

Dance Play

2.5 year old thru 5 year old.

BENEFITS

Fitness

Children have the opportunity to frequently experience success, which makes movement pleasurable for them. They are then more likely to become AND STAY, physically fit.

Good Posture & Coordination

Of course, good posture and coordination are two obvious benefits of our quality program. They're both required for healthy, capable bodies. More importantly, they result in greater self-confidence and improved self-image.

Social Value

Movement education programs can help a child to adjust socially and emotionally because it can provide a child with successful experiences and permits interrelationships with other children in groups or partnerships. Movement requires that a child be aware of others in activities in which he shares space...the child has to take turns and to cooperate. Thus, they develop social awareness and achieve satisfaction through peer relationships and group play.

A Well Rounded

Introduction to Music

Music is vital to the development of language and listening skills. It's believed that a child exposed to music has a greater motivation to communicate with the world. We give the child a chance to fully experience music and its elements or stamp their feet to loud music-they're feeling it. And when a child feels something, it stimulates an appreciation for this valuable art form.

Creativity and Self-Expression

Danceplay emphasizes and promotes these traits by encouraging children to find their own ways of responding to challenges by allowing them to be individuals and asking them to *imagine*.

Stimulation of the Learning Process

By using a problem-solving method of instruction with the children, we are also enhancing their problem solving capabilities. They're going to discover that there will always be more than one way to solve any problem or to meet any challenges.

SPARKLERS — 2.5 to 3.5 year olds

CSA toddler Danceplay program is planned with activities to introduce dancing, music, singing, large motor skills and very basic pre-ballet skills. This dance educational program has progressively more difficult activities. The children explore non-locomotive skills, like a jump and locomotive skills like jumping. They experiment with imagery involving a wide variety of animate and inanimate objects. They are also introduced to all of the movement and musical elements. The idea is to make the children feel good about experiencing movement-by starting slowly and providing them with frequent opportunities to experience success.

TWINKLERS — 3.5 to 5 year olds

CSA Danceplay for the preschooler is an extension of our toddler dance program where the child will experience all of the above but will move along more quickly. Music, singing and creative activities make the a great dance program.

Sample Pre-ballet & Tap skills

Pre-ballet: skipping, hops, galloping, chass'es, relev'e, pli'es, tendus, sautés, port de bras. Combinations of skills and dance routines.

Tap: toe/heel, walks, toe taps, heel digs, shuffle hop, shuffle step, triplets. Combinations and routines. Creative movement activities: using games, songs and drama.

STARLETS — 4.5-5.5 year olds

Requirements for Starlets is one year previous dance. It's an advanced pre school dance program. We build on previous skills learned and move towards the Dance Masters Program.

Sample Ballet & Tap Skills

Ballet: chass'es, echange relev'e, pli'es, tendus, sautés, port de bras, battlement tendus, developp'e, arabesque, glissade, simple sissonne, assembl'e, chain's. Combinations of skills and dance routines. *Tap:* toe taps, heel digs, brushes, shuffle hops, spring taps, struts, triplets, heel forward, step ball change, flaps, combinations of skills and dance routines.

Staff: Experienced professional teachers with extensive dance background that have had training in CSA's Danceplay and Masters programs

Student—Teacher ratio's

2.5 to 3.5 yr. (6:1)

3.5 to 5.5 yr. (8:1)

5.5 and older (12:1)

Sticker Program: Each dancer will receive a sticker board. A new sticker is awarded each week to motivate your child.

Observation area:

Large viewing window

Attire: Girls leotard & tights of choice

Boys T-shirt & shorts. Girl pink ballet / Boys black ballet shoes. Boys & Girls black tap shoes. All of these items may be bought in our Sport N' Stuff gift shop.

Dance show: Parents will be invited into their child's class for a demonstration of skills and routines.

Party Time: CSA offers a variety of different Birthday Party options with no work for Mom!

Contact Us!

CSA Kids 4113 Whitney St.

Janesville, WI 53546

Phone: (608) 756-0444

E-mail: contact@csakids.com