7:30 pm Musical Theater 2	3:30 pm Acro 1 4:30 pm Musical Theater 5:30 pm Ballet Technique (1-3) 6:30 pm Ballet 4 7:30 pm Ballet 5 8:30 pm Contemporary 4	4:30 pm Jazz 1 5:30 pm Ballet 1 6:30 pm Ballet 2 7:30 pm Adult Jazz (Ages 18+)	5:30 pm Intro to Aerial
THURS	3:30 pm Tap 2 4:30 pm Pointe Strengthening 5:30 pm Combo 6:30 pm Tap 4/5 7:30 pm Adaptive Dance 8:30 pm Adult Tap (Ages 18+)	3:30 pm Ballet 1 4:30 pm Contemporary 2/3 5:30 pm Jazz 1 6:30 pm Ballet 3 7:30 pm Ballet Technique (4-6)* 8:30 pm Pointe 2	3:30 pm Beg. Jr Hip Hop 4:30 pm Tap 3 5:30 pm Jazz 3 6:30 pm Jazz 2/3 7:30 pm Ballet 6 (Pointe Required)	3:30 pm Intro to Aerial 4:30 pm Intro to Aerial 5:30 pm Intro to Aerial
FRI	4:30 pm Academy Rehearsal 5:30 pm Academy Rehearsal 6:30 pm Academy Rehearsal 7:30 pm Adult Hip Hop (Ages 18+)	3:30 pm Latin Dance (5yrs+) 4:30 pm Academy Rehearsal 5:30 pm Academy Rehearsal 6:30 pm Academy Rehearsal 7:30 pm Academy Rehearsal	3:30 pm Beg. Broadway Bound 4:30 pm Hip Hop for Cheer Technique ONLY 5:30 pm Tap Technique (1-2) 6:30 pm Academy Rehearsal 7:30 pm Pointe Strengthening	
SAT	8:30 am Mini Team 9:30 am Combo 10:30 am Combo 11:30 am Tot Acro 12:30 pm Acro 1	9:30 am Beg. Turns & Leaps 10:30 am Int.Turns & Leaps 11:30 am Int/Adv Turns and Leaps 12:30 pm Acro 2 1:30 pm Production Team 2:30 Tap Technique (3-4) 3:30 pm Acro 3	9:30 am Jazz Technique (1-2) 10:30 am Jazz Technique (2-3) 11:30 am Contemporary 1 12:30 pm Dance Team 2:30 pm Acro 1/2	

		5:00 pm Strong Pre-Professional	
SUN	STUDIO 1 <i>Available for Studio Rental</i>	STUDIO 2 10:30 am - 2:30 pm <i>Birthday Party Rentals</i> 12:30 pm Pointe Strengthening 1:30 pm Ballet Tech. lvl 3/4	STUDIO 3 <i>Available for Studio Rental</i>

*Indicates 90-minute class

Looking for a class that's not on the schedule?

Invite your friends and we can start a new class with as few as 4-5 students! Our classes are based on age range, as well as ability. Please call the Front Desk today for class recommendations and to schedule your FREE trial class!

Class Descriptions

COMBO (Ages 2-5yrs+) At this age, dance should be all about FUN! Our 45 minute, wildly interactive class introduces the basics of Tumbling, Ballet, and Tap. Your child will learn terminology and basic dance technique while developing coordination, building confidence, and promoting self-esteem. This class also teaches social skills and how to participate in a classroom environment. **This is a performance class.**

COMBO 2 (Ages 5-7) A class that combines a half hour of tap and a half hour of jazz into one class. This class is perfect for the dancers who have recently been promoted from Combo 1 and also for 5-7 year old first and second year dancers. We will cover the same concepts being taught in Tap 1 and Jazz 1, but music and lesson plans will be geared toward younger learners. In the jazz segment, dancers will have the opportunity to explore various styles of jazz: traditional, Broadway jazz, jazz funk, and lyrical/contemporary styles. Going from Combo class to single subject classes is a big step - let your younger dancer shine in a class where they can be successful and confident! Concurrent enrollment in a Ballet 1 class is recommended. **This is a performance class.**

BALLET 1 (Ages 5yrs+) At this age, your child is ready to develop more deeply into traditional ballet technique. This hour-long class will help your dancer develop strength, balance, coordination, flexibility, and proper alignment through barre and center floor exercises, all while practicing decorum. We recommend this class as a starting point to all dancers new to Ballet technique. **This is a performance class.**

