



*"Building Community through the Arts"*

# Building Community through the Arts

# PRESCHOOL PROGRAM: Ages 14mos. - 5 years

ALL CLASSES will perform in the Holiday Performance (December 2024) & Spring Recital (June 2025)

- Must be age by August 1, 2024
- Class Descriptions & Recital Info found in back of brochure

## BABY BOPPERS AGE 16-36mos.

CLASS	DAY	TIME
Parent-Tot TumbleDance	Monday	5:45-6:15pm
Parent-Tot TumbleDance	Tuesday	4:15-4:45pm
Parent-Tot Music FunTime	Tuesday	6:00-6:30pm

## Tiny Twirlers AGE 2.5-3

CLASS	DAY	TIME
Music FunTime	Tuesday	6:00-6:30pm
Music FunTime	Saturday	9:00-9:30am
AMAZing Ballet/Tap	Saturday	9:00-9:45am

## Little Leapers AGE 3-5

CLASS	DAY	TIME
AMAZing Ballet/Tap	Tuesday	4:45-5:30pm
Music FunTime	Tuesday	5:30-6:00pm
AMAZing Ballet/Tap	Thursday	4:30-5:15pm
Music FunTime	Thursday	5:15-5:45pm
Tumbling Add-On	Saturday	9:30-9:45am
AMAZing Ballet/Tap	Saturday	9:45-10:30am



### TUITION

15-MINUTE  
ADD-ON  
TUITION

Tumbling Add-On:  
\$29/month

45-Minute Dance or  
Tumbling Class:  
\$89/month

30-Minute Music  
FunTime:  
\$99/month

# CHILDREN'S PROGRAM: Ages 4-10

ALL CLASSES will perform in the Holiday Performance (December 2024) & Spring Recital (June 2025)

- Must be age by August 1, 2024
- Class Descriptions & Recital Info found in back of brochure

## STELLAR STEPPERS

AGE 4.5-6

CLASS	DAY	TIME
AMAZing Ballet/Tap	Monday	4:45-5:30pm
Tumbling Add-On	Monday	5:30-5:45pm
Music FunTime	Monday	5:30-6:00pm
AMAZing Ballet/Tap	Saturday	9:45-10:30am
Tumbling Add-On	Saturday	10:30-10:45am
Music FunTime	Saturday	11:00-11:30am
Terrific Tumbling	Saturday	11:30-12:15pm
AMAZing Ballet/Tap	Saturday	12:15-1:00pm

## AMAZing Movers

AGES 7-10

CLASS	DAY	TIME
Music FunTime	Tuesday	5:00-5:30pm
Jazz/Hip-Hop Add-On	Tuesday	5:30-5:45pm
AMAZing Ballet/Tap	Tuesday	5:45-6:30pm
Terrific Tumbling	Tuesday	6:30-7:15pm
Tumbling Add-On	Saturday	10:30-10:45am
AMAZing Ballet/Tap	Saturday	10:45-11:30am
Terrific Tumbling	Saturday	11:30-12:15pm



### TUITION

45-Minute Dance or  
Tumbling Class:  
\$89/month

30-Minute Music  
FunTime:  
\$99/month

### 15-MINUTE ADD-ON TUITION

Dance or Tumbling  
Add-On:  
\$29/month

# SHINING STARS PROGRAM: Ages 9-15

ALL CLASSES will perform in the Holiday Performance (December 2024) & Spring Recital (June 2025)

## Jr. Shining Stars

AGES 9-12

## Sr. Shining Stars

AGES 10-15

CLASS	DAY	TIME
Singing Stars: Group Voice	Monday	6:00-6:30pm
Piano Pathways	Saturday	9:30-11:00am
Jazz/Hip-Hop Add-On	Saturday	10:30-10:45am
AMAZing Ballet/Tap	Saturday	10:45-11:30am
Terrific Tumbling	Saturday	11:30-12:15pm
Private Piano	SCHEDULE INDIVIDUALLY	

