

EXPERIENCE DANCE  
Coming Fall 2024



move.

In Him we live  
and move and  
have our being.  
- Acts 17:28

**MOVEMENT**  
**DANCE**  
ROCKPREP ENRICHMENT

# 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](http://www.rockprep.rocks)

# IMPORTANT DATES

## **REGISTRATION**

**BEGINS AUGUST 02**

REGISTRATION OPENS FOR ALL STUDENTS.

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

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## **CLASSES BEGIN/ DANCE FEST**

**WEEK OF AUGUST 12**

CLASSES BEGIN AND CELEBRATE DANCE FEST.

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

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## **OPEN HOUSE / UNIFORM FITTING**

**AUGUST 19/20**

**GFCS/LCCS**

DISCOVER OUR PROGRAM  
AND GET PREPPED FOR CLASSES.

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

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## **UNBOXING DAY**

**WEEK OF AUGUST 26**

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.

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## **FULL DRESS - UNIFORMS REQUIRED**

**SEPTEMBER 3**

WEAR YOUR DANCEWEAR TO ALL CLASSES.

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

**PRE-BALLET/PRE-TAP****AGES 4-6**

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.

**BALLET I****AGES 6-9**

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.

Join the **MOVEMENT**

**LYRICAL/JAZZ I****AGES 6-9**

Lyrical dance is a style that blends elements of ballet and jazz dance with expressive movements that convey emotion and tell a story through the choreography. This dance form often involves fluid movements, musicality, and dynamic expression to interpret the lyrics and mood of the music.

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.

**BALLET II****AGES 10-12**

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.

**JAZZ II****AGES 10-12**

Level II Jazz classes are designed for students who have some previous experience with jazz dance. In these classes, dancers will build upon the basic techniques learned in beginner classes and will focus on developing more complex movements, combinations, and choreography. Students will also work on improving their overall dance skills, including musicality, coordination, and performance quality.

**CONTEMPORARY**

**AGES 10-12**

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**

**AGES 13+**

**PROGRESSIONS/TECHNIQUE**

In Dance Technique and Progressions, 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.

In Him  
we Live and **MOVE**  
and have our Being.

- ACTS 17:38

# MOMENTUM CO.



**AGES 7-12**

**COMMUNITY  
PERFORMANCE  
OPPORTUNITIES**

*INSPIRING  
CHOREOGRAPHY*

**DEVELOP  
CREATIVITY**

**DISCOVER  
CONNECTION**

IN HIM WE LIVE AND **MOVE** AND HAVE OUR BEING.

**- ACTS 17:28**

# MOMENTUM CO.

Momentum is the performance based group of Movement Dance. Dancers learn dynamic and innovative choreography that showcases their artistry and passion for Jesus. Momentum dancers develop confidence in knowing their identity in Christ, discover creative ways to express themselves, and gain a deeper understanding of how to connect with each other and the Lord. Company dancers will learn how to blend different styles and communicate relevant messages of hope through dance.

## REQUIREMENTS

- Must be enrolled in 2 dance classes and Company Rehearsal class *OR* 1 dance class, private lessons, and Company Rehearsal Class
- Dancers must adhere to company policies
- Dancers must demonstrate excellent character
- Dancers must be between 7-12 yrs.

CALLING ALL DANCERS  
AGES 7-12 YRS.

**move.**  
/MU:V/

Join the **MOVEMENT**



## TUESDAY

DALLAS RD. STUDIO

**3:30-4:15**    **MOMENTUM CO. REHEARSAL (7-12 YRS)\***

**4:15-5:00**    **LEVEL 1 BALLET (7-9 YRS)**

**5:00-5:45**    **LEVEL 1 LYRICAL/JAZZ (7-9 YRS)**

**INSTRUCTOR:** GRACE MILLER

## WEDNESDAY

WORTH ST. DRAMA ROOM / DALLAS RD. STUDIO

**3:00-3:45**    **PRE-BALLET / TAP COMBO (4-6 YRS)**

WORTH ST. DRAMA ROOM

**4:30-5:30**    **JAZZ PROGRESSIONS  
& TECHNIQUE (13+ YRS)\*\***

DALLAS RD. STUDIO

**INSTRUCTOR:** EMMA BROWNING

## THURSDAY

DALLAS RD. STUDIO

**3:30-4:30**    **LEVEL 2 BALLET (10-12 YRS)**

**4:30-5:30**    **LEVEL 2 JAZZ (10-12 YRS)**

**5:30-6:30**    **LEVEL 2 CONTEMPORARY (10-12 YRS)**

**INSTRUCTOR:** EMMA BROWNING

*\* **Momentum Co.:** Will perform once per semester in chapel, in the Christmas and Spring showcases, and outreach performances as they become available. ONCE APPROVED, Company members must register for all classes in their level OR one class and supplemental private lessons.*

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

# LCCS SCHEDULE

## TUESDAY

BYERS DANCE HALL (3RD FLOOR)

**3:15-4:00**    **PRE-BALLET / TAP COMBO** (4-6 YRS)

**4:00-5:00**    **LEVEL 2 BALLET** (10-12 YRS)

**5:00-6:00**    **LEVEL 2 JAZZ** (10-12 YRS)

**6:00-7:00**    **LEVEL 2 CONTEMPORARY** (10-12 YRS)

**INSTRUCTOR:** EMMA BROWNING

## WEDNESDAY

BYERS DANCE HALL (3RD FLOOR)

**3:30-4:15**    **MOMENTUM CO. REHEARSAL** (7-12 YRS)

**4:15-5:00**    **LEVEL 1 BALLET** (7-9 YRS)

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