

2020-21 School Year
August 31, 2020-June 19, 2021

Mission Statement

At Rise Academy of Dance, we provide a nurturing, yet disciplined environment that allows students to achieve their individual goals and instills a lifelong appreciation for the art of dance. We implement a high standard of technique in our training, while also encouraging our students' own artistry and expression. Our goal is to inspire our students to become not only skilled dancers, but confident individuals as well. We are committed to developing self-esteem, cultivating creativity and building character within our dancers. Our hope is that every student will leave our school having the poise, discipline and passion to succeed in all aspects of their lives.

Why Choose Our Studio?

- *Owner has a formal dance education and professional experience within the dance industry
- *Highly qualified instructors
- *Personalized path for each students' individual goals
- *State-of-the-art facility, including sprung dance floor, mirrors, barres, and sound system
- *Variety of class styles: Preschool Dance, Ballet, Tap, Jazz, Hip Hop, Contemporary, Lyrical, Pom, Tap
- *Competitive and Performance Dance Teams
- *Classes work on technique, as well as developing self-esteem, cultivating creativity and building character within our dancers.
- *Excellent customer service and knowledgeable managers that create a family-friendly atmosphere
- *Competitive pricing
- *Central location in the South Bay makes it easily accessible for parents in surrounding communities.

Monthly In-Studio Tuition

Hours/Week	Monthly Rate
Single Class Rate	\$21
30 mins/week	\$50
45 mins/week	\$72
1 hour/week	\$80
2 hours/week	\$156
3 hours/week	\$228
4 hours/week	\$296
5 hours/week	\$360
6 hours+/week	\$400

Monthly Livestream Tuition

Single Drop-In Class	\$15
1 Class a week/month	\$60
2 Classes a week/month	\$116
3 Classes a week/month	\$168
4 Classes a week/month	\$216
5 Classes a week/month	\$260
6 Classes+ a week/month	\$300

*For Drop-In classes, we must receive your email request by 1:30pm on the class date.

Private Lessons

30 minutes In-Studio:	\$42
1 hour In-Studio:	\$84
40 minutes Virtual Private:	\$56

Studio Rentals & Birthday Parties

For studio rentals and birthday party inquiries, please call us for more information on our rates and policies.

The studio will be closed:

Labor Day: September 7, 2020
Thanksgiving Break: Nov. 23-Nov. 27, 2020
Winter Break: December 20th-January 2, 2021
Memorial Day: May 31, 2021

2020-2021 Class Schedule
FALL SESSION



Join us for another exciting
year of dance!

August 31st 2020-June 19th 2021

Fall Session:
August 31st-December 19th

To register, please call the studio or email us
at: RiseAcademyOfDance@gmail.com

234 S. Pacific Coast Hwy, Suite 107
Redondo Beach, CA 90277
(424) 257-8946

Class Descriptions

First Steps: Me & You (1.5-2.5 years) 30 minutes

In this Ballet/Tap class, parents help their toddlers move to the rhythm of the music. It focuses on developing children's gross motor skills in a fun, nurturing environment.

Tiny Dancers (2.5-3.5 years) 30 minutes

An extension of our First Steps Ballet/Tap class, without a parent in the room. Students continue to develop their gross motor skills while learning independence and classroom etiquette as well.

Creative Movement I/II (3-4 years, 4-5 years) 45 minutes

This Ballet/Tap class works on basic dance skills, coordination, and rhythm through the use of music, imagery and props. Learning these skills in a fun and entertaining fashion will establish an early appreciation for dance.

Dance Fusion Ballet/Tap & Ballet/Jazz (5-6 years) 1 hour

These classes expose students to multiple dance forms, which helps to stimulate and maintain their interest, while also creating a well-rounded dancer. Correct vocabulary, proper alignment and execution of movement, and sequential memorization will be emphasized.

Ballet 1 hour

Ballet offers a strong foundation for every other dance form. Structured around classical ballet training, these classes require a strong focus on technique. Exercises will build strength, flexibility, proper alignment, balance and coordination. Musicality and artistic expression will also be encouraged.

Jazz 1 hour

Jazz is a high-energy dance style, set to contemporary music, which combines elements of classical ballet and modern dance. Classes focus on body isolations, rhythmic accuracy, and sequential memorization, as well as building muscular strength and improving flexibility. Students will learn turns, leaps, jumps and other tricks.

Tap 30-45 minutes

Tap is a popular dance form that requires the dancer to create rhythms with the metal taps on his/her heels and toes. Classes focus on creating rhythms through percussive movement of one's own body. Proper tap technique will be taught as well as musicality, muscle control and coordination.

Lyrical 1 hour

Lyrical is a combination of a variety of dance styles- ballet, jazz, modern and contemporary dance. It focuses on interpreting music through emotional expression while combining the technical elements of these dance forms.

Hip Hop 45 minutes or 1 hour

This high-energy class teaches coordination, rhythm, strength, and personal style. Set to popular hip-hop music, students will learn basic body isolations, break dance skills, sequential memorization, and musicality.

