



**JUNE 11 – JULY 26 (no classes the week of 7/1)**

	TIME	CLASS	ROOM
<b>TUESDAY</b>	5:00 - 6:00	Mini Hip Hop	West Grand Blvd
	5:00 - 6:00	Development / Int. 1 Hip Hop	Seven Mile
	5:00 - 6:00	Creative Movement	Jefferson
	5:00 - 6:00	Beginning Gymnastics Age 6+	Fort Street
	6:00 - 7:00	Development Ballet 1	Woodward
	6:00 - 7:00	Liturgical**	Broadway
	6:00 - 7:00	Intermediate 2 / Adv Hip Hop	7 Mile
	6:00 - 7:00	Sculpt and Tone*	West Grand Blvd
	6:00 - 7:30	Fundamentals Ballet and Tap	Jefferson
	6:00 - 7:00	Pre Gymnastics Age 3 – 5	Fort Street
	6:00 - 7:00	Intermediate Gymnastics	Fort Street
	7:00 - 8:00	Development Jazz	Seven Mile
	7:00 - 8:00	Zumba*	West Grand Blvd
	7:00 - 8:00	Adult Ballet*	Broadway
	7:00 - 8:00	Beginning Gymnastics Age 10+	Fort Street
	7:30 - 8:30	Mini Jazz	Woodward
	<b>WEDNESDAY</b>	5:00 - 6:00	Tap 3 Workshop – Int. 2 / Adv.
5:00 - 6:00		Bounding Boys	Seven Mile / Fort Street
5:00 - 6:00		Kinderdance 1	Jefferson
5:00 - 6:30		Ballet Red	Broadway
5:00 - 6:30		Ballet Silver	Woodward
5:00 - 6:00		Pre Gymnastics Age 3 – 5	Fort Street
6:00 - 7:00		Creative Movement	Jefferson
6:00 - 7:00		Elementary Boys	Seven Mile
6:00 - 7:00		Kinder Hip Hop	West Grand Blvd
6:00 - 7:00		Beginning Gymnastics Age 6+	Fort Street
6:30 - 7:30		Jazz Red / Silver	Woodward
7:00 – 8:00		Adult Hip Hop*	Seven Mile
7:00 - 8:00		Kinderdance 2	Jefferson
7:00 - 8:00		Adult Tap*	West Grand Blvd
7:00 - 8:00	Int. / Adv. Gymnastics	Fort Street	
<b>THURSDAY</b>	6:00 - 7:00	Get it Girls	Jefferson / Fort Street
	6:00 - 7:00	Junior Ballet	Broadway
	6:00 - 7:00	Teen Ballet /Jazz	West Grand Blvd
	6:00 - 7:00	Modern	Woodward
	6:00 - 7:00	Junior Boys Hip Hop	Seven Mile
	6:00 - 7:00	Beginning Gymnastics 6+	Fort Street
	7:00 - 8:00	Junior Jazz	Broadway
	7:00 - 8:30	Teen Hip Hop	Seven Mile
	7:00 - 8:00	Adult Jit Masters	Jefferson
	7:00 - 8:00	Zumba*	West Grand Blvd
	7:00 - 8:00	Boys Gymnastics	Fort Street
8:00 - 9:00	Junior Jit Masters	Seven Mile	

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**248-905-5678**

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DAY	TIME	CLASS	ROOM
SATURDAY	9:00 - 10:00	Kids Yoga with Yaya	Woodward
	9:00 - 10:00	Advanced Gymnastics	Fort Street
	9:30 - 11:00	Fundamentals Ballet and Tap	WGB / Woodward
	10:00 - 11:00	Kinderdance 2	Jefferson
	10:00 - 11:00	Zumba Kids	West Grand Blvd
	10:00 - 11:00	Development Ballet 1	Broadway
	10:00 - 11:00	Pre Gymnastics Age 3 – 5	Fort Street
	10:00 - 11:00	Beginning Gymnastics Age 6+	Fort Street
	11:00 - 12:00	Kinder Hip Hop	Seven Mile
	11:00 - 12:00	Mini Jazz	Broadway
	11:00 - 12:00	Development Jazz 1	Woodward
	11:00 - 12:00	West African Dance**	West Grand Blvd
	11:00 - 12:00	Intermediate 1 Gymnastics	Fort Street
	12:00 - 1:00	Creative Movement	Jefferson
	12:00 - 1:00	Kinderdance 1	West Grand Blvd
	12:00 - 1:00	Mini Hip Hop	Seven Mile
	12:00 - 1:00	Development Ballet 2	Broadway
	12:00 - 1:00	Intermediate 2 Gymnastics	Fort Street
	1:00 - 2:00	Get it Girls	Jefferson
	1:00 - 2:00	Junior Hip Hop	Seven Mile
	1:00 - 2:00	Development Jazz 2	Woodward
	1:00 - 2:00	Beginning Gymnastics Age 6+	Fort Street
	2:00 - 3:00	Development Hip Hop	Seven Mile
	2:00 - 3:00	Tap 1 Workshop – Beginning	West Grand Blvd
	2:00 - 3:00	Beginning Gymnastics 10 +	Fort Street
	3:00 - 4:00	Tap 2 Workshop - Intermediate	West Grand Blvd

## 6 WEEK SUMMER SESSION TUITION

1 Class \$80

2 Classes \$150

3 Classes \$200

4 Classes \$240

5+ Classes \$270

- Tuition Due at time of registration
- Registration Fee \$15.00 for new or inactive students
- No registration fee for current, active students



