



# Summer 2025

## 6 Week Recreational Classes

*Tuesday, July 15th-Thursday, August 22nd*

At Studio East Dance Company, we believe in developing the whole dancer, no matter how young. Our classes are focused on building skills that will be used in all classes and performances, helping foster a lifelong love of dance.

Age:	Class:	Day:	Time:
18 months-3 years	Dance With Me	Thursday	4:30-5:00 pm
3-6 yearsTots 1 and 2	Tumble	Tuesday Wednesday	5:30-6:00 pm 6:00-6:30 pm
3-4 yearsTots 1	Tap/Ballet	Tuesday Wednesday	4:30-5:30 pm 5:00-6:00 pm
3-6 yearsTots 1 and 2	Hip Hop/ Tumble	Thursday	5:30-6:30 pm
3-6 yearsTots 1 and 2	Hip Hop	Tuesday	6:00-6:30 pm
5-6 yearsTots 2	Tap/Ballet	Tuesday Wednesday	4:30-5:30 pm 5:00-6:00 pm
6-10 yearsPreps	Tumble	Tuesday Wednesday	6:00-6:30 pm 6:00-6:30 pm
6-10 yearsPreps	Hip Hop	Tuesday	7:45-8:15 pm
6-10 yearsPreps	Hip Hop/ Tumble	Thursday	6:30-7:30 pm
6-9 yearsPreps Beginner	Tap/Ballet/Jazz	Wednesday	6:30-7:45 pm
7-9 yearsPreps	Tap/Ballet/Jazz	Tuesday	6:30-7:45 pm
10+ yearsYoung Teen	Tap/Ballet/Jazz	Tuesday	6:30-7:45 pm
18+ yearsAdult	Tap	Tuesday	8:15-8:45 pm

If you're considering summer dance camps or classes for your dancer, here are 4 great reasons to sign up:

### MAINTAIN SKILLS

The skills learned in dance class are just like the ones learned in the academic classroom. If you don't use them for a while, you lose them. By taking dance classes during the summer, dancers are able to, at the very least, maintain the technical skills and flexibility and strength developed in regular classes. Summer classes focus on skills development that dancers will be able to take into the next session.

### DECREASE INJURIES

Dancing is a sport, just as any other physical activity, and staying as injury-prone as possible depends greatly on overall physical fitness and conditioning. Dancers who keep up with classes get regular physical activity and stretching. They're more ready to jump back into the fall dance season and less likely to sustain sprains, strains, and other injuries that may derail their classes.

### NEW FRIENDSHIPS

Dance classes are a great place to build lifelong friendships. Groupings for summer camps and classes will include dancers from other schools, your dancer may meet people they otherwise wouldn't have met. These new friendships can help maintain your child's love of dance and may even open up additional opportunities for performance in the future.

### BUILD TECHNIQUE

Technique is the building block of all dance disciplines, from ballet to tap, tumble to hip hop. Mastering the moves that are necessary for expressive, correct dancing helps your child grow as a dancer and learn skills that will be required for years to come. Our summer classes focus more on skill building and less on practicing choreography for a performance, your dancer is able to spend class time working on the turns, leaps, and so much more. Additionally, your child having the summer off from school allows them to focus on dance without school, homework, and other extracurriculars that can be on their mind during regular classes.