CLASS	DAY	TIME
Singing Stars: Group Voice	Monday	6:00-6:30pm
Ballet/Tap/Jazz/Lyrical	Monday	6:45-8:15pm
Private Piano	SCHEDULE INDIVIDUALLY	



15-MINUTE  
ADD-ON  
TUITION

Dance Add-On:  
\$29/month



TUITION

45-Minute Dance/Tumbling  
Class:  
\$89/month

90-Minute Dance Class:  
\$169/month

30-Minute Group Music:  
\$99/month

30-Minute Private Piano:  
\$149/month



# ADULT PROGRAM

All students have the OPTION to perform in the Holiday Performance (December 2024) & Spring Recital (June 2025)



CLASS	DAY	TIME
Jazz/Hip-Hop	Tuesday	7:15-8:00 PM
Absolute Beginner Tap	Tuesday	8:00-8:45 PM
Beginning Tap	Thursday	5:45-6:30 PM
Intermediate Tap	Thursday	6:30-7:15 PM
Advanced Tap	Thursday	7:15-8:00 PM
Private Piano	SCHEDULE INDIVIDUALLY	



## TUITION

45-Minute Dance/Tumbling  
Class:  
\$89/month

30-Minute Private Piano:  
\$149/month



# AMA LESSONS TEACH LIFE LESSONS

**Our children's dance, tumbling, and music programming is designed to nurture not only technical skills but also essential personal qualities. Through our comprehensive curriculum, we focus on instilling kindness, respect, and confidence in every student.**

**Kindness:** Our instructors lead by example, promoting an environment where students learn to support and encourage one another. Group activities and partner work foster a sense of community and teach children the importance of empathy and cooperation.

**Respect:** Respect for oneself, others, and the art forms we teach is a cornerstone of our program. Students are guided to understand the value of discipline and practice, as well as the importance of respecting their peers, instructors, and the studio space. This respect extends beyond the classroom, influencing their interactions in everyday life.

**Confidence:** Through positive reinforcement and the celebration of individual achievements, we help students build self-esteem and confidence. Performance opportunities, whether in class or on stage, allow children to showcase their progress and take pride in their accomplishments. Our supportive atmosphere ensures that each child feels valued and capable.

**By integrating these values into our dance, tumbling, and music lessons, we aim to develop not just skilled performers, but well-rounded individuals who carry kindness, respect, and confidence with them into the future.**



# DEVELOPMENTAL GOALS & CLASS OPTIONS



## BABY BOPPERS

AGE 12-36mos.

### Dance:

- Simple movements (clapping, waving, bouncing)
- Introduction to rhythm through music and movement
- Encourage exploration of space and body awareness

### Tumbling:

- Basic motor skills (rolling, crawling, walking)
- Balance and coordination activities (standing on one leg, simple balance beams)
- Introduction to soft play equipment

### Music:

- Exposure to different sounds and instruments
- Simple songs and nursery rhymes
- Encouraging movement to music

TumbleDance  
Music FunTime Add-On



## Tiny Twirlers

AGE 2.5-3

### Dance:

- Basic dance steps (marching, jumping, turning)
- Developing gross motor skills through creative movement
- Developing rhythm and timing through movement

### Tumbling:

- Coordination and balance activities (walking on a line, jumping)
- Basic tumbling skills (log rolls, simple jumps)
- Strength-building activities (obstacles, climbing)

### Music:

- Singing simple songs
- Playing basic percussion instruments (shakers, tambourines)
- Moving to the beat of the music

AMAZing Ballet/Tap  
Music FunTime Add-On



## Little Leapers

AGE 3-5

### Dance:

- Introduction to basic dance movements and positions
- Simple group dances and following directions in routines
- Introduction to dance terminology (plié, relevé, shuffle)

### Tumbling:

- Developing coordination through obstacle courses
- Basic tumbling skills (forward rolls, table tops)
- Introduction to balance skills (walking on low beams)

### Music:

- Introduction to rhythm instruments (drums, rhythm sticks)
- Developing listening skills and following musical patterns
- Introduction to basic musical concepts (loud/soft, fast/slow)

