

# Ann Catherine Cross School of Dance

S U M M E R 2 0 1 7

2017 WILL BE OUR BEST SUMMER YET! WE'VE PACKED THE SCHEDULE WITH A NEW BLEND OF TRADITIONAL STYLES AND NEW IDEAS!

*DANCE IS ALL ABOUT EVOLUTION. ACCSD IS LEADING THE WAY.*

## READY TO DANCE?

*Enroll in our new & improved  
8 Week Summer Session!*

## WANT TO TRY SOMETHING NEW?

*Enroll in any of our 5 Mini-Sessions,  
designed for dancers of all levels!*

## WE GOT YOU COVERED.

*DANCE WITH US!*



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# 8-WEEK SUMMER SESSION / 2017

## SMART START BABY! (18mo - 2.5)

**Mommy & Me Dance!** *Thurs 10-11am*

Our youngest class! You and your little one dance together in this fun and whimsical atmosphere. It's a great way to build memories and basic skills for both mommy and baby! Bright colors and big smiles are guaranteed!

## TINY TOTS (2-3)

**Girl Power!** *Wed 10:00am - 11:00am*

This class is for your energetic young one who needs to move! This class is fast-paced and packed full of exciting dances and games, teaching basic coordination and dance skills to your energizer bunny!

**Tutu Toddlers!** *Sat 9:30am - 10:30am*

For your little girl with a dream of being a ballerina, this class is her first introduction to the wonderful world of ballet. Each student receives a free tutu, and is encouraged to flaunt it!

## PRE-SCHOOL (3-5)

**Shooting Stars!** *Wed 4:00pm - 5:00pm*

This power-packed class combines Ballet, Tap, Jazz and Musical Theatre to give your child the total package! Every day is a new journey through the world of dance!

**Disney Dance Party!** *Fri 10:00am - 11:00am*

In this class, we move and groove to our favorite songs from our favorite Disney movies! We learn basic skills & coordination through the adventures of Disney characters and imagination!

**Broadway Baby!** *Thurs 4:00pm - 5:00pm*

Does your young one dream of her name in lights? This class is the place to be! We learn to sing, act, and dance and shine like never before! Her dreams will come to life!

**Pre-Ballet** *Fri 4:00pm - 5:00pm*

This class is a structured preparation for Ballet. Your child will learn the basic positions and movements, building the foundation for amazing technique and performing brilliance!

## CLASS DATES

**WEEK 1:** 6/19 - 6/24

**WEEK 2:** 6/26 - 7/1

**WEEK 3:** 7/10 - 7/15

**WEEK 4:** 7/17 - 7/22

**WEEK 5:** 7/24 - 7/29

**WEEK 6:** 7/31 - 8/5

**WEEK 7:** 8/7 - 8/12

**WEEK 8:** 8/14 - 8/18

## MINIS (6-8)

**Lyrical** *Mon 4:00pm - 5:00pm*

Dancers learn to make beautiful lines with emotion and connection to music. This class focuses on choreography and performance quality.

**Sassy Jazz** *Tues 4:00pm - 5:00pm*

This class is for the dancer who wants to be the BEST. Dancers learn confidence and high-energy performance while building their skills in leaps, turns, jumps and rhythm. Pure fun, pure power!

**High Energy! (w/ Juniors)** *Tues 5:00pm - 6:00pm*

This combined-level exercise class is a great way for your child to use that excess energy! Students never stop moving, building stamina and strength. A perfect dance workout for all skill levels and body types!

**Ballet** *Wed 5:00pm - 6:00pm*

Specially designed for Minis, this class builds the technique necessary to grow as a dancer and reach new heights in Ballet and beyond. Dancers strengthen feet, legs, back, and arms safely and effectively. A must for both the part-time and full-time dancer.

**Rhythm Tap** *Thurs 5:00pm - 6:00pm*

This class focuses on musicality, rhythm, and powerful performance quality. Students dance to the beat, and feel the rhythm in their feet!

**Boys' Jungle Gym** *Fri 11:00am - 12:00pm*

Specially designed for boys, this class teaches strength, coordination, and basic dance concepts in an atmosphere suited for their needs. Using props, games, and exercises, the possibilities are endless. This class is a great supplement to enhance sports performance.

**Hip-Hop** *Fri 5:00pm - 6:00pm*

This class explores the best of today's Hip-Hop trends with age-appropriate music. Work it out in a fun and empowering atmosphere!

\*The "DANCERS AT WORK" performance takes place on **8/19**. Saturday classes will not meet on that day. The 8th and final week of Saturday classes will be held on **8/26**.

