

PROGRAM OVERVIEW

STRETCH & CONDITIONING

Stretch & Conditioning, participants will start the day with a 1.5 hour Stretch & Conditioning class. The purpose of this class is to support the development of bodily awareness, core strength and endurance. This class will prepare the students for a full day of technique and choreography.

Dress Code: black leotard, flesh-toned tights, barefeet/socks

LATIN FUSION

Latin Fusion fuels personality and musicality, expands bodily awareness, movement textures and expression. Participants will learn latin dance principles and a short choreographed piece by a local Milwaukee creative.

Dress Code: black leotard, loose-fitting pants and tennis shoes

JAZZ

Jazz Dance, a melting pot of dance history, teaches flexibility, intention, and story telling. Participants will learn Jazz basics and a short choreographed piece by a local Milwaukee creative.

Dress Code: black leotard, jazz pants/flesh-toned tights and jazz shoes

AFRO-FUSION

Afro-Fusion, a dynamic blend of African dance styles and contemporary rhythms will encourage creative expression, build coordination. Participants will learn Afro-Fusion fundamentals and a short choreographed piece by a local Milwaukee creative.

Dress Code: black leotard, loose/fitted pants and tennis shoes

PERFORMANCE SKILL

Performance Skill, a unique gift that builds confidence, self-awareness and community. Participants will exercise this skill through theatre and movement games.

Dress Code: black leotard, loose fitting pants and tennis shoes

