

Backstage Dance Studio

Schedule 2024-25

Creative Movement (ages 3-5)

Ages 3-5 Mondays 5:30-6:15 pm

Tap & Ballet Combo (ages 5 & up)

Grades K-1 Mondays 6:15-7:15 pm

Grades 1-2 Thursdays 5:30-6:30 pm

Grades 3-5 Thursdays 5:30-6:30 pm

Grades 5-8 Thursdays 7:45-8:45 pm

Hip Hop (grades 2 & up)

Grades 2-5 Tuesdays 5:30-6:15 pm

Grades 5-8 Tuesdays 6:15-7:00 pm

Grades 9-12 Tuesdays 7:00-7:45 pm

Musical Theater Jazz (grades 1 & up)

Grades 1&up Tuesdays 4:45-5:30 pm

Dance Team (grades 2 & up)

Grades 2-4 Thursdays 4:45-5:30pm

Grades 5-8 Tuesdays 5:30-6:15 pm

Grades 9-12 Mondays 8:15-9:00 pm

Tumbling (grades K-5)

Grades K-2 Thursdays 4:45-5:30 pm

Grades 3-5 Tuesdays 4:45-5:30 pm

Tap (grades 5 & up)

Grades 5-8 Thursdays 8:15-8:45 pm

Grades 9-12 Thursdays 8:15-8:45 pm

Ballet (grades 5 & up)

Grades 5-8 Mondays 7:15-8:15 pm

with Pre-Pointe

Lyrical (grades 6 & up)

Grades 6-8 Thursdays 7:45-8:15 pm

Grades 9-12 Thursdays 7:45-8:15 pm

Jazz (grades 6 & up)

Grades 6-8 Thursdays 7:00-7:45 pm

Grades 9-12 Thursdays 7:00-7:45 pm

Fall Mini Session (Sept. 7-Oct. 28)

Ballet (gr. 9-12) Mondays 7:15-8:15 pm

Just Dance (ages 6-10) Saturdays 9:00-9:45 am

Just Dance (ages 11-14) Saturdays 9:45-10:30 am

Adult Barre (ages 18&up) Thursdays 8:15-9:00 pm

Classes begin on September 3rd!

Backstage Dance Studio
7002 N. 102 Circle, Omaha, NE 68122 402.706.6110
backstagedanceomaha@gmail.com
backstagedanceomaha.com

Creative Movement: This class is designed to introduce girls and boys ages (3-5) to the art of dance and improve motor skills. Join us for a beginner dance class that encourages children to explore their imaginations by incorporating children's storybooks, stretching exercises, and song and movement in a fun and safe environment. Dancers will also explore rhythms and musicality with beginning tap dancing. A world of make believe awaits your child where anything that can be imagined is possible.

Tap & Ballet Combo: This class will consist of half an hour of tap and half an hour of ballet. Dancers will learn tap and ballet basics with emphasis on strength, flexibility, terminology and performance skills. Tap and ballet classes are a great way to start and maintain your dance career!

Hip Hop: This is a high energy class for students wanting to learn the latest street dance styles with upbeat and current music. Hip Hop stunts and tricks will also be taught. Students are encouraged to bring their own individual style and personality to the movements in this fun and motivating class!

Musical Theater Jazz: This class is for girls and boys who love to sing, dance and perform! This class is a form of theatrical dancing that combines songs from musicals with movements of classical jazz. Dancers will also learn about different rhythms and tempos. This class is perfect for future superstars!

Dance Team: This is a movement-based class for students to focus on sharp moves, choreographic visuals and jazz/pom/dance team skills. Dancers will learn the fundamentals of arm motions, kicks, jumps, floorwork, and jazz technique/tricks. Dancers will also do some tumbling in this class. It is a great class to help prepare for high school dance teams!

Ballet: This is a class with emphasis on correct body placement, balance, terminology and musical qualities. Students will learn concentration and endurance to improve fundamental dance movement. Ballet enhances all other dance skills and styles of dance!

Jazz: This class will consist of a warm-up, progressions across the floor and combinations, with a strong emphasis on stretching, strengthening, terminology and proper technique. Dancers will learn several different leaps and turns in addition to exploring the different styles of jazz!

Tumbling: This class will consist of basic tumbling skills, mat work and strengthening exercises. All levels of dancers will be challenged as students can work at the pace right for them to achieve cartwheels, round-offs, walkovers, handsprings, aerials and more. The tumbling routines will include motions and jumps with tumbling skills.

Tap: Dancers will move their feet to different rhythms and tempos as they create their own style of tap. Dancers will build on basic tap fundamentals to learn more advanced combinations. Musicality and articulated footwork will be a focus in this class.

Lyrical: This class will combine techniques and skills from ballet and jazz. Dancers will learn to interpret music with emotion, express themselves and tell a story through dance movements.

Just Dance: (Mini-Session class) This is a fun, recreational dance class for ages 6-14. Dancers will stretch/warm-up, learn technique and motions, and learn short combinations for multiple styles of dance. The dance styles will include jazz, pom, musical theater, lyrical and hip hop. This is a great class for the dancer who wants to try out new styles, a dancer who is wanting a shorter dance season, or as an added class for a dancer who attends weekly classes during the year.