

Tremaine

DANCE CURRICULUM:

- BALLET
All Levels, Warmup, Technique, Routines, Progressions, Children's Work.
- JAZZ
All Levels, Warmup, Technique, Lyrical, Routines, Musical Theatre, Progressions, Children's Work.
- TAP
All Levels, Warmup, Technique, Routines, Musical Theatre, Progressions, Children's Work.
- HIP HOP
All Levels, All styles and forms.
- PROGRESSIONS & TURNS
Various Levels, Breakdown, Preparation, Execution of Across-the-Floor work, including simple walks, jumps and turns building to combinations.
- STRENGTH & STRETCH CLASS
A comprehensive body workout.
- PARENT FORUM with JOE TREMAINE
A discussion of the importance and value of dance education. All parents are invited - registered or not. (*No Teachers, Studio Owners, Managers, or Their Spouses, nor Students or Children.*)

