

# dance

FALL/SPRING 2022/23

PRICES DO NOT INCLUDE \$45 ANNUAL REGISTRATION FEE



*"Dance is the  
Joy of Movement  
and the  
Heart of Life!"*

## Ages 2-5 | \$67 per month | Multiple Class Discounts Offered

Monday	4:00-4:50 pm	Ballet/Tap (3-5 yrs)	Taylor
Monday	5:00-5:50 pm	Ballet/Tap (3-5 yrs)	Taylor
Wednesday	10:00-10:50 am	Ballet/Tap (3-5 yrs)	Erika
Friday	5:40-6:30 pm	Ballet/Tap (3-5 yrs)	Taylor
Saturday	9:30-10:20 am	Ballet/Tap (3-5 yrs)	Lauren

## Ages 6-9 | \$70 per month | Multiple Class Discounts Offered

Monday	6:00-7:00 pm	Ballet/Tap	Erika
Monday	7:00-8:00 pm	Jazz/Lyrical	Erika
Tuesday	4:00-5:00 pm	Ballet	Christa
Wednesday	4:00-5:00 pm	Ballet/Tap	Chelsey
Wednesday	5:00-6:00 pm	Jazz/Lyrical	Chelsey
Wednesday	6:00-7:00 pm	Musical Theater (6 yrs & Up)	Lauren
Thursday	6:30-7:30 pm	Hip Hop	Erika
Friday	4:30-5:30 pm	Hip Hop	Erika

## Ages 10 & up | \$70 per month | Multiple Class Discounts Offered

Tuesday	5:00-6:00 pm	Ballet	Christa
Tuesday	6:00-7:00 pm	Jazz/Lyrical	Erika
Tuesday	7:00-8:00 pm	Hip Hop	Erika
Thursday	7:30-8:30 pm	Hip Hop (ADULT)	Erika

## Early Afternoon Options Ages 6 & up

\$70 per month | Multiple Class Discounts Offered

Wednesday	1:45-2:45 pm	Ballet (6 yrs & Up)	Erika
Wednesday	2:45-3:45	Jazz (6 yrs & Up)	Erika
Thursday	2:00-3:00 pm	Ballet (6 yrs & Up)	Erika
Thursday	3:00-4:00 pm	Jazz (6 yrs & Up)	Erika

# THE ROCK DANCE



205 MIKUS RD, | WEATHERFORD, TX 76087  
817-596-9689 | [www.TheRockofSports.com](http://www.TheRockofSports.com)

**NEW REQUIREMENTS:** Here at The Rock, we recognize Ballet is the foundation of all genre's of dance. We strive to develop dancers by building a strong foundation. In redeveloping our dance program, **we will be requiring all classes other than hip hop to also participate in a ballet class.** Our new pricing structure will allow for adding these classes to make it affordable for all.

**DANCE ATTIRE:** Moving forward, your dancer can now wear whatever color dance attire they would prefer. Requirements for attire are with the class descriptions below. We have many different styles of dance wear as well as footwear to outfit your dancer in something that they love and will want to learn and showcase their new skills in.

**Below is our class descriptions and any requirements your dancer may need:**

- **Ballet** The foundation of many dance genre's, ballet will maximize technique and longevity in a career of dance. Ballet teaches grace, poise, and the technique needed for all other areas of dance while improving posture, flexibility, fitness, balance, self-discipline, self-confidence, and more ... (no prerequisite class required, ballet shoes, leotard and tights required)
- **Ballet/Lyrical** This class combines techniques of classical ballet and modern dance with current forms of popular dance. Focus is on increasing flexibility and strength, rhythms and isolation of body parts, and expressing personal style ... (no prerequisite class required, ballet shoes, leotard and tights required)
- **Creative Movement** Come join us as we stomp our sillies out and sing and wiggle and dance and giggle with creative movement! Toddlers will begin to connect rhythm and movement and developing their sense of body awareness and control by engaging their love of imaginative play and music. This class will be a combination of singing, rhythm games, beginning dance and tumbling, and imaginative play.
- **Hip Hop** A high-energy class that teaches all different styles of hip hop such as popping, locking, tutting, and street style ... (no prerequisite class required, hip hop shoes or sneakers required)
- **Jazz** In this class, we will build upon our foundation of ballet. If you enjoy moving to the rhythm of high-energy music and learning to turn and leap, then this is the class for you! ... (Ballet required in conjunction with this class, leotard, tights and jazz shoes required)
- **Musical Theatre** Love dancing and have a flair for the dramatic? Join us for musical theatre! This class will be one half dance technique and one half improv and acting class. We will be working on a production number that combines acting and dancing skills learned throughout the year.. ... (Ballet required in conjunction with this class, leotard, tights and tap shoes required)
- **Turns & Techniques** to help improve their execution of leaps, turns, jumps and other dance skills/tricks, this class will focus on strength and flexibility, proper alignment as well as understanding of body awareness and mobility ... (Ballet required in conjunction with this class)
- **Fusion** This hour and 20 minute class provides the best of both worlds by combining gymnastics and dance in one class. Each class is provides 40 minutes of dance and 40 minutes of gymnastics.