



## DANCE CLASS DESCRIPTIONS:

**BALLET:** A dance style that promotes grace and poise but requires hard work, strength, flexibility, patience, and dedication. It takes tremendous discipline and lots of practice to learn the proper technique and perform it well. Ballet is an important technical basis for all forms of dance, particularly jazz. Pointe is an advanced form of ballet that requires a student to take a minimum of two classes per week for a number of years before they will be strong enough to advance to Pointe.

**TAP:** Uses intricate footwork and sound to create rhythmic variations to accompany a variety of musical styles. Can also be performed acapella. Metal taps on the shoes create variety in tones and beats.

**JAZZ:** A dance style that is full of leaps, turns, energy, fast-paced moves, and which uses all the muscles in the body. This ballet based technique encompasses strength, flexibility, endurance, extension, and placement. Can be set to a variety of musical styles.

**HIP-HOP:** A free-form, street-style of jazz frequently seen in music videos and at clubs. This less technical jazz form is usually set to contemporary music.

**LYRICAL:** A blend of ballet and jazz is used to interpret the lyrics or emotion of a piece of music. Frequently set to ballads, classical, or alternative music.

**COMBO CLASSES:** Offer an introduction to two dance styles and are a good choice for young dancers who wish to experience a variety of dance forms while learning coordination and motor skills.

**POM PON:** A combination of cheerleading and dance. This fast-paced style focuses on strength, flexibility, and stamina. It is usually set to contemporary music.

**MODERN:** A dance technique designed to develop the mind, body and spirit to be an expressive communicator through movement. Structured technical exercises that condition the body for strength, coordination and flexibility are developed. Physical activities which focus on the aspects of space, time, shape, and movement dynamics are explored.

**ACRO DANCE:** Acro is a style of dance that incorporates both strength and flexibility. Students begin by learning basic skill progressions such as forward rolls, back bends, cartwheels and handstands - then gradually progress to learn skills such as front and back walk overs, back handsprings, and aerials. Acro is a great fundamental class that can be incorporated into all dance forms, and is very beneficial to those interested in cheerleading or dance team.

## FITNESS CLASS DESCRIPTIONS:



### YOGA

Instruction by: Dawn Priebe. Phone: (248) 408-2691; Email: yogasoul@aol.com  
For more information visit [www.yogasoullc.com](http://www.yogasoullc.com)

A blend of the Kundalini and Hatha disciplines. This class is a relaxing, therapeutic style of yoga focused on achieving calm, harmony, and core strength.

Drop-in style class. No pre-registration required. Classes run continuously year-round **on Tuesdays at 7:00 pm and Saturdays at 8:00am**. The fee is \$54 for a 6-class pass or \$12 per class.



### ZUMBA

Instruction by: Sanda Hartway Phone: (248)442-4917; Email: [sandalh@aol.com](mailto:sandalh@aol.com)

Zumba is the trademark name of a wildly popular form of aerobic exercise that is hailed as not only fun and energizing, but highly effective for burning calories. Zumba involves dance moves set to a Latin rhythm in classes that last one hour and are typically taught in a party atmosphere. Classes are fun, energizing and easy to follow, regardless of fitness level. **4 Week Sessions** run at various times throughout the year. Please contact Dancing Feats or the instructor for specifics.



### PILATES

Instruction by: Michelle Millman Phone: (248) 231-6987;  
Email: [mmjmillman@yahoo.com](mailto:mmjmillman@yahoo.com)

Michelle is a master teacher of the Pilates Method of Body Conditioning with forty years of experience teaching people of all ages and abilities how to move efficiently. She trained and taught the Classic Method of Pilates for Carola Trier, Romana Krazanovska and Clara Pilates in New York City while working in dance.

**Classes are held Tuesdays 9:30 - 10:30 AM - 5 class card = \$60**

A system of restorative floor exercise. It will work the body within its natural limits without forcing or stressing joints and muscles. It will strengthen the supporting muscles of the abdomen and torso. Students will gain an understanding of how to move efficiently without pain and they will gain energy, grace and control.



### HOOP DANCE

Instruction by: Jan Henry Phone: (248) 848-0515 ext. 2;  
Email: [hooptrainer@henryweb.net](mailto:hooptrainer@henryweb.net)

Jan is a ACSM Certified Health Fitness Specialist and you can read more about her at: [www.youhavemoxie.com](http://www.youhavemoxie.com). Contact Jan directly for info/rates/schedule and enrollment.