AMAZing Ballet/Tap  
Music FunTime  
Tumbling Add-On



## STELLAR STEPPERS

AGE 4-6

### Dance:

- Choreographed routines with formations
- Continuation of dance terminology
- Developing coordination and balance

### Tumbling:

- Fundamental tumbling skills (forward rolls, bridges, cartwheels)
- Basic balance beam skills
- Strength and flexibility exercises
- Strength and flexibility activities appropriate for their age

### Music:

- Continuation of basic musical concepts & music notation
- Playing rhythm instruments in time with music
- Muscle prep for piano play

AMAZing Ballet/Tap  
Music FunTime  
Tumbling Add-On



## AMAZing Movers

AGE 6-8

### Dance:

- More complex dance routines and choreography
- Emphasis on technique and form
- Introduction to performance skills

### Tumbling:

- Mastering fundamental tumbling skills
- Synchronicity with skills
- Strength/conditioning & flexibility exercises

### Music:

- Using music notation
- Creating & demonstrating music theory on instruments (recorder, keyboard)
- Playing simple songs on the piano

AMAZing Ballet/Tap  
Music FunTime  
Terrific Tumbling  
Jazz/Hip-Hop Add-On



## Shining Stars

AGE 8-15

### Dance:

- Intermediate dance techniques and styles
- Diverse dance styles
- Focus on expression and musicality

### Tumbling:

- Intermediate tumbling skills (headstands, back walkovers, handstands)
- Introduction of partner acro tricks
- Strength, flexibility, and endurance training

### Music:

- Moving into private 1:1 instruction
- Group voice training as vocal chords develop
- Reading and playing more complex music

AGES 8-11  
AMAZing Ballet/Tap  
Music FunTime  
Singing Stars  
Terrific Tumbling  
Jazz/Hip-Hop Add-On

AGES 10-15  
FUNdamentals  
(Ballet/Tap/Jazz/Lyrical)  
Private Piano  
Singing Stars  
Terrific Tumbling

# CLASS DESCRIPTIONS

## TumbleDance

A fun, energetic class for parents and their young toddlers that serves as an introduction to dance and tumbling with a focus on gross motor skills and musicality. Children will learn how to participate in a group and take direction from a teacher. One parent/guardian is allowed to participate in the classroom. As each child develops differently, patience on the part of the parents, as well as the child is stressed. Our goal is to prepare the children to be more independent. This class focuses on six important developmental skills important for toddlers to learn: Motor, Language, Social, Early Learning and Imagination Skills. Classes are creative, and nurturing and are a fantastic start to a little one's dance journey!

## AMAZing Ballet/Tap

Step into the world of dance with our enchanting Ballet/Tap Combo Class, perfect for young dancers eager to explore the beauty of ballet and the rhythmic fun of tap. This class provides a wonderful introduction to both dance styles, fostering a love for movement. Make new friends and watch your child's confidence soar!

## Dance FUNdamentals

This combination class create opportunities to develop in the styles of tap, ballet, jazz and lyrical in a blend of technique and fun! Our combo class covers Tap, Ballet, Lyrical, and Jazz, providing a well-rounded dance education. Dancers will master the rhythms of tap, the grace of ballet, express emotions through lyrical, and groove to the energetic beats of jazz, fostering a diverse set of skills. Watch your child's creativity and artistry grow!

## Music FunTime

Music FunTime teaches the Fundamentals of Music Theory where all students are introduced to various percussion instruments, including the piano. Our Music FunTime students are taught to read music in a fun and artistic way. This curriculum includes 9 different levels with the goal to prepare students for private piano lessons. Watch your child develop their love for music!

## Terrific Tumbling

Tumbling adds athleticism and gravity-defying elements to your performer's skills. Focusing on acrobatic elements such as cartwheels, bridges and walkovers up to back handsprings, back tucks and aerials, tumbling develops flexibility and strength where your performer will learn discipline and to take risks in a safe environment. Emphasis will be placed on strength, balance, agility, coordination, and flexibility.