Age groupings are general guidelines. The faculty reserves the right to determine the appropriate level for each student. It is important for students to be in a class that works best for their individual needs.

## JUNIORS (9-11)

**Lyrical Flow** *Mon 5:00pm - 6:00pm*

This class explores lyrical movement with an emphasis on flow, grace, and smooth transitions. Creative choreography is paired with passionate music.

**Ballet (w/ Teens)** *Mon 6:00pm - 7:00pm*

This combined-level class instills the core fundamentals of Ballet technique with a challenge. Teens help motivate and mentor the Juniors, building great relationships and amazing technique.

**High Energy! (w/ Teens)** *Tues 5:00pm - 6:00pm*

This combined-level exercise class is a great way to build stamina, confidence, and motivation! A perfect dance workout for all skill levels and body types!

**Jazz Fusion** *Tues 6:00pm - 7:00pm*

An innovative mixture of Jazz, Lyrical, and Modern. Emphasizing jumps, turns, leaps, rhythm, and quality, Jazz never felt so fierce! Let out your inner diva!

**Modern Precision (w/ Teens)** *Tues 7:00pm - 8:00pm*

This combined-level class is designed to cross the T's and dot the I's of Modern Technique. Dancers learn clarity and precision to create beautiful shapes and build strong bodies.

**Ballet** *Wed 6:00pm - 7:00pm*

Specially designed for Juniors, this class focuses on technique, flexibility, and a correct understanding of ballet movements, especially turns and jumps.

**Rhythm Tap** *Thurs 6:00pm - 7:00pm*

This tap class focuses on busting out amazing rhythms & accents with powerful performance quality in a fun environment! A great way to improve musicality for any dancer.

**Jazz Vogue (w/ Teens)** *Thurs 7:00pm - 8:00pm*

This combined-level class is a mix of Jazz and Vogue dancing. Students learn to slay the dance floor like never before. You better work, ladies!

**Hip-Hop** *Fri 6:00pm - 7:00pm*

This class explores Hip-Hop movement with age-appropriate music and awesome moves. Dancers perform complex rhythms and accents like a BOSS!

**Stretch (w/ Teens)** *Fri 7:00pm - 8:00pm*

This combined-level class uses that latest techniques to increase range of motion, enhancing extensions, and improving lines.

**Yoga** *Sat 11:00am - 12:00pm*

Our Yoga classes are designed to help heal the body from stress, tension, and tightness. Yoga is for the body and mind, finding balance and calm. This class is great for increasing body awareness and focus.

## TEENS (12+)

**Ballet (w/ Juniors)** *Mon 6:00pm - 7:00pm*

This combined-level class instills the core fundamentals of Ballet technique. Teens serve as mentors for Juniors, building friendships and responsibility.

**Barre Conditioning** *Mon 7:00pm - 8:00pm*

New to the scene, this class combines ballet-inspired barre work and exercise for strength and stamina. A great way to tone up and get that extra edge!

**Contemporary** *Mon 8:00pm - 9:00pm*

Contemporary builds technique and skill through cutting-edge choreography. Students hone their skill while telling their stories through movement.

**Modern Precision (w/ Juniors)** *Tues 7:00pm - 8:00pm*

This combined-level class is designed to cross the T's and dot the I's of Modern Technique. A great class to sharpen the tools of a powerful dancer.

**Classic Jazz** *Tues 8:00pm - 9:00pm*

Inspired by Broadway and Hollywood musicals, this class explores the movement of Jazz legends like Luigi, Bob Fosse, and more.

**Ballet** *Wed 7:00pm - 8:00pm*

Our most advanced Ballet class, students are challenged with complex barre combinations and demanding center movement.

**Pointe** *Wed 8:00pm - 9:00pm*

This class requires teacher approval. Pointe is for the experienced dancer with several years of Ballet training.

**Jazz Vogue (w/ Juniors)** *Thurs 7:00pm - 8:00pm*

This combined-level class is a mix of Jazz and the intricate style of vogue dancing. Learn to be fierce, fabulous, and slay the dance floor!

**Broadway Tap** *Thurs 8:00pm - 9:00pm*

Drawing from the rich Broadway tradition, dancers learn to apply style, grace, and ease in a tap class that is a pure classic gem!

**Stretch (w/ Juniors)** *Fri 7:00pm - 8:00pm*

This combined-level class uses that latest techniques to increase range of motion, enhancing extensions, and improving lines.

**Modern Hip-Hop** *Fri 8:00pm - 9:00pm*

This class is an innovative blend of Hip-Hop and Modern, broadening stylistic horizons in a new way!

