



Take A Bow Performing Arts Center

Summer 2021 Schedule

Student levels are to be determined by TAB.

Limited space per class according to CDC requirements

Monday	Tuesday	Wednesday	Thursday
4:30-5:30 Break Dance/Hip Hop 5-7 Mr. Richard	4:00-5:00 Ballet Level 1 Miss. Raven	4:00-5:00 TLE Level 1 Miss. Michelle	4:00-5:00 Ballet Tap Jazz 5-6 Years Old Miss. Chrissy
4:30-5:30	4:00-4:45 BTJ 2-3 Year Olds Miss. Carrie	4:00-5:00 Acro 3-5 Years Old Miss. Teresa	4:00-5:00 Stretch and Strengthening Level 1 Miss. Kristen
5:30-6:30 Tap Level 1 Miss. Ariel	5:00-6:00 Ballet Level 2/3 Miss. Raven	5:00-6:00 PCT Level 2/3 Miss. Michelle	5:00-6:00 Workshop Choreo Level 1 Miss. Chrissy
5:30-6:30 Hip-Hop Level 2 Mr. Tislarm	5:00-6:00 BTJ 4-5 Years Old Miss. Carrie	5:00-6:00 Acro 6-8 Years Old Miss. Teresa	5:00-6:00 Contemporary Level 2 Miss. Kristen
6:30-7:30 Tap Level 2 Miss. Ariel	6:00-7:00 TLE Level 2 & 3 Miss. Michelle	6:00-7:00 PCT Level 3/4 Miss. Michelle	6:00-7:00 Workshop Choreo Level 2 Miss. Chrissy
6:30-7:30 Hip-Hop Level 3/4 Mr. Tislarm	6:00-7:00 Modern JHS & HS / Audition Prep Miss. Raven	6:00-7:00 Acro 9-11 Years Old Miss. Teresa	6:00-7:00 Hip-Hop/ Jazz Level 1 Miss. Kristen
7:30-8:30 Tap Level 3 Miss. Ariel	7:00-8:00 TLE Level 3 & 4 Miss. Michelle	7:00-8:00 PCT Level 5 Miss. Michelle	7:00-8:00 Workshop Choreo Level 3-4 Miss. Chrissy
7:30-8:30 Hip-Hop Level 5 Mr. Tislarm	7:00-8:00 Ballet Level 5 Miss. Raven	7:00-8:00 Acro Beginner/Intermediate Miss. Teresa	7:00-8:00 Contemporary Level 5 Miss. Kristen
	8:00-9:00 TLE Level 5 Miss. Michelle	8:00-9:00 Acro Advanced Miss. Teresa	8:00-9:00 Workshop Choreo Level 5 Miss. Chrissy
	8:00-9:00 Ballet Level 3 & 4 Miss. Raven		8:00-9:00 Contemporary Level 3/4 Miss. Sunshine

TAKE A BOW PERFORMING ARTS CENTER

1406 East 64th street between Avenue T & Veterans Avenue
718) 209-9064
www.TABPAC.net

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- **Contemporary:** This class consists of its own style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. This will help the dancer strive to connect the mind and the body through fluid dance movement.
- **Modern:** This class will consist of using Graham, Horton, and Dunham technique along with ballet and jazz. This class is sure to strengthen your center and teach you to dance with incredible fluidity. This class will absolutely prepare you for the Junior High School & High School Dance Performing Arts Auditions.
- **Stretch & Strengthening (S & S):** This class targets the deep postural muscles within the body through a series of exercise, aimed at muscle strengthening and rebalancing the body.
- **PTC - Progressive Training Conditioning For The Intermediate to Advanced Dancer:** this is an innovative body conditioning and strengthening program that has been designed to enhance students technique by focusing on training the muscle memory required in each exercise in all forms of dance. It is a unique training system using specific exercise and tools to train skill acquisition in a progressive manner from junior through to advanced levels. PTC helps prepare students to receive the strength they need to achieve their personal best in the art of Dance. This program is also great for injury prevention and rehabilitation.
- **Workshop Choreography:** Every week there will be new choreography to all different genre's of dance. The choreography will be at a faster pace than a usual on going dance class. This will help the dancer pick up choreography faster & better where every student will learn how to make the choreography their own and always stage ready. In this class the students will also do improv and use props.
- **Gymnastics/Acro:** Students will learn training, technique for high flying and tumbling. This will also help with power and speed to reach unbelievable heights.
- **Turns Leaps & Extensions (TLE):** Strictly a technique class focusing on building your strength center and form while learning all new turns leaps and extensions to bring a dancer to the next level.
- **Tap:** A dance in which the rhythm or rhythmical variation is audibly tapped out with the toe or heel by a dancer wearing shoes with special hard soles or with taps.
- **Hip Hop:** A genre of dance based off of Jazz and African dance... Hottest new dance moves seen in videos and all over television.
- **Combination Ballet Tap & Jazz (BTJ):** Beginner students will have a great dance experience getting a feel of the different genres of dance all in one. This is the perfect class to start a student off into the wonderful world of dance

Summer session begins ***July 12th and ends August 19th***

One Hour class: \$125.00 for the summer session

Unlimited Classes: \$475.00(Sibling Discount for Unlimited Classes ONLY)

All New Students \$25.00 registration fee for the year (carries over into fall session)

There are NO Refunds or Carry Overs for the summer session.

A Class maybe subject to cancellation due to a low registration.

Ballet class – Girls attire - Black leotard, Pink Tights, Pink Ballet shoes & hair neat in bun.

Boys Attire: Black straight pants, black t- shirt or tank top & black canvas ballet shoes.

All Classes please make sure your hair is off your face. Proper shoes and attire to be discussed at registration.