## Singing Stars

Singing Stars is a group voice class that gives our young students the opportunity to sing! Students will work on vocal technique, music theory, sight singing, ear training, teamwork and presentation as well as exposure to a variety of choral styles. Watch your child find their voice and develop their love for singing!

## Add-On

Our add-on classes are perfect for students to "add-on" to their full-length dance class. Jazz/Hip-Hop, Tumbling & Music FunTime Add-Ons allow for students to try an additional class style.

## Piano

Unlock your musical potential with our private piano lessons. Our instructors provide personalized 1:1 instruction, tailored to meet the individual needs and goals of each student. Join us for an enriching musical journey that cultivates a love for piano and inspires creativity. Our private piano lessons offer the perfect environment to grow and thrive musically.

## Individual Dance Styles

**Tap** develops a strong sense of rhythm, coordination and agility by creating rhythmic sounds with the feet. It develops the dancer's timing, tempo and coordination while engaging mind and body!

**Ballet** is the basic foundation of all dance. It fosters grace and poise, discipline and technique that is essential to all forms of dance.

**Jazz** is a rhythmic stylized dancing that is energetic and fun. It focuses is on rhythms, leaps and turns in an upbeat manner.

**Lyrical** combines the technical elements of dance with deep personal feelings and emotions to tell a story. It tells a story through fluid, smooth, and controlled movement.

**Hip-Hop** is a freestyle form of dance that stems from the roots of jazz, but incorporates modern urban movements and is performed to modern music.



# DRESS CODE

At AMA, we have everything you need available for your dancer or tumbler, from head to toe! Our online store offers the highest quality, yet affordable, class wear for our students. This will ensure less distractions, a greater sense of community for the students, and promises the proper fit and comfort for our dance and tumbling students. Orders through our online store are generally shipped 3-5 days once you order!

Also, make sure to check out our donation center in the hallway prior to entering the studio. We have several pairs of donated shoes that our AMA students have outgrown. We do our best to fit students with donated items we have available.



## How to Order Dress Code:

[www.ShopNimbly.com/AMA](http://www.ShopNimbly.com/AMA)

Simply go to the above web address then choose your class style and your student's dress code requirements will pop up! Not sure what size shoe to order? We have a sizing kit for all shoes and leotards in the office. Just stop by the front desk and we will get you measured! All orders are delivered directly to your home! No running around for the highest quality dancewear!

## Girls

**Leotard:** Black    **Tights:** Pink/Tan

**Hair:** Neat bun or pulled back

**Optional:** Black ballet skirt, fitted black shorts, wrap sweater



### Shoes:

**Tumbling:** Black tumbling

**Hip-Hop:** Black Sparkle High Top Sneakers

**Ballet:** Pink ballet shoes

**Tap:** Black tap shoes

**Lyrical/Jazz:** Tan jazz shoes



Ballet



Tap



Tumbling



Jazz



Hip-Hop

## Boys

**Top:** Black form-fitting shirt

**Bottoms:** Black athletic Pants or shorts

**Hair:** Pulled back

### Shoes:

**Tumbling:** Black tumbling

**Hip-Hop:** Black Classic High Top Sneakers

**Ballet:** Black ballet shoes

**Tap:** Black tap shoes

**Lyrical/Jazz:** Black jazz shoes





**TUMBLING IS...**

**ACRO**



**DYNAMIC**



**CONDITIONING**



**TEAMWORK**



**FLEXIBILITY**

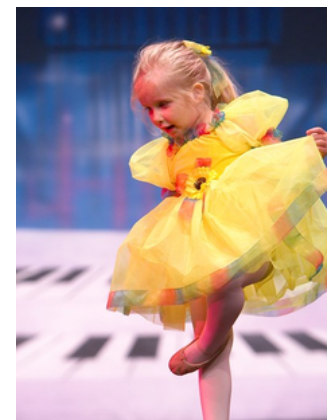
# DANCE IS...



