



# CSA Dance Masters

## 5.5 years thru teens

### **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 and 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**

CSA Program 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.

#### **Ballet & Tap for 5.5 thru Teens**

CSA's Dance Masters developmentally enriched dance program uses seven basic movements of dance: bending, jumping, gliding, darting, stretching, turning, and posed or raised moves to guide the student into areas of experiences through which they may broaden and increase desirable and meaningful dance concepts. At each age and skill level they learn correct posture and body placement, correct execution, and technique which is balanced with the student's personal age, strength, and natural ability that develops grace, pose, rhythm, and creativity through the art of creative movement, dance, and a variety of music. Skill combinations and routines are all part of this program.

#### **Jazz 5.5 thru Teens**

Within CSA Dance Masters Jazz program, the beginner and more advanced student has a wider freedom of expression and movement while still adhering to basic principals of correct posture and body placement. CSA strives for

balladic exactness, the strength and suppleness of a gymnast, the accurate speed of a tap dancer, the fluidity of modern dance, the versatility of a character dancer, the dramatic expression of an actor, and the sensitivity of a musician. Basic walks, runs, leaps, jumps, turns and slides to the more advanced skills and a variety of music. To develop a vocabulary of movement and high quality of performing skills.

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

**Student—Teacher ratio's**  
12 Students to 1 Teacher

**Observation area:**  
Large viewing windows.

#### **Attire:**

Girls Leotard and tights of choice  
Boys T-shirt & shorts  
Girl pink ballet  
Boys black ballet  
Boys & Girls black tap shoes  
Boys and Girls black jazz 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](mailto:contact@csakids.com)