

# CLASS DESCRIPTIONS

**All class enrollment requires a non-refundable annual family membership of \$35 (except Music Together and Taekwondo)  
Classes run from Sept. – June with rolling enrollment for most classes through January. (except where noted as a 'session')  
Tuition is based on the entire school year divided into 10 equal automatic payments – alternate payment plans are available**

- Totally Twos - Ages 2-3** This is an introduction to our Minimoves dance program. A parent (or adult friend) will help the little dancer and guide them through the movements of dance class. We will have fun playing, skipping, stretching, singing, tumbling and, of course, DANCING! **NO recital. \$48/mo.**
- Tumbling Minis - Ages 3-5** This is an introduction to basic tumbling. We will have fun playing, stretching, strengthening, and tumbling **NO recital. \$48/mo.**
- Minimoves - Ages 3-4** Minimoves classes use the basics of ballet, tap, acrobatics, and creative dance to increase coordination, body awareness and rhythm. We use a theme month system so that every month we learn dances, songs and steps according to the theme of the month! Preschoolers learn the best when they are having fun and we are having lots of it in these classes Ask about our special "mini" recitals for all of our preschool dance classes! \* **black leotard, white tights, white ballet shoes, black tap shoes**\* **\$48/mo.**
- Kindermoves - Ages 4.5-6** Kindermoves classes run on the same theme months as our Minimoves classes and meet for 1 hour per week. There is a stronger emphasis on technique, memorization of patterns and expressions through the use of props and wonderful music! These classes begin to prepare children for the grades 1 and 2 combo classes and will begin to transition towards that by the end of the year. Kindermoves classes also participate in our "mini" recitals in June! \* **black leotard, white tights, white ballet shoes, black tap shoes**\* **\$52/mo.**
- Combo Dance grades 1-12** This one hour class focuses on the technique and skills of dance. While still utilizing our imaginations, we are learning how to focus and concentrate while combining steps and style!
- Grades 1&2** combo dance classes consist of classical ballet and tap. Towards the end of the year, we will introduce some basic jazz. Grades 1&2 combo dancers will perform two routines in our June recitals. \* **black leotard, white tights, white ballet shoes, black tap shoes**\* **\$52/mo.**
- Grades 3&up** combo dance classes consist of tap and jazz. These dancers will perform one tap and one jazz routine in the June recital. Full technical ballet classes are offered for all students grades 3 and up. \* **black leotard, tan tights, black tap shoes, black jazz shoes**\* **\$52/mo.**
- Ballet grades 3 – 12** One hour classical ballet class is offered for Grades 3-12. As a foundation for all dance, ballet is extremely important to the strength and progress of a dancer and a classical ballet class is recommended for all students 3rd grade and up. Dancers are placed in ballet according to ability rather than age - use age as a guideline if you are unsure and our instructors will adjust accordingly. All ballet students will participate in our annual ballet production as well as in our June recital. Ballet production fees are rolled into ballet tuition. Please look at the ballet page of our website for more info on our ballet program. \* **black leotard, pink tights, pink split-sole ballet shoes**\* **\$62/mo.**
- Contemporary grades 5-12** Contemporary style is based on the use of gravity, natural movements of the body and expression. Made popular by the current dance TV shows and trends, contemporary is accessible to every dancer and a beautiful way to use expression through dance. Try this in addition to your combo class! \* **contemporary students will dance in bare feet and require a leotard** \* **\$52/mo.**
- Hip Hop grades 1 – 12** This high energy, 45-min. class is an integration of hip hop music and dance style! Always appropriate, we teach our Hip Hop classes with age appropriate music and movement. Hip Hop allows for lots of personal style and improvisation as well as fun choreography! Hip Hop is finding it's way into our living rooms everyday and this is a great way to learn how to move like your favorite performers! \* **black hip hop dance sneakers, tan tights, black leotard, any dance pants or dance shorts**\* **\$48/mo.**
- Hip Hop Boys Only grades K-6** All boys all the time! Always a show stopper – these 45-min. hip hop classes are packed full of energy, strengthening, and eye catching choreography! Watch your child's confidence soar in this class! \* **black dance sneakers, black athletic pants, white t-shirt** \* **\$48/mo.**
- Pointe** Determined on an individual basis and by invitation only, these dancers are preparing for performance en pointe. Pointe dancers have specific requirements set by their teacher. Please ask if you would like more information. \***pointe shoes required at the discretion of Miss Maggie** \* **\$52/mo.**
- Performance Team** Open to all dancers grade 5 and up, Performance Team is a group of dancers who take their show on the road! We perform at local fairs, school functions, and community events. In order to register for performance team, you must also be registered for an additional In Sync dance class. This is a great way to add to your dance education, sharpen your skills and have even more fun! \* **jazz shoes and sparkle T-Shirt**\* **\$52/mo.**
- Dance Company** By invitation only, these classes compete in local dance competitions each year. Competition dancers are chosen by skill level, motivation level and dedication. Company dancers are required to take at least one ballet class AND one Combo class per week in addition to the company class. Auditions are held for Dance Company in May for the following fall. **\$52/mo.**
- Me Too** Me Too is our exciting new program for children with special needs. We are so happy to be sharing our In Sync program with these wonderful children! Please ask for our complete informational handout on our Me Too program. **\$48/mo.**
- Lego Club** Lego club is a fun class full of building and creativity! Each class has a different goal and challenge! Purchase a "drop in" card & drop by when you can! **\$99 for 9 visits**
- Music Lessons** Offered in piano, guitar, voice, drums, violin, banjo, cello and trumpet, these are 30-minute private lessons with our professional music instructors. Each instrument is suggested to begin at a different age so call the office for specific information. There are two performing opportunities for our music students – once in December and once in June. Make some music with us at In Sync! **\$105/mo.**
- Ensemble** A group music class for the intermediate to advanced music student. \***this is an 8-week session class**\* **\$200/session**
- Actors' Studio** A group class for anyone wanting to learn more about acting. Improv, monologue, scenes etc. \***this is an 8-week session class**\* **\$100/ses.**
- Showcase Kids** A group music class for anyone who loves vocal music. \***this is an 8-week session class**\* **\$100/session**
- Art** Nurture your child's inner artist! Artists use different mediums to create masterpieces and will share those masterpieces twice a year in a student gallery showing! Art is a beautiful way for children (and adults) to express themselves! \***this is an 8-week session class**\* **\$100/session (includes supplies)**
- Yoga** Offered for infants, young children, and teens, yoga is a wonderful way to reduce stress, increase flexibility and gain strength! ! \***this is an 8-week session class**\* **\$90/session-45 min. \$100/session-60 min.**
- Zumba** A fun, high energy, Latin and hip hop inspired work out class. Join the party and *Zumba!* ! \***this is a drop-in class** \* **\$8/class - \$6/class members**
- Music Together Ages 0-5** A high quality, research-based early childhood music & movement program. This parent and child class is filled with songs, chants, movement, dance and instrument play. \***this is session class scheduled & paid for directly with Old Colony Music Together @ 508.838.9815** \*
- TaeKwonDo Ages 4-6** Tigers program is a preparatory martial arts program to help prepare young children for the challenges they face. Focus is on safety rules and the tenets of courtesy and self-control. \***this is session class scheduled & paid for directly with Modern TaeKwonDo @ 617.500.7232** \*