## RHYTHMIC



## LEADERSHIP



## JOYFUL



## FRIENDSHIP

## ARTISTIC



MUSIC IS...



ELEGANT



EXPRESSIVE



POWERFUL



HARMONIC

SMART

**ADULT  
CLASSES  
ARE...**

**FUN**

**INCLUSIVE**

**ACTIVE**

**WELCOMING**

**CREATIVE**





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When a Child Performs On Stage...

*More Than Just Great Dancing!*



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**PRIDE**

STUDENTS LEARN HOW TO CELEBRATE THEIR WINS AND SUCCESSES AND THOSE OF THEIR FELLOW PERFORMERS.



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**COLLABORATION**

STUDENTS LEARN HOW TO COLLABORATE WITH AND WORK ALONGSIDE THEIR PEERS.



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**ADAPTABILITY**

STUDENTS LEARN HOW TO IMPROVISE, SOLVE PROBLEMS ON THE SPOT, AND HANDLE UNEXPECTED SITUATIONS.



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**COMMUNICATION**

STUDENTS DEVELOP PRESENTATION, COMMUNICATION, AND LISTENING SKILLS.



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**CONFIDENCE**

BEING ON STAGE HELPS TO BUILD STUDENTS CONFIDENCE AND DEVELOP A HEALTHY SELF-ESTEEM.



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**TIME MANAGEMENT**

STUDENTS LEARN THE IMPORTANCE OF TIMELINESS AND DEADLINES ALONG WITH BALANCING SCHOOLWORK WITH EXTRACURRICULARS.



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**COMMITMENT**

A RECITAL OFFERS A CULMINATING EVENT FOR STUDENTS THAT IS MONTHS IN THE MAKING.



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**CREATIVE THINKING**

STUDENTS LEARN HOW TO INTERPRET AND ADAPT A CREATIVE PIECES OF WORK TO MAKE IT SHOWCASE THEIR ABILITIES.



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**PERSEVERANCE**

THESE PERFORMERS HAVE BUILT UPON THEIR SKILLS IN ORDER TO PRESENT THEIR VERY BEST SELVES TO THE AUDIENCE. THEY'VE HAD TO LISTEN, TO FOCUS, TO MAKE MISTAKES, AND TO GET BACK UP AGAIN WHEN THEY FALL.



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**REWARD**

A CHANCE TO SAY, "HEY, MOM, WATCH THIS," AS YOUR CHILD SHOWCASES THEIR HARD-WON SKILLS IN FRONT OF AN AUDIENCE.



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**MEMORIES**

RECITAL MEMORIES ARE LIFELONG MEMORIES! COSTUMES BECOME TREASURED KEEPSAKES AND RECITAL PICTURES BECOME THE HIGHLIGHTS OF PHOTO ALBUMS.

# Dance, Tumbling & Music Makes Kids Healthier



Exercise improves mental & physical well-being.



Dancing encourages your child to carry themselves better, and is excellent for your spine. Dancers are taught how to control their bodies to support their own weight optimally.

Kids spend on average 7+ hours a day with various electronic devices. The Performing Arts are a great way to take a break from screen time.

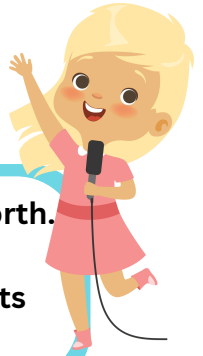


Dance helps promote neurological development. Learning to dance to rhythms stimulates the brain. This improves cognitive abilities, as well as their neurological health.

Dance, Tumbling & Music are FUN!



The Performing Arts can improve self-worth. As they achieve and perform, they are proud of their accomplishments and grow in confidence!



Dance & Tumbling allows for better agility & flexibility.



Music helps brain development with sound processing, language development, speech perception, mathematic ability and reading skills!

Our qualified staff work with each and every student to ensure they are learning.

Enrolling in a performing arts facility allows for parents to have all of your child's activities in 1 spot!