**Yoga** *Sat 12:00pm - 1:00pm*

Yoga is for the body and mind, finding balance and calm. This class is great for increasing body awareness and focus.

# SUMMER MINI-SESSIONS 1-5

**SESSION 1** JULY 5-8, 2017

## PRE-SCHOOL (3-5)

**Pink Pirouettes!**

*4:00pm - 5:00pm*

This class is your little one's first introduction to the wonderful world of Ballet! Students learn basic skills in a fun and encouraging environment. They will never stop twirling!

## MINIS (6-8)

**Hip-Hop Stars!**

*5:00pm - 6:00pm*

Let your son or daughter shine in this high-energy fast-paced class chock full of rhythm, accents, and awesome music that parents will love!

## JUNIORS/TEENS (9+)

**Muscle Madness!**

*6:00pm - 7:00pm*

This class is all about building muscle. We use therabands, weights, and other methods to supercharge the dancer strength and power!

## JUNIORS/TEENS (9+)

**Stretching 101**

*7:00pm - 8:00pm*

This class is all about stretching. Students study the proper and safe ways to stretch, as well as how to develop a personal stretching plan to maximize their potential.

**SESSION 2** JULY 17-20, 2017

## MINIS (6-8)

**Young Ballerinas**

*11:00am - 12:30pm*

Dancers learn beginner basics of Ballet technique and style in a supportive and uplifting environment. This is a great way to prepare for the Fall Season Classes!

**SESSION 3** JULY 24-27, 2017

## JUNIORS (9-11)

**Young Ballerinas**

*11:00am - 12:30pm*

Dancers learn beginner and intermediate fundamentals Ballet technique and style in a supportive and uplifting environment. This is a great way to prepare for the Fall Season Classes!

**SESSION 4** AUGUST 22-25, 2017

## PRE-SCHOOL (3-5)

**Pink Pirouettes!**

*11:00am - 12:00pm*

This class is your little one's first introduction to the wonderful world of Ballet! Students learn basic skills in a fun and encouraging environment. They will never stop twirling!

## MINIS (6-8)

**High Energy!**

*12:00pm - 1:00pm*

This class is a great way to build stamina, confidence, and motivation! A perfect dance workout for beginner and advanced dancers alike! Get fit and motivated!

## JUNIORS (9-11)

**Push The Limit!**

*1:00pm - 2:00pm*

This class is a full-on cardio explosion! Dancers move their bodies and sweat it out with fun music and awesome body conditioning exercises! An awesome way to supplement and train for sports and dance alike!

## JUNIORS/TEENS (9+)

**Yoga Flow**

*2:00pm - 3:00pm*

This Yoga class focuses on moving smoothly through the postures, breathing, and proper alignment to build stability, flexibility, and stronger connection to movement from the inside out.

## TEENS (12+)

**JET Lab**

*3:00pm - 4:00pm*

JET stands for "JUMPS", "ENERGY" and "TURNS". Each class has a theme, and is focused on supercharging skills and power. This class is perfect for competition dancers and those looking to perfect their tricks and power skills!

**SESSION 5** AUGUST 29 - SEPTEMBER 1, 2017

## PRE-SCHOOL (3-5)

**Dance Basics I**

*9:00am - 10:30am*

This essential combination class introduces students to the necessary basics of Ballet, Tap, Jazz, and Lyrical. It is a great way for the new student to prepare for Fall classes, and can help the experienced student brush up on their skills.

## MINIS (6-8)

**Dance Basics II**

*10:30am - 12:00pm*

This essential combination class introduces students to the basics of Ballet, Tap, Jazz, and Lyrical. It is a great way for the new student to prepare for Fall classes, and can help the experienced student brush up on their skills.

## JUNIORS (9-11)

**Lyrical Expressions**

*12:00pm - 1:30pm*

Students will learn to connect to their emotions and storytelling through the beautiful flowing style of Lyrical dance. They will learn choreography to their favorite songs, and improve performance quality.

## JUNIORS/TEENS (9+)

**Hip-Hop Power!**

*1:30pm - 2:30pm*

This Hip-Hop mini-session is packed with high-energy Hip-Hop moves and surprises! Students can expect to sweat and get a great workout while busting out the newest trends in Hip-Hop today!

## TEENS (12+)

**Total Technique Insanity!**

*2:30pm - 4:30pm*

Designed for the motivated dancer, this class is a blitz of classical and contemporary technique, pushing dancers to their limits and beyond. With motivation and positivity, dancers will to places they never thought possible!