



*Why Join the
Deborah School of Dance?:*

- *Classes for the whole family*
- *Affordable tuition*
- *Certified dance instructors*
- *Certified baton twirling coach*
- *Family/community environment*
- *Safe & convenient location*
- *Classes for ages 1 - adults*
- *Maximum class sizes*
- *Classes are always grouped by age and ability*
- *Convention and performance opportunities available*
- *Studio fully insured*
- *Military families accepted*
- *Karate classes available through the Dinwiddie Karate Club*
- *Discount tuition for boys*
- *We accept Visa and MasterCard*
- *Fitness classes available year-round*

Deborah School of Dance
c/o Deborah S. Ryan
5908C Boydton Plank Road
North Dinwiddie, VA 23803

DEBORAH SCHOOL OF DANCE

Family Owned and
Operated



**5908 C Boydton Plank Road
North Dinwiddie, VA 23803
(804) 732-6104**

**www.DeborahDance.com
Find us on Facebook**

DANCE CURRICULUM

Kinderdance - Ages 2-4. Simple ballet terms, ballet exercises, tap, novelty songs, stretching exercises and tumbling.



Classical Ballet - Ballet is the foundation of dance. The traditional study of barre and center floor exercises, variations, turns, and combinations of choreography. Available at all levels.



Pre-Pointe - Ages 11-up. Must have a minimum of two years of ballet training, and have mastered the art of ballet basics. Students must be approved by Deborah. Requires registration of a one hour ballet class. This class focuses on strengthening the dancer in preparation for Pointe.



Pointe - Ages 11-up. Must have a minimum of two years of ballet training, and have mastered the art of ballet basics. Students must be approved by Deborah. Requires registration of a one hour ballet class.



Jazz - Ages 4-up. Teaches various styles of jazz, including modern and Broadway. Center floor and across the floor exercises, turns, jumps, combinations, and free movement.



Tap - Age 4-up. Tap techniques, combinations, and turn skills for beginner, intermediate and advanced students.



Baton - Ages 5-up. Consist of baton twirls, tosses, tricks, marching technique, combinations and jazz technique. Available in beginner, intermediate and advanced levels. Taught by a USTA certified coach.



Acrobatics/Gymnastics - Ages 4-up. Course combines tumbling skills from the techniques of acrobatics and gymnastics.



Contemporary- Ages 11-up. Must have a minimum of 2 years of dance experience, with a minimum of 1 year of ballet training. This class includes free style movements. It builds the dancers inner artist and explores a somatic connection between music and movement. **Requires registration in a ballet class.**



Adult Classes - You are never too old to dance. Adult classes available in Ballet, Tap and Jazz.

Zumba Fitness - Dance your way to a fitter you. Exciting and unique Latin moves and rhythms. Zumba, the class that is taking the world by storm.



Hip Hop - Ages 5-up. One of the most popular styles of dance among teens. We always teach age appropriate movements.



Strength and Stretch - Ages 9-up. This class is all about conditioning the dancer with stretch, strength and technique exercises in order to achieve more complex dance movements.



Mother & Daughter/Son Jazz- Ages 5-up. Back by popular demand. Consist of Jazz techniques that are taught at a level easy for parents and kids to learn.



DINWIDDIE KARATE CLUB

Traditional Freestyle Karate



The Dinwiddie Karate Club teaches traditional freestyle karate. This includes a combination of hard (closed fist) and soft (opened hand) styles of karate.

Adult Classes - Ages 5-up

ABOUT THE INSTRUCTORS:

Sensei means instructor or teacher.

All classes are taught by Black Belt and Master Instructors.

BELTS AND RANKINGS:

Karate belts are achieved by mastering a certain level of karate technique and movements. They are not based on the length of time a student takes karate lessons. Promotions are held on an as needed basis and guest instructors are invited to witness the promotions. During the promotion students are tested on those skills they must achieve before moving to the next belt.

OTHER INFORMATION:

Karate is a contact sport. The Dinwiddie Karate Club believes in karate for self defense only. We do not believe or teach the "kill" theory of karate and we discourage fighting. If any student is caught using karate moves on anyone outside of the class, for purposes other than self defense, they will be immediately dismissed from the school. All instructors do their best to insure the safety of all students.