



# Dancing Darlings

"Teaching more than 15,000 children for over 28 years"

*Dance, Cheer & Yoga are taught as a combined class*

## **BALLET**

Warm-up, basic barre work, ballet turns, jumps, improvisation and center floor. The class will emphasize dance vocabulary (French language), balancing and spotting techniques, poise and discipline. The warm-up will also include calisthenics, stretching and yoga.

## **JAZZ**

Jazz Dance is a popular way for children to focus their energy into basic dance movement. Jazz Dance starts with stretching, basic floor work, putting steps to music and beginner combinations. The class will emphasize dance vocabulary, flexibility, creativity and coordination.

## **CHEERLEADING**

This class includes warm-up, flexibility exercises, cheerleading jumps, turns, chants and cheers. The children will have fun learning various cheers and at the same time be introduced to the basics of cheerleading. Pom-poms will be used in the children's dance routines and will be provided in class.

## **YOGA**

Yoga helps children make the body and mind connection. In every movement, the child will develop a sense of achievement and confidence. Yoga helps children learn how to relax and concentrate. The class includes poses, movement, breathing techniques, music and games.

## **WHAT TO WEAR**

Dance skirt and ballet slippers.

## **About the Instructor**

Karen Arensberg is a graduate of Peirce Junior College, 1983. She was a member of the Ballet Des Jeunes for five years. Her dance studies included Ballet, Jazz and Spanish techniques. Her dance teachings included Ballet, Jazz, Hip Hop, Cheerleading, Fitness and Yoga. She taught dance for the Perkins Center for the Arts, Ballet Des Jeunes and the Department of Recreation, Marlton NJ. She is the director of dance, cheerleading and fitness programs for 25 schools for over 28 years. She had danced at the Civic Center, Lincoln Center, Academy of Music, Zellerbach Theatre and many more. She has been a high school cheerleading judge for 2 years and has coached basketball cheerleading. Karen Arensberg has studied Hatha Yoga and "The Yoga Kids Program" which uses Yoga as the medium for exercise and physical learning.