Hoopnotica is a full-body workout that also increases flexibility and body awareness. Students learn waist hooping, hip hooping and other body moves. When it's all fluid, they work on walking with the hoop and turning. Once comfortable with that, they learn to go from one move to the next.



## ETHNIC DANCE CLASS DESCRIPTIONS:



### **SPANISH DANCE: the Art of Flamenco**

**Instruction by: Michelle Millman**

Phone: (248) 231-6987

Email: [mmjjmillman@yahoo.com](mailto:mmjjmillman@yahoo.com)

Michelle studied Flamenco with Christina Scott, Maria del Carmen, Karen Ostrovitz and the American Spanish Dance Festival in Chicago. She has performed as a soloist and with Grupo España, the Festival Dancers, the Madame Cadillac Dance Theater and Moore and More Dances.

**Classes are held on Tuesdays and Fridays 10:30 - 11:45 AM - 5 class card = \$65**

Learn the graceful and powerful art of Spanish Dance. Instruction will focus on the basic elements: heel work, palmas (hand clapping), body line, arm work and castanets. Learn a traditional dance from Sevilla. Try new choreography performed with guitar accompaniment. Experience a broad range of cultural influences that make up this beautiful art form.



### **BOLLYWOOD**

Bollywood dancing is a commercial name for modern Indian dancing. It's a combination of classical Indian dance (which is the base), folk dancing such as Bhangra and sometimes has a Latino and Arabic influence. It's fun and very expressive and there's a lot of deep meaning behind music in the films. You can actually express what the music means, through the graceful movements of the body.

**Classes with Sonu Malik:** Call or email for class information and registration.

Phone: 248/719-1448; Email: [farmingtondanceacademy@gmail.com](mailto:farmingtondanceacademy@gmail.com)

To view Sonu's work, visit uTube and type in "sonu malik choreography"

**Classes with Reshma Das:** Call or email for class information and registration.

([www.Bollywoodspirit.com](http://www.Bollywoodspirit.com)), mobile no.(248-719-8563); Email: [reshma\\_das@hotmail.com](mailto:reshma_das@hotmail.com)



### **BALLROOM / SALSA DANCING**

**Instruction by: Rich Jarmillo** Phone: (248) 470-1931

Private lessons are available. Contact the instructor to arrange.



## **INFORMATION FOR**

### **PRE-SCHOOL DANCE OR COMBO DANCE CLASSES**

These classes are for 3-6 year old children who are now ready to begin dancing in earnest. They will learn basic steps and terminology. They will be trained in proper dance class etiquette and behavior. This includes an emphasis on adhering to the dress code, so please make sure your child is appropriately outfitted for class, including proper shoes and hairstyle (bun). The purpose of the dress code is to encourage concentration and minimize distractions. Uniformity in dancewear allows the teachers to assess how well the students are implementing the technique being taught, problems with alignment, and other important aspects of dance training.

Repetition is one of the key elements for success with pre-school dance students; the more they practice, the more confident they will feel. You will note that we do a lot of repetition in class from week to week. Please know that we are training muscle memory and building bodies to become strong, technically proficient dancers. Learning to dance is a process much like learning math or reading, where we first learn basics and gradually develop more complexity. We start by teaching easy steps and vocabulary, working on coordination and motor skills, and exploring patterns, spatial awareness, and rhythm. As time goes by, the steps become more difficult and the combinations more complex. It takes many years to become a “good” dancer. The more classes your child takes and the longer they stay with it, the better dancer they will become. Encouraging your child to practice at home and/or practicing with your child allows you to join in the dance experience. Consistent attendance in class is vital to their success.

Another key to success for your child is arriving at dance class early enough to be ready to start the class with the other students. We find children become stressed when they feel they are late. It is also important to them that they have their “dance” stuff (shoes, outfit, etc.) so please plan ahead to have these items in your car if you will be rushing to get to class.

