

About Us

KBCDM is a dance/movement studio that focuses on teaching children and adults of all different ages and abilities. We offer a technical and fun learning environment with performing opportunities available. Our teachers are very knowledgeable and have years of education and experience and a love of what they do.

There are three different programs offered including: children, adult, and specialty (customized classes for a certain group of people and/or individuals with disabilities)

10% OFF
First Months Tuition

w/this coupon. Limit 1 per customer



Center of Dance and Movement

97 Lafayette Road
Hampton Falls NH 03844
E-mail: info@kbdance.net

www.kbdance.net



Center of
Dance and
Movement



Where
movement
frees you!

Classes

Baby and Me

Help your baby explore the space using their senses. The class blends dance, music, and imagination with movement and props.

Creative Movement

A class for 3 and 4 year olds that is a fun way to explore movement through imagination, musicality, and communication. Develops motor skills and increases spatial and rhythmic awareness.

Pre-ballet

For children who have experienced creative movement. An introduction to ballet including basic positions of feet, musicality, refining motor skills, and working within a group.

Ballet

Ballet originated in Italy. The foundation of all other dance forms based on precision and light, graceful movements with conventional steps and fluidity.

Jazz

Jazz dance has roots traceable back to African American vernacular dance and Caribbean traditional dance. It is one of the most popular styles of dance today. Jazz is highly energetic due to the wide range of music. It is based on a low center of gravity and personal creativity of style.



Classes Cont'd

Tap

A quick paced form of dance where rhythms are created with the feet. Tap is based on syncopation and improvisation.

Modern

Modern is interpretive movement concentrating on styles by Horton, Graham, Limon, and Dunham. It is a style that focuses on emotions, feelings, and interpretation of movement. (prerequisite Ballet)

Yoga

A spiritual discipline that includes stretching, breath control, meditation, and bodily postures. Great for relaxation and to reduce stress. (Beginner, All Levels, Power)

Zumba

A high energy, cardio movement class consisting of dance and aerobics performed to Latin American and other popular dance music.

Specialty Classes

Classes for children and adults which are focused and or customized to a certain group of people. Individuals that may need an adaptive device due to a cognitive or physical disability to participate in a movement oriented class. Examples: Baby and Me, Yoga for children or adults with developmental disabilities, and chair yoga.

and more...



Where to find us



kbdancemovement



KBCDM



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