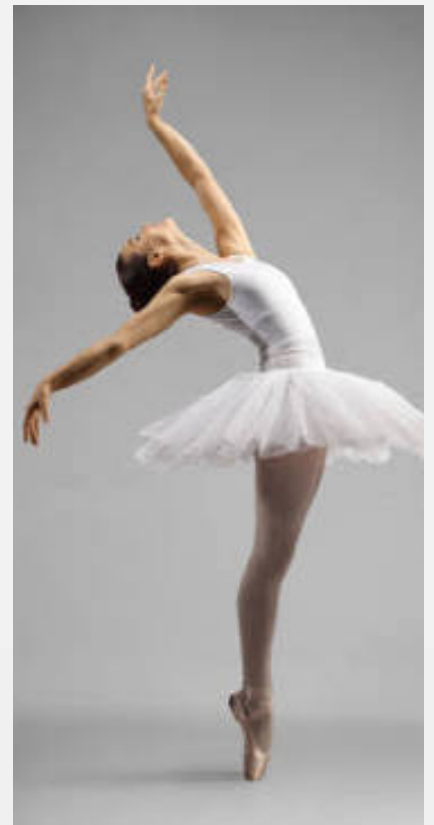


MOVEMENT

DANCE

EXPERIENCE DANCE
Fall 2026

ROCK**PREP** ENRICHMENT



In Him we **move.**

Acts 17:28

MOVEMENT

DANCE

ROCKPREP ENRICHMENT



ABOUT US

Movement Dance is a premier dance program dedicated to nurturing creativity, passion, and skill in dancers of all levels. Our experienced instructors offer a diverse range of dance styles and techniques, ensuring that every student receives excellent training in a supportive and inspiring environment.

Come **MOVE** with us!

CONFIDENCE

CREATIVITY

CONNECTION

www.RockPrep.rocks/classes/dance

IMPORTANT DATES

REGISTRATION OPENS

AUGUST 1

REGISTRATION OPENS FOR ALL STUDENTS.

Register online to secure your dancer's spot. Class space is limited.

CLASSES BEGIN/ DANCE FEST

AUGUST 18

CLASSES BEGIN AND CELEBRATE DANCE FEST.

Experience different styles of dance. Sample classes and see what dance is all about.

UNIFORM FITTING

AUGUST 25-26

GET PREPPED FOR CLASSES.

Find out about performance opportunities, finalize class schedules, and get measured for custom dancewear.

UNBOXING DAY

SEPTEMBER 8-9

UNPACK YOUR NEW UNIFORMS AND KICK OFF THE NEW DANCE YEAR IN STYLE.

Dancers receive uniforms in class and experience a mini dance photo shoot.

FULL DRESS - UNIFORMS REQUIRED

SEPTEMBER 15

WEAR YOUR DANCEWEAR TO ALL CLASSES.

Dancers must wear assigned attire to all classes unless otherwise specified.

MOVEMENT DANCE

PRE BALLET/TAP COMBO

PRE-K-KINDER

Pre-ballet classes are designed to introduce young children to the fundamentals of ballet in a fun and engaging way. Students will learn basic ballet positions, movements, and terminology, while also developing coordination, balance, and musicality. These classes often incorporate imaginative play and creative movement exercises to help young dancers explore their creativity and express themselves through dance.

Pre-tap classes are designed to introduce young children to the basics of tap dancing. Students will learn fundamental tap techniques while focusing on developing rhythm, coordination, and musicality in a fun, confidence-building environment. Students will also work on improving their balance, footwork, and performance skills.

LEVEL 1 BALLET

GRADES 1-3

Ballet I students focus on learning the basic ballet positions, terminology, and fundamental movements. This class is designed for those who are new to ballet or have little experience with the dance form. Students will work on developing strength, flexibility, coordination, and grace through a series of exercises and combinations. The class may also include barre work, center work, and across-the-floor sequences to help students improve their technique and artistry.

LEVEL 1 JAZZ

GRADES 1-3

Level I Jazz is perfect for those looking to learn the fundamentals of jazz dance in a fun and supportive environment. In this class, you will learn basic jazz dance techniques, including isolations, kicks, turns, and musicality. You will also work on improving your coordination, flexibility, and strength while dancing to upbeat and energetic music. Whether you're new to dance or have some experience, this class is designed to help you develop your skills and confidence in jazz dance.

LEVEL 2 BALLET

GRADES 4-6

Ballet II classes build upon the fundamentals learned in Level I classes. Students in Ballet II will further develop their ballet technique, including mastering more complex positions, movements, and combinations. The focus shifts towards refining coordination, strength, flexibility, and artistry. In addition to classical ballet exercises, students may also explore different ballet styles and variations. Overall, intermediate ballet classes provide a challenging yet rewarding environment for dancers to continue their training and growth in the art of ballet.

CONTEMPORARY

GRADES 4-6

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical, and classical ballet. In a contemporary dance class, students will focus on fluidity of movement, musicality, and emotional expression. This style encourages dancers to explore their own creativity and individuality through movement. Students can expect to work on strength, flexibility, and improvisation skills while learning choreography that challenges both the body and mind.

JAZZ TECHNIQUE

AGES 13+

In Jazz Technique, students will focus on developing their technical skills and mastering various dance movements.

The class will include a series of exercises and progressions aimed at improving strength, flexibility, coordination, and overall dance technique. Students can expect to learn and practice different combinations and sequences to enhance their dance abilities and performance quality.

Join the **MOVEMENT**

CLASSES & LESSONS

1st Class Rate	\$77/mo
2nd Class Rate	\$67/mo
3rd (+ Each Additional) Class Rate	\$62/mo
30m Lesson Rate (private & duet lessons)	\$148/mo

INCLUDED IN YOUR ENROLLMENT ARE MANY ADDITIONAL EVENTS INCLUDING: COMMUNITY OUTREACH, INDIVIDUAL AND COMBINED STUDIO RECITALS AND GROUP LEARNING OPPORTUNITIES.

UNIFORM & COSTUMES

Uniform	\$125 - \$200
Christmas *Costumes & Add-ons	approx. \$105
Spring *Costumes & Add-ons	approx. \$105

**Christmas and Spring Costume cost estimates are per class.*

LCCS SCHEDULE

TUESDAY

BYERS DANCE HALL (3RD FLOOR)

3:45-4:30 **PRE BALLET / TAP COMBO** (PRE-K-KINDER)

4:30-5:30 **LEVEL 2 BALLET** (GRADES 4-6)

5:30-6:30 **INTRO TO CONTEMPORARY** (GRADES 4-6)

INSTRUCTOR: GRACE MILLER

WEDNESDAY

BYERS DANCE HALL (3RD FLOOR)

3:45-4:30 **LEVEL 1 BALLET** (GRADES 1-3)

4:30-5:15 **LEVEL 1 JAZZ** (GRADES 1-3)

INSTRUCTOR: GRACE MILLER

GFCS SCHEDULE

WEDNESDAY

WORTH ST. DRAMA ROOM / DALLAS RD. STUDIO

3:00-3:45 **PRE BALLET / TAP COMBO** (PRE-K-KINDER)
WORTH ST. DRAMA ROOM

INSTRUCTOR: SABRINA ARMSTRONG

4:20-5:20 **JAZZ TECHNIQUE** (13+ YRS)**
DALLAS RD. STUDIO

INSTRUCTOR: SABRINA ARMSTRONG

**** Jazz Technique :** approval *NEEDED FOR*. Jr. High and High School students. Required for Lionettes Dance.