

2024/2025 9 & UP CLASSES

ESOD's classes build on the foundations developed to build strength, control and flexibility - all while gaining confidence, with artistic expression and new styles. Students must be the appropriate class age by August 1st, 2024.

9 & UP

Ballet

Mondays 6:15 - 7:15
Thursdays 4:45 - 5:45

Lyrical*

*Must be enrolled in a ballet class

Mondays 7:15 - 8:00
Thursdays 6:45 - 7:30

Tap

Thursdays 7:30 - 8:15

Technique

Thursdays 5:45 - 6:45

Jazz

Mondays 7:00 - 7:45

Hip Hop

Mondays 6:00 - 6:45
Thursdays 7:15 - 8:00

Tumbling

Tuesdays 6:15 - 7:00
Thursdays 4:45 - 5:30

Big Dippers Cheer

Thursdays 7:00 - 7:45

Flips & Tricks

Tuesdays 7:00 - 7:45

PERFORMANCE TEAMS

Discover your love of dance at ESOD!
Performance Teams perform at community events
2 - 4 times throughout the season.
All Performance Teams have a one time
\$20 performance fee due at registration.
No invitation required!

Dancin' Dinos

Ages 6+ | Boys Only Hip Hop

Mondays 5:30 - 6:00

Shooting Stars

Ages 9+ | Jazz

Mondays 6:45 - 7:30

Twilights

Ages 6+ | Cheer

Wednesdays 6:00 - 7:00

SPECIALTY CLASSES

Strength & Conditioning

Mondays 7:30 - 8:15

Breakout Teens

Ages 13+ | Jazz/Lyrical

Mondays 7:15 - 8:15

No Boundaries

Ages 7+ | Children & adults with special needs
Mondays 4:45 - 5:30

FREE CLASSES

Free with enrollment in a tuition based class!

Steps of Praise

Ages 9+ | Jazz/Lyrical

Fridays 5:30 - 6:15

TUITION

TUITION IS DUE ON THE 15TH OF THE MONTH PRIOR.
TUITION THAT IS PAID AFTER THE 15TH WILL RESULT IN
A \$25 LATE FEE.

Registration Fee: (non-refundable)

NEW STUDENT: \$55

RETURNING STUDENT: \$35

SIBLINGS: \$15

Tuition:

30 MINUTE CLASS - \$65

45 MINUTE CLASS - \$75

1 HOUR CLASS - \$90

STEPS OF PRAISE - *FREE

*WITH ENROLLMENT IN A TUITION BASED CLASS



Classes begin Monday, August 19th!

*Schedule is subject to change.

2024/2025 9 & UP CLASSES

More Than Just Great Dancing![®]
Affiliated Dance Studios

Classes

9 & UP

Ballet: 1 hour class/\$90 per month

Introduces a new level of ballet movements and terminology as well as knowledge of how muscles work throughout movements. Each class incorporates a formal ballet warm-up, training of proper ballet technique and combinations using ballet movements and technique learned from prior classes in addition to this class.

Lyrical: 45 minute class/\$75 per month

This class explores emotional story telling through dance while keeping a strong focus of ballet. Each class incorporates proper training of technique and combinations using lyrical movements.

Jazz: 45 minute class/\$75 per month

This class introduces a new level of jazz movements and terminology as well as knowledge of how muscles work by focusing on strength and flexibility. Different jazz styles and performance techniques will be taught with an introduction of improvisation. Each class incorporates a warm-up, training of proper jazz technique and combinations using jazz movements.

Tap: 45 minute class/\$75 per month

Builds on Beginning Tap with added difficulty and faster tempos. Each class begins with a warm-up and contains introductory training and combinations incorporating both ballet and tap movement.

Hip Hop: 45 minute class/\$75 per month

This class introduces a new level of hip hop movements and terminology as well as additional tricks used in the hip hop form of dance. Different hip hop styles and performance techniques will be taught at a faster pace for exercise in choreography retention. Each class incorporates a warm-up, training of proper hip hop technique and combinations using hip hop movements.

Musical Theater: 45 minute class/\$75 per month

Students will dance and act to Broadway's favorite stories! Each class will incorporate a warm up, center floor and across the floor work, while learning how to act and show emotion while dancing.

Strength & Conditioning: 45 minute class/\$75 per month

This class is a full-body strength and conditioning class with cardio bursts designed to tone and improve endurance! Students will also learn proper nutrition and healthy, science based lifestyle habits that create strong, healthy bodies.

Technique: 1 hour class/\$90 per month

This class focuses on turns, leaps, stretching and strengthening with across the floor combinations. It is a nice addition to a regular level jazz class to really fine tune a dancers skills. Students looking to accelerate learning are encouraged to take this class. Each exercise is designed for you to respect your personal physical limitations as well as comfortably challenge yourself.

Steps of Praise: 45 minute class/FREE tuition

This jazz and lyrical based class is FREE of tuition and uses only Christian based music. Students will have a weekly devotional as well as a journal. Remaining class time will be spent stretching, warming up, across the floor and dancing!

Big Dippers Cheer: 45 minute class/\$75 per month

This class introduces students to basic level cheerleading. The students will begin with stretching and work on basic cheer jumps, basic tumbling, motions and beginner cheer stunts. Cheers, chants and dances will be learned that are age appropriate. This class will perform in our annual end of the year Recital.

Tumbling: 45 minute class/\$75 per month

This class introduces basic-intermediate level tumbling/acro movement. During each class, students will learn a variation of stretches to ready their body and improve flexibility, safety tumbling and learn tricks across the floor and center.

ENCORE

School of Dance

Register & view class days/times online!

www.encoreschoolofdance.com