## Separation From the Parent

The process of separating from the parent as the child attends dance class is an important accomplishment of pre-school children. As children mature, they begin to identify themselves as independent personalities. In separating from you - your child is learning:

- *to develop an interest in the activities of the dance class*
- *to feel comfortable with other children in the class*
- *to understand that his/her parent will come back and pick him/her up*
- *to understand that all parents leave their children & return for them.*

It is important to know that at times young children will explore the limits of attending dance class and say they don't want to go. This period may occur anytime, but it is usually short-lived. Here are some suggestions that might help you handle the situation:

- *Emphasize what the child is doing in dance class rather than what you do while he/she is in class. Don't allow them to get started on another activity that has to be "stopped" to go to dance class.*
- *Praise your child's progress in class and let them know how proud you are of their dancing, their classroom decorum, and their independence.*
- *Make sure your child knows that you expect them to be a "big" boy or girl by entering the classroom on their own.*
- *Ask the teacher for help in separation. We expect crying may sometimes occur.*

## It May Not Be the Right Time

If your child cries or resists, don't panic. If we push children and create stress, they may come to perceive dance class as a bad experience. That kind of negativity could make them apprehensive about dance for a long time. If you arrive at the studio and your child is resisting, please ask the teacher to allow you to enter the classroom with your child. You may then stay and encourage your child to participate when ready or actually "take" the class with him/her until you can see they are ready for you to leave the room. Hopefully after only one or two times of following this course of action, they will be comfortable without you in the room. Sometimes, we also have success allowing the child to come in alone but just sit and watch, with the teacher encouraging them to get up and join the class when they are ready. If, after several weeks of trying, it still is not working out, then your child may simply not be ready or may sincerely not like dance. At that point, we would encourage you to discontinue and try again the next dance season when your child is older.

## To Register for Discover Dance:

You must complete a registration form/waiver, available at the studio or online at [www.dancingfeats.net](http://www.dancingfeats.net).

If you register at the studio, you must pay the fee at the time of registration. We prefer check or cash.

If you register online, you must pay with credit card at the time of registration.

## ABOUT DANCING FEATS

Dancing Feats Dance Centre, established in 1997, is located near downtown Farmington, Michigan. We offer a full curriculum including tap, jazz, hiphop, ballet, pointe, pom pon, lyrical, modern, ballroom, acro, yoga and fitness classes in three air-conditioned teaching rooms. Our students range in age from two years to adult. We offer both multiple class and family discounts

Dancing Feats Dance Centre  
34769 Grand River  
Farmington, MI 48335

Phone: 248/473-8609  
Email: [info@dancingfeats.net](mailto:info@dancingfeats.net)  
Website: [www.dancingfeats.net](http://www.dancingfeats.net)  
Facebook: [www.facebook.com/dancingfeats](http://www.facebook.com/dancingfeats)

PH: (248) 473-8609 \*FARMINGTON, MICHIGAN

DANCINGFEATS



## DISCOVER DANCE

Ages 2-4 yrs



*Keep Dancing!*

Tel: 248/473-8609  
[www.dancingfeats.net](http://www.dancingfeats.net)

## CLASS DESCRIPTION

### DISCOVER DANCE

This non-recital class is intended for 2-4 year old children who are ready to be in a classroom environment. This means they must be able to follow verbal directions and be willing to participate in structured classroom activities. One Adult/Parent/Guardian is required to participate with their child.

The first few classes serve as an introductory phase to help students become comfortable with the overall dance experience, the classroom, their teacher, and their classmates. We focus on your child's coordination, listening skills, musical awareness, and developing imagination. We accomplish this through age-appropriate music and songs, simple stretching exercises and games in an environment of creativity. As the class progresses, we will introduce basic ballet movement and tumbling.

We offer four sessions throughout the year. To best prepare your child for later success in a pre-school dance class, we encourage you to take multiple sessions.

Class Times (Sept-May):  
Tuesdays 2:15-2:45 pm  
Thursdays 6:30-7:00 pm

Session 1:  
September 15-November 19, 2015  
Fee: \$65 for 11-week session

Session 2:  
January 12 – March 10, 2016  
(no class Feb 16, Feb 18)  
Fee: \$50 for 8-week session

Session 3:  
March 15 – May 10, 2016  
(no class April 5, April 7)  
Fee: \$50 for 8-week session

### SUMMER 2015 SESSION

June 24-August 12  
Wednesdays 6:00-6:30 PM  
Fee: \$45 for 8-week session

## POLICIES

### Dress Code:

Dance Attire is optional (leotard and tights). Otherwise, students should wear stretchy pants and a tee shirt.

Dance Shoes (ballet or jazz) are optional. Otherwise, students should wear socks and sneakers. Please be sure the bottom of the sneakers are cleaned off prior to entering the dance room.

### Attendance:

There are no make-up classes and no credit will be given for missed classes.

### Classroom Behavior:

1. **ALWAYS** bring child back when wandering.
2. Give child the **CHOICE** to follow directions or go in timeout.
3. **REMOVE** child from room immediately upon class disruption or failure to follow directions.

Thank you for helping to make the class run smoothly and creating a good experience for all.