



1165 N. Fair Oaks Ave.
Sunnyvale, CA 94089
Ph: (408) 734-FLIP (408) 734-3547
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Twisters Recreational Dance for Boys & Girls (Ages 2.5-12 years old)

Our recreational dance for boys and girls is designed to provide your child with a fun, challenging, and positive dance experience. We are committed to developing the self-esteem of all our students, regardless of age or ability. The students will discover the world around them through movement and dance by experimenting with different ways to move their bodies. Twisters believes that our dance curriculum, combined with the Character Counts Program, will help your child build a healthy and character-driven lifestyle.

Hip Hop

Boys and girls will develop self-expression through hip hop music, while using the whole body to incorporate isolation and energetic movements together. Students will learn and build upon a large vocabulary in Hip Hop as it consists of many different styles of street dance.

Breakdancing

This class will teach students all aspects of Breaking: top rocking, ground shuffles, freezes, and power moves, as well as breaking terminology, rhythm, creativity, improvisation, and personal self-expression. Students will also develop interpersonal skills through social interaction by participating in friendly *cyphers* and *battles*.

Jazz

Our Jazz classes teach contemporary steps and technique, with the focus on posture, body alignment, flexibility, and strength. Jazz dance vocabulary will be taught through warm up, isolations, exercises across the floor and short combinations.

Ballet

Students will learn Ballet vocabulary, posture, body alignment, and graceful athleticism. Ballet is the foundation of most western dance forms and is essential for any student looking to pursue higher levels of dance such as Jazz, Contemporary, Lyrical, and others.

Contemporary

This is an all-inclusive class exploring the artistic mind and movement through a series of inquiry-based creative workshops, developing Contemporary techniques and ideas.

Creative Movement

The Creative Movement class is for children ages 2 ½-3 years (with parent participation) and, ages 4-5 years. This class will draw on your child's natural abilities, encouraging potential, nurturing inventiveness, and building physical confidence as movement vocabulary develops.

Please note that some classes may require a minimum of 3 students enrolled for the class to continue.



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Recreational Dance Class Schedule
 Effective February 25th, 2018

Recreational Dance for Boys & Girls

Day/Time	3:30-4:15	4:15-5:00	5:15-6:00	6:00-6:45
Monday	Little Pop Jazz	Junior Pop Jazz	Creative Movement (2.5-3yrs)	Creative Movement (4-5yrs)
Tuesday	Little Ballet	Junior Ballet	Creative Movement (2.5-3yrs)	Creative Movement (4-5yrs)
Wednesday	Little Breakers	Junior Breaking	5:00-5:45 Junior Breaking	
Thursday	Little Breakers	Junior Breaking	5:00-5:45 Int Hip Hop/ Break Choreo	
Friday	Little Hip Hop	Junior Hip Hop		
	9:00-9:45	10:00-10:45		
Saturday	Little Ballet	Junior Contemporary		

***Creative Movement** (Ages 2.5-3) 45 minutes \$72

*Parent Participation Required

Creative Movement (Ages 4-5) 45 minutes \$89

Little Dance (Ages 5-7) 45 minutes \$89

Junior Dance (Ages 8-12) 45 minutes \$96

Teen Dance (Ages 13-17) 45 minutes \$96

Annual Membership: Single \$50 / Family \$75



Have fun and groove to the music with dance! Dancing not only has numerous physical benefits, it also helps develop social and cognitive skills. Twisters' highly-experienced dance instructors will teach your kids the joy of living a healthy, active lifestyle in these exciting dance classes!

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