BALLET (Levels 2-6 & Pointe 1-2/Pointe Strengthening) Dancers will progress through our curriculum-based program based on ability level. Our classes will explore classical ballet technique through barre and center floor exercises and progressions. After being recognized for accomplishments in technique as well as terminology-based achievements, the student will be promoted to the next level. **This is a performance class.**

OPEN LEVEL BALLET (Ages 7+) Students will be exposed to a variety of challenging combinations with options for both lower and upper levels. Students can dance at their own level and choose the option that suits them best. This differentiation allows students to dance within their comfort zone and challenge themselves accordingly. This is a great class if you have never taken dance before and want to explore this style. **This is a technique class.**

BALLET TECHNIQUE (Levels 1-3, 4-6) Students will be exposed to a variety of challenging combinations with options for both lower and upper levels. Students can dance at their own level and choose the option that suits them best. This differentiation allows students to dance within their comfort zone and challenge themselves accordingly. The advanced Ballet technique class will be a 90 minute class which will include a full bar, Adagio, and Allegro. **This is a technique class.**

BALLET REPERTOIRE (Ages 10+) Learn the famous variations classical companies do! We teach the history of the piece, its evolution over time, the differences between companies, and show you the legendary choreography of the original ballet masters. **This is a performance class.**

JAZZ (Levels 1-5) Dancers will progress through our curriculum-based program based on ability level. Our classes will explore classical jazz technique through strength building, flexibility, floor progressions, and combinations. After being recognized for accomplishments in technique as well as terminology-based achievements, the student will be promoted to the next level. **This is a performance class.**

JAZZ TECHNIQUE (Levels 1-2, 2-3) Students will be exposed to a variety of challenging combinations with options for both lower and upper levels. Students can dance at their own level and choose the option that suits them best. This differentiation allows students to dance within their comfort zone and challenge themselves accordingly. **This is a technique class.**

ADULT JAZZ (Ages Teen+) Have fun and get your workout in at the same time! This class is designed for adults to learn Jazz technique in a comfortable environment. Whether you danced when you were younger, or never before, this class will help you burn calories and have fun at the same time! **Performance not required.**

TURNS AND LEAPS (Beg Ages 5+) This is a beginning level class that focuses on building strength, mobility and technique for tricks. This is a technique class only that will not perform in our show but will enhance our dancers' skills for their performances in Ballet, Jazz, Contemporary and others! **This is a technique class.**

TURNS AND LEAPS (Int/Adv by promotion only) This is an intermediate level class that focuses on building strength, mobility and technique for tricks. Multiple turns and more complicated leaps and combinations will be taught in this class. This is a technique class only that will not perform in our show but will enhance our dancers' skills for their performances in Ballet, Jazz, Contemporary and others! **This is a technique class.**

POM (Ages 5+) Introduction to cheerleading and POM style dancing! Uses basic jazz and pop/hip hop technique, may include some tumbling. **This is a performance class.**

DANCE TEAM (Ages 5+) Introduction to dance team style dance like you would see on a high school or college dance team. Very similar to Jazz, but specific to dance team style with lots of turns, kicks, and leaps. This is an ideal class if you are currently on a high school or college dance team, or are hoping to join one. **This is a performance class.**

MUSICAL THEATER 1 (Ages 5+) & MUSICAL THEATER 2 (Ages 10+) Students will explore the world of musical theater - acting, singing, and dancing will be included in this super fun, high-energy, interactive class. **This is a performance class.**

BEGINNING BROADWAY BOUND (Ages 7+), INTERMEDIATE BROADWAY BOUND (Ages 8+), ADVANCED BROADWAY BOUND (Ages 11+) Students will explore Broadway style dance as seen in Musical Theater productions. Students will participate in themed performances of popular musicals like Six, Cats, Grease, Newsies, etc. Previous experience in Jazz is highly recommended. **This is a performance class.**

CONTEMPORARY (Ages 5+) Dancers will explore lyrical as well as more percussive styles of contemporary technique through strength building, flexibility, floor progressions, and combinations. Students will also explore floorwork and improvisation. An understanding of Ballet technique is a prerequisite in order to get the most out of this class. Dancers will learn to be expressive through movement and will also be encouraged to develop their own sense of personal style. **This is a performance class.**

