

Registration Form ArtSpireVa Dance Classes

Please email this back to Zandy at zandyartspireva@gmail.com
Payment can be made by check or by cash to ArtSpireVa. **Payment
can be sent to 8502 Wagon Wheel Rd Alexandria, VA 22309**

Dancer's Name _____ Age _____

School Attending _____

Parent's Name _____

Address _____

Email Address _____

Phone number _____

Emergency Contact _____

Phone number _____

Allergies _____

**I knowingly assume all risks with participation , even if arising from
the negligence of the participants and others, and assume FULL
responsibility for my child's participation. I authorize the
ArtSpireVA staff to act for me according to their best judgment in
any emergency requiring medical attention.**

Parent's Name printed _____

Parent's Signature _____ **Date** _____

Class schedule

Classes begin on September 11th- November 22nd (Wednesday classes) or December 13th (Monday classes) 2023

Monday	Wednesday
5:30-6:15 pm Jazz 5-6yrs	5:30-6:15 pm Jazz 7-9yrs
6:15-7:00 pm Hip Hop 6-9yrs	6:15-7:00pm Jazz 10-13yrs
7:00-7:45 pm Hip Hop 10-13yrs	7:00pm-7:50pm Gymnastics tumbling 6-8yrs
7:45-8:30 pm Lyrical/contemporary 10-13 yrs	7:50-8:40pm Gymnastics tumbling 9-13 yrs

I would like to register my child for the following classes (Please check which class you would like your dancer to join):

Jazz age 5-6 yr _____ Jazz age 7-9 yr _____

Jazz 10-13 yr _____ Hip hop 6-8 yr _____

Hip hop 9-13 yr _____

Contemporary/Lyrical age 10-13 yr _____

Gymnastics tumbling 6-8 yr _____

Gymnastics tumbling 9-13 yr _____

Fall 2023 Dance Classes

OVERVIEW

ArtSpireVa is so excited to team up with Zandy Sosa again to offer dance classes this Fall 2023. The classes and descriptions are listed below. All classes will be held at West Potomac High School in the Dance Studio. Classes will be starting on September 11th (Monday classes) and September 14th (Wednesday classes). **Classes will not be held on federal holidays. Please make sure to read the dates classes will be held. Monday classes will have different dates and will not have the last class till December 13th due to Zandy being a part of the production of the Alexandria Community Nutcracker with ArtSpireVA.** To register please email zandysartspireva@gmail.com and a \$10 reservation fee will also be needed sent with registration form to the address below. **Payment may be sent to 8502 Wