



Ballet 7 & Up

Classical Ballet training improves posture, flexibility, grace and sense of performance.

Thu 7-10 6:00-7:00 PM (A)
Thu Teen 7:00-8:00 PM (A)
Fri 7-10 5:00-6:00 PM
Sat 7-10 11:15-12:15 PM
Sat 8-12 12:15-1:15 PM



Jazz 7 & Up

These classes are directed toward giving each student a solid Jazz dance foundation that focuses on the use of exercises that comprise a full body warm-up. Jazz teaches you how to work from the core of your body.

Mon 7-10 6:00-7:00 PM (A)
Mon 9-12 Int. 8:00-9:15 PM (A)
Wed 9-12 7:00-8:00 PM (A)
Thu 7-10 5:00-6:00 PM
Thu 7-10 7:00-8:00 PM
Thu Teen 8:00-9:00 PM (A)
Sat 8-12 1:15-2:15 PM



Tap 7 & Up

Tap dance drills build muscle memory and develop vocabulary, speed and precision in rhythm. This art form also trains the ear to focus on clarity of sound and specific beats.

Tues 3:45 -4:30PM
Wed 7:15-8:00 PM
Mon 7:45-8:30 PM



Hip Hop 7 & Up

Hip Hop class teaches such techniques as popping, locking, waving, breaking and more. This style builds core and muscle strength and promotes good cardiovascular fitness.

Mon 9-12 7:00-8:00 PM (A)
Tue 7-10 6:30-7:30 PM
Tue 9-12 7:30-8:30 PM
Wed 7-10 5:00-6:00 PM
Wed 7-10 6:00-7:00 PM
Wed Teen 8:00 -9:00 PM
Fri 9-12 7:00-8:00 PM



Lyrical 8 & Up

This style helps every student to gain a deep understanding of movement and its connection to music.

Tue 9-12 7:30-8:15 PM (A)



Contemporary 12 & Up

Contemporary dance embraces the pursuit of innovative artistry and self-expression with movements that are smaller, faster, and angular in appearance.

Wed Teen 8:00-9:15 PM (A)

NEW: ACRO



Our class works towards increased flexibility, balance, strength & muscle control. This class will focus on fundamental acrobatic technique, teaching such skills as handstands, chin stands, elbow stands, cartwheels, back bends, walkovers, balance and contortion tricks. All at each student's individual level of experience and it's fun too!

Fri. 7-9yr 4 00 . pm

Fri. 11yr & up 5pm

Fri. 9-10yr 6pm

ENROLL ONLINE

Call office for a
complete list of classes

WWW.BERGENCOUNTYDANCECLASSES.COM

201-385-4114

"More Than Just Great Dancing"



Twinkling 2's 2 Years Old

Our performing arts studio is created just for toddlers and is filled with music, musical instruments, colorful learning tools and all the space that your child needs to move, dance, sing, and play.

Fri 11:00-11:45 AM
Sat 8:45-9:30 AM
Sat 9:30-10:15 AM

Ballet/Tap 3-4 Years Old

Our ballet/ tap program are taught at a very basic level. This class is one hour every week and consists of a half hour of each dance style: ballet and tap dance.

Tue 4:30-5:30 PM
Wed 4:00-5:00 PM
Wed 5:00-6:00 PM
Thu 1:00-2:00 PM
Fri 10:00-11:00 AM
Sat 9:00-10:00 AM
Sat 10:00-11:00 AM
Sat 10:00-11:00 AM (A)
Sat 10:15-11:15 AM

Tap/Jazz 4-5 Years Old

Learn the basics of Jazz & Tap. This class moves slightly faster than our Ballet/Tap program.

Dancers will enjoy this interactive class that builds on movements learned in our Ballet/Tap combo class but is still appropriate for first-time dancers.

Thu 5:00-6:00 PM (A)

Funky 4's 4 Years Old

By promoting fitness, instilling confidence and building social skills in a structured environment, this party-like dance class offers unique learning opportunities that are important to preschoolers 4 years of age and it's a lot of fun too!

Thu 4:00-5:00 PM (A)

Ballet/Jazz 5-6 Years Old

This dance class is a prerequisite to ballet and jazz, facilitated by song, rhythm, and movement with a very elementary style.

Tue 4:30-5:30 PM
Wed 4:00-5:00 PM (A)
Wed 5:00-6:00 PM (A)
Thu 4:00-5:00 PM
Fri 4:00-5:00 PM
Sat 9:00-10:00 AM (A)
Sat 11:00-12:00 PM

Kiddie Hop 5-6 Years Old

Kiddie Hip Hop Class is fun and cool! It's designed for kids 5 and 6 years old and focuses on introductory Hip Hop skills for children who are in kindergarten or first grade.

Tue 5:30-6:30 PM
Wed 4:00-5:00 PM
Wed 6:00-7:00 PM (A)
Fri 6:00-7:00 PM
Sat 11:00-12:00 PM (A)



Musical Theatre 6 yrs & up

Dance and sing popular numbers from hit shows such as Grease, The Little Mermaid, High School Musical. Learn exciting choreography, original songs and performing styles of the Broadway!

Sat 8:45-10:00 AM



GLEE KIDZ

Our singing & dance lessons taught in this program are geared to spark your youngster's interest in performing to facilitate his or her technique in singing, dancing

Wed 6:15-7:15 PM (A) . Wed 7:15-8:15 PM (A)
Sat 11:00-12:00 PM (A)

**ENROLL
ONLINE**

www.bergencountydanceclasses.com

201-385-4114

99 West Madison Avenue, Dumont, NJ 07628