

## OUR MISSION

The mission of Dance Sun Country is to inspire a lasting love and appreciation for dance and the arts by providing quality training that promotes discipline, creativity, and self-esteem.



## OBSERVATION WEEK

Parent Observation Weeks provide the opportunity for parents to observe the growth of the dancers, and to experience the class from the "inside". To minimize distraction for our students and to allow our faculty to do the best job possible in the training of your child, Parent Observation Weeks are only offered at certain times during the year.

Our goal is to keep your child focused so that they can maximize their class experience and continue to progress effectively throughout the year.

Specific dates for observation weeks are posted in advance.

## RECITAL

Dance Sun Country will have its annual Recital at the end of each dance season (May). Participation in the Recital not only helps to build self-confidence, but also develops theatrical presence, expressiveness, style, and teamwork, which are essential to the performing arts. Although performing in the Recital is not mandatory, we do encourage all of our students to share in this rewarding experience. It is a wonderful way for students to showcase the results of their hard work, and for family and friends to join in their pride of achievement.

Participation in the recital does require additional costs. Details regarding dates, fees, etc. are distributed in the fall of each year.



## SUN COUNTRY SPORTS - WEST

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## OUR CURRICULUM

### TINY DANCERS

Coed • Available for Ages 18mo. - 2 yr. 11mo.  
*Parent / Tot Dance Class!*

An introduction to dance for our very youngest dancers. These classes are structured to stimulate coordination skills, listening skills, balance, music interpretation, and creative expression. This non-performance oriented class will keep the children engaged and attentive by combining dance activities with creative movement using fun and appropriate music, themes, props, and games. Full participation of the adult with the child supports bonding, language, movement development, great fun and play!

### DANCE TOTS

Coed • Ages 2yr. 6mo. - 3yr. 11mo.

Children will explore music, rhythm, and movement, while nurturing their energy, vitality, and imagination. These first dance classes help young students to develop mental, physical, and social skills through a fun, age-appropriate dance curriculum.

### PREBALLET

Coed • Ages 4-5

Introduces the young dancer to simple ballet technique, French terminology, and proper ballet classroom procedures, while continuing to nurture and develop the same skills/goals as introduced in the Dance Tots. Ballet barre, center work, and across the floor steps will be introduced.

### CLASSICAL BALLET

Coed • Ages 6 and up  
*Must be entering 1<sup>st</sup> grade*

Ballet is a highly technical form of dance training, and is the foundation of all dance. It builds strength and flexibility while instilling grace and coordination in a dancer. Students will learn fundamental concepts of classical ballet, learn ballet terminology and proper ballet technique, as well as gaining an appreciation for ballet as an art form. The number of classes required per week increases as students progress into the intermediate levels and higher.

### POINTE

Placement in pointe class is at the discretion/approval of the Director. Pointe work is not a consideration until students have had sufficient ballet training to demonstrate significant strength and understanding of both classical ballet technique and body placement. Emotional maturity and dedication are also considered before placing a student "en pointe".

### TAP

Coed • Ages 6 and up  
*Must be entering 1<sup>st</sup> grade*

Tap is a rhythmic form of dance that is performed in special "tap shoes". Beats and rhythms are executed through the feet. Students will learn to tap in an energetic and music-filled atmosphere, improving their memory, coordination, musicality, and stamina.

Tap is offered in combination with Jazz for ages 6-9.

### JAZZ

Coed • Ages 9 and up

Jazz is a technique based style with a strong ballet background. There are many styles of jazz, including modern jazz, funky jazz, Broadway jazz, lyrical, contemporary, and hip-hop. Elements including body isolations, stretch and strengthening exercises, kicks, leaps, turns, and technical steps are taught in this class. This class consists of structure and discipline along with combinations and routines that are full of fun and sass!

### HIP-HOP

Coed • Ages 4 and up

Hip-Hop is an upbeat urban style of dance that is forever changing. Various age groups are offered. Students will be introduced to fun, age-appropriate dance classes that focus on fundamental Hip-Hop moves and choreography, while helping to develop rhythm, musicality, coordination, self-esteem and confidence. Appropriate popular music is combined with high energy dance moves and routines that are artistically expressive and fun.

### MODERN

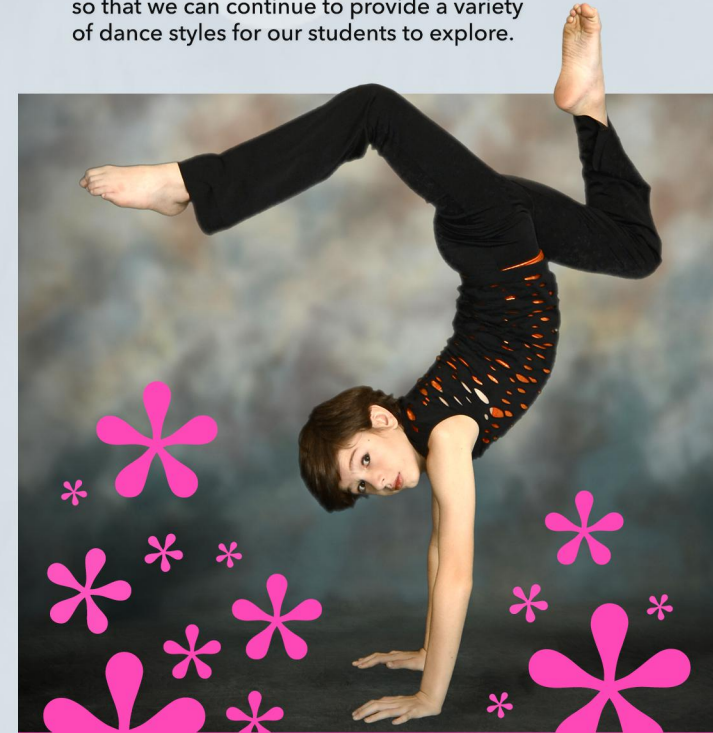
Coed • Ages 10 and up

Classes will focus on an eclectic blend of different styles of modern dance technique. This style teaches the body to move as an expressive tool. Classes will incorporate technique with a more athletic style of movement including contract and release, fall and recovery, spatial awareness, partner work and improvisation. Expression and exploration are key elements that will be included.

### SPECIALTY CLASSES AND CAMPS

Coed • Ages 3 and up

Our program also offers a variety of non-recital specialty classes and camps held in various mini-sessions throughout the year, and may include "Princess Ballerina", "#DanceMania", "Hip-Hop Explosion!", and "Boys Only", to name a few. Our themes may change from year-to-year so that we can continue to provide a variety of dance styles for our students to explore.



### PERSONAL COMMITMENT

We believe that the decision to study dance involves a personal commitment on the part of each student to attend class regularly and should be undertaken only with the full intention of completing the entire year of dance.