

ABOUT US

Rhythm & Spirit is the DANCE, TUMBLING, and CHEER program of the Williamson County Parks and Recreation Department. Rhythm & Spirit is a wonderful opportunity for children, teens and adults to dance and express themselves in a positive, non-competitive environment. The program began in 2012 and now offers classes in 5 locations throughout Williamson County. The coordinators and instructors are ready to nurture each student's goals whether he or she strives to dance professionally, to make her school's dance or cheer team, or to have a great time dancing for exercise and fun!

CLASSES

MOMMY & ME TUMBLING (45 minutes)

This class is offered for 2 year olds and their mommy (or daddy). Students will roll, flip and stretch with the assistance of their adult while learning how to share and participate in a class with other children.

**This class does not participate in the recital.*

BALLERINA PREP (45 minutes)

This class is offered for 3 year olds. Students will learn ballet positions, terminology, and explore their imagination with creative movement.

BALLET/TAP (1 hour)

Young dancers will be introduced to the fundamentals of tap and ballet. They will learn basic steps in both styles emphasizing balance and coordination.

JAZZY TUMBLE (1 hour)

Students will dance to upbeat music and be introduced to basic jazz movement as well as tumbling skills.

BALLET (1 hour)

A structured class to learn grace, balance, and technique to strengthen muscles and create proper body placement. The foundation of ballet positions and terminology will be taught.

JAZZ (1 hour)

This class will focus on technique with jumps, turns, leaps, flexibility, and proper body placement. Attention will also be placed on stage presence, rhythm, and learning choreography.

TAP (1 hour)

Learn tap basics as well as choreography. Rhythm, musicality, and stage presence will also be stressed.

HIP HOP (1 hour)

Students will learn fundamentals in the different styles of hip hop including popping, locking, breaking, as well as choreography.

CHEER/TUMBLING (1 hour)

Students will focus on motions, jumps, cheers and pom dance. The class will also learn basic tumbling working on strength and balance. Both cheer and tumbling will be incorporated into each class.

DRESS CODE

MOMMY & ME TUMBLING

Comfortable Clothing or Leotard
Hair in pulled back

BALLERINA PREP

Leotard (any color)
Pink Tights
Pink Ballet Shoes
Hair in ponytail or bun

BALLET/TAP

Leotard (any color)
Pink Tights
Pink Ballet Shoes
Black Tap Shoes
Hair in ponytail or bun

JAZZY TUMBLE

Leotard (any color)
Pink Tights
Pink Ballet Shoes
Hair in ponytail or bun

BALLET

Black or Pink Leotard
Pink Tights
Pink Ballet Shoes
Hair in ponytail or bun

JAZZ

Leotard or Fitted Top
Fitted Pants or Capris (no shorts)
Tan Jazz Shoes
Hair in ponytail or bun

TAP

Leotard or Fitted Top
Fitted Pants or Capris
Black Tap Shoes
Hair in ponytail or bun

HIP HOP

Comfortable Dance/Athletic Attire
Pants or Capris (no shorts)
Tennis Shoes
Hair in ponytail or bun

CHEER/TUMBLING

Fitted Dance/Athletic Attire
Tennis Shoes
Hair in ponytail or bun

**Name must be written inside all shoes/bags.*

**No jewelry. Small, stud earrings allowed.*

**For safety, please do not wear tap shoes to or from class.*

***STUDENTS MUST BE DRESSED IN PROPER ATTIRE WITH HAIR UP TO PARTICIPATE IN CLASS.**

DANCE ATTIRE & SHOES CAN BE PURCHASED AT:

Spell's Dancewear
Discount Dance Supply (online)
Academy Sports
Target
Payless