**Can't Commit for the whole summer? Get a Summer Dance Passport**

\$50.00 for 3 Classes to be used between June 11 and July 26

\*Adult Classes \$10.00 Drop In Fee or Purchase an MCDF Punch Card:

\$35.00 – 4 Classes

\$60 – 8 Classes

\$75.00 – 12 Classes

# MCDF CLASS GUIDE

*Please note: The ages listed below are approximate. Experience and performance level are also factors that are taken into consideration. Our staff is experienced in making sure students receive the best training for their age and level. Typically, students are in a level for 2-3 seasons.*

## 3 - 5 Years Old

Creative Movement - A fun interactive ballet and tap class for dancers ages 3 - 5

Get it Girls - A combination intro to hip hop and pre-gymnastics class for ages 3 - 5

Pre-Gymnastics - An introduction to gymnastics basic skills for ages 3 - 5

## 5 - 7 Years Old

Kinderdance 1 - A combination ballet / tap class for dancers 5 - 7 years old

Kinderdance 2 - A combination ballet / tap class for dancers 6 - 8 years old

Kinder Hip Hop - A fun, age appropriate hip hop class for dancers 5 - 7.5 years old

Gymnastics - based on skill level

## 7.5 - 9 Years Old

Fundamentals 1 - A combination ballet / tap class for dancers 7.5 - 9 years old

Fundamentals 2 - A combination ballet / tap class for dancer 8 - 9 years old

Mini Hip Hop - Beginning, high energy commercial hip hop for young dancers

Mini Jazz - Beginning jazz class focusing on proper technique and performance skills

West African Dance - Multi-generational West African dance class

Gymnastics - based on skill level

## 9.5 - 12 Years Old

Junior Ballet - Ballet class for recreational dancers who are looking to strengthen skills

Junior Jazz - Jazz class for recreational dancers who are looking to strengthen skills

Junior Tap - Tap class for recreational dancers who are looking to strengthen skills

Junior Hip Hop - Age appropriate Hip Hop Dancers for ages 9.5 - 12

Junior Jit Masters - Jit for class for dancers ages 9 and up

Power Hour Liturgical - Multi-generational Praise Dance Class

West African Dance - Multi-generational West African Dance Class

Gymnastics - based on skill level

## 13 - 17 Years Old

Teen Ballet / Jazz - Combination ballet/jazz class for teen dancers

Teen Hip Hop - Hip Hop class for teen dancers

Teen / Adult Jit - Authentic Detroit Jit for teens and adults

Improvisation - Exploratory movement and improvisation class

Power Hour Liturgical - Multi-generational Praise Dance Class

West African Dance - Multi-generational West African Dance Class

Gymnastics - based on skill level

#### **MCDF BOYS ONLY CLASSES**

*Boys are welcome in all of our classes, the ones listed below are exclusively for boys*

Bounding Boys - A combination Hip Hop and Gymnastics for boys ages 3 - 6

Elementary Boys - A Hip Hop class for boys ages 7 - 10

Junior Boys - A Hip Hop class for boys ages 11 - 14

Boys Gymnastics - A tumbling class for boys ages 7 and up

#### **MCDF LEVEL CLASSES**

*Students must be pre-approved for the following levels (prior experience is required)*

Development Level Classes - Early Intermediate (approximate ages 9.5 - 12)

Red Level Classes / Intermediate Classes (approximate ages 11 - 13)

Silver Level Classes / Intermediate 2 Classes (approximate ages 13 - 15)

Black Level Classes / Advanced Classes (approximate ages 15+)

Pointe - Student must be enrolled in Ballet Silver or Ballet Black **and** be approved for pointe

Tap Choreography - Development - Advanced students tap performance class

Improvisation - Exploratory movement and improvisation class; ballet required (ages 13 - 17)

#### **MCDF ADULT CLASSES\***

Adult Tap

Adult Hip Hop

Zumba

Hip Hop Sculpt & Tone

Jit Masters

Power Hour Liturgical - Multi-generational Praise Dance Class\*\*

West African Dance - Multi-generational West African Dance Class\*\*

#### **MCDF GYMNASTICS FLIP FACTORY CLASSES**

*The following skills must be performed unassisted to advance to the next level. Age and maturity may also be considered when selecting class. Our Level System emphasizes training proper technique and progressions to increase the students' success in learning skills, and to minimize the risk of injury. Instructors are trained to watch for performance technique and consistency when passing skills and levels. This is the most important part of passing a level. Correct Repetition, frequency, and consistency of good technique equals success.*

#### Pre-Gymnastics

- Bridge
- Handstand
- Cartwheels

#### Beginning Gymnastics

- 1-hand cartwheel
- Backbend
- Backbend or bridge kickover
- Handstand-bridge
- Round-off

#### Intermediate Gymnastics

*\*Beginning gymnastics skills required*

- Back handspring
- Front handspring
- Front walkover (continuous Int. 2)
- Back walkover (continuous Int. 2)
- Ariel (Int. 2)

#### Advanced Gymnastics

*\*Intermediate 1 and 2 gymnastics skills required - Advanced Students will focus on the following*

- Round-off back hand-springs
- Front and back tucks
- Aerial
- Tumbling passes
- Lay out
- Lay out with twist

#### **MCDF COMPANY CLASSES**

*MCDF has competitive and performance companies for dancers ages 7 and older. With the exception of Product Development, admission is by audition only. Auditions take place the first week of June. Dancer must be a current student to audition.*

Product Development, Concept, Journeymen, Draft, Assembly Line, Union, Torque, Drive, and Ignition