TAP (Levels 1-5) Dancers will progress through our curriculum-based program based on ability level. Dancers will explore Rhythmic as well as Broadway styles of Tap technique, and will gain an understanding of musicality which carries over and is beneficial to every style of dance. **This is a performance class.**

TAP TECHNIQUE (Levels 1-2, 3-4) Students will be exposed to a variety of challenging combinations with options for both lower and upper levels. Students can dance at their own level and choose the option that suits them best. This differentiation allows students to dance within their comfort zone and challenge themselves accordingly. **This is a technique class.**

ADULT TAP (Beg/Int Ages Teen+) Have fun and get your workout in at the same time! This class is designed for adults to learn tap technique in a comfortable environment. Beginning and Advanced levels available. Whether you danced when you were younger, or never before, this class will help you burn calories and have fun at the same time! **Performance not required.**

Junior HIP HOP (Ages 4-8) This introductory level hip hop class works on musicality, coordination, strength, flexibility, and classroom etiquette through various games and activities designed to keep your young dancer engaged and entertained by having FUN! **This is a performance class.**

HIP HOP (Int/Adv) Dancers will progress through our curriculum-based program based on ability level. Our classes will explore Hip Hop technique through strength building, flexibility, floor progressions, and combinations. After being recognized for accomplishments in technique, the student will be promoted to the next level. **This is a performance class.**

HIP HOP for CHEER TECHNIQUE (Ages 9+) Hip Hop class for beginning cheerleaders, this fun movement technique class will occasionally offer poms to accompany short routines taught to be picked up quickly. A great class for dancers who may audition for cheer. Will also cover the basics of how to audition and is led by our very own USA Cheer Camp counselor Miss Katrina! **This is a performance class.**

ADULT HIP HOP (Ages 18+) Have fun and get your workout in at the same time! This class is designed for adults to learn Hip Hop technique in a comfortable environment. Whether you danced when you were younger, or never before, this class will help you burn calories and have fun at the same time! **Performance not required.**

LATIN DANCE (Ages 5+) Students will learn Latin style dance moves and combinations. This high-energy dance class will help students develop an appreciation for Latin music and dance. **This is a performance class.**

ACRO 1/2/3 (Ages 5+) and TOT ACRO (Ages 2-6) Students will learn basic tumbling moves in conjunction with stretching, mobility exercises, and conditioning. Tumbling curriculum includes but is not limited to forward and backward rolls, cartwheels, backbends, headstands, and handstands. Advanced Acro will work up to handsprings and aerials. **Acro is a technique class. Tot Acro is a performance class.**

INTRO TO AERIAL ARTS (Ages 8+) Students will learn basic aerial techniques on aerial hammock and silks. Emphasis will be on safety first, strengthening, and conditioning. Students will learn basic poses and sequences based on ability and desire. Later in the season, students will work on

performance techniques including longer sequences, musicality, and expression. **This is a performance class.**

ADAPTIVE DANCE (Ages 7+) This dance adaptive education class focuses on developmentally appropriate creative movement experiences for children of diverse abilities while honoring PL 94-142: Education of All Handicapped Children ACT (1975) and PL 108-446 Individual with Disabilities Education Act (2004). All dance educators are trained to provide safe instruction while adapting movement to meet the needs of students with diverse abilities and styles of learning through accommodations and modifications in order for students to fully experience all dance activities in a least restrictive environment. **This is a performance class.**

MINI TEAM (Ages 5+ by audition only) This is Strong's NEWEST performance team! Auditions will be in July prior to Nutcracker auditions. This team will perform two routines at various events throughout the year and recitals. This is a great way to boost your dancer's confidence and ability to work in a team! More information to come! **This is a performance class.**

PRODUCTION TEAM (Ages 5+ by audition only) Our Production team is our younger performance company. This group attends various workshops and performance opportunities and is made up of a younger group of advanced students. Last year's production team performed at both Knott's Berry Farm and Disneyland. Parents and family members receive access at a discounted rate.

PRE-PROFESSIONAL COMPANY (Ages 11-18 by audition only) Our Pre-Professional company is a year round, audition only program. This group attends various workshops, dance events, and performance opportunities throughout the season and is made up of an elite group of our most advanced dancers.

All students will have a minimum of **3 Performance Opportunities per Year!** We perform at local shows, senior centers, the OC fair, at our Summer Recital, and Annual Holiday Show featuring full-length Winter Nutcracker, and many more. We see more CONFIDENCE in all our dancers after each successful show!