Contemporary 1 hour

A fusion of classical ballet, modern and jazz dance, Contemporary relies on the strong, controlled legwork of Ballet, the isolations and emotions of Jazz, and the unpredictable change in rhythm, speed and movement sequencing characteristic in modern dance. Improvisation and personal interpretation are also highly encouraged.

Technique & Conditioning 1 hour

This class focuses primarily on building strength, increasing flexibility, and improving on the technical elements of ballet and jazz dance. It is a great addition for a dancer that wants to further improve their jumps, leaps, turns, and overall dance endurance. There is no recital routine associated with this class.

Adult Barre & Stretch (18+) 1 hour

A beginning/intermediate level class for adults. Using ballet barre technique, theraband resistance training, stretch techniques and dance cardio, this class will help you strengthen, tone and increase flexibility.

Tiny (4-6 yrs), Mini (6-9 yrs), & Jr Pom (10-12 yrs) 1 hour

Pom classes focus on basic jazz technique while also incorporating the fundamentals of PomPon dance. Students will learn to lead cheers and perform upbeat routines using precise, visual arm movements with the Poms, *This class does not include any gymnastics or tumbling. Offered Seasonally.

Dance Team Prep *Seasonal Workshops

For dancers looking to improve their chances of making their high school, all-star, collegiate or professional dance teams. Classes will not only focus on technical elements such as turns, leaps and jumps, but on performance quality, quick choreography retention, physical fitness, and audition techniques.

Private Lessons

One-on-one lessons tailored to your desired dance needs. Available to anyone looking to improve their technique, build strength and flexibility, and improve their physical fitness.

*Please note:

We need 4 students enrolled in a class before it can officially start. We are also limiting in-studio classes to a maximum of 9 students until the Covid-19 restrictions are lifted.

All classes have the option to be livestreamed should maximum in-studio capacity be reached, or by request.

*LS denotes Livestream Only Option

Instructors:

(N): Nicole Cohen
(K): Kristen Walker
(A): Arlin Busano
(C) Cameron Graham

Students MUST receive teacher approval before enrolling in Intermediate/Advanced Level Classes.

2020-2021 Class Schedule

Fall Session

Ages 2.5-3.5 years

Tiny Dancers Ballet/Tap (N) TBA

Ages 3.5-5 years

Creative Movement Ballet/Tap (N) Mon 2:00-2:45pm

Ages 5-6 years

Dance Fusion Ballet/Jazz (N) Weds 2:00-2:50pm

Ages 6-9 years (Beginning)

Ballet I (N) Mon 3:00-4:00pm
Jazz I (N) Mon 4:00-4:50pm
Hip Hop I & II (A) Fri 3:30-4:20pm
Tap I/II (A) Fri 3:00-3:30pm

Ages 10-12 years (Beginning/Intermediate)

Ballet II/III (N) Weds 3:00-4:00pm
Jazz II/III (N) Weds 4:00-4:50pm
Hip Hop III (C) Weds 8:00-8:45pm
Ballet IIIA (A) Fri 4:30-5:30pm
Jazz IIIA (A) Fri 5:30-6:30pm
Lyrical & Contemporary IIIA (A) Fri 6:30-7:20pm

Ages 11-14 years (Intermediate)

Tap III (A) Mon 7:00-7:45pm
Ballet IIIB & III/IV Tues 2:30-3:30pm
Jazz IIIB & III/IV Tues 3:30-4:20pm
Hip Hop III/IV (A) Tues 4:30-5:20pm
Hip Hop III (C) Weds 8:00-8:45pm
Ballet IIIB (N) Thurs 3:30-4:30pm
Jazz IIIB (N) Thurs 4:30-5:30pm
Lyrical IIIB (N) Thurs 5:30-6:20pm
Ballet IIIA (A) Fri 4:30-5:30pm
Jazz IIIA (A) Fri 5:30-6:20pm
Lyrical & Contemporary IIIA (A) Fri 6:30-7:20pm

Ages 11-14 years (Intermediate/Advanced) *All Classes Invite Only*

Tap III (A) Invite Mon 7:00-7:45pm
Contemporary III/IV (A) Mon 7:45-8:45pm
Ballet IIIB & III/IV (A) Tues 2:30-3:30pm
Jazz IIIB & III/IV (A) Tues 3:30-4:20pm
Hip Hop III/IV (A) Tues 4:30-5:20pm
Pre-Pointe (K) *LS* Weds 4:15-4:45pm
Ballet Tech III/IV & IV (K) *LS* Weds 4:45-5:40pm
Jazz Tech & Cond III/IV & IV (K) *LS* Weds 5:45-6:45pm
Hip Hop III (C) Weds 8:00-9:00pm

Ages 13-18 years (Advanced) *All Classes Invite Only*

Jazz Tech & Cond IV (A) Mon 5:00-6:00pm
Contemporary IV (A) Mon 6:00-6:50pm
Lyrical IV (N) Tues 5:30-6:30pm
Ballet Technique IV (N) Tues 6:30-7:30pm
Jazz IV (N) Tues 7:30-8:30pm
Pointe II (N) Tues 8:30-9:00pm
Hip Hop IV (C) Weds 7:00-7:50pm
Ballet IV (N) Thurs 6:30-7:30pm
Pointe I (N) Thurs 7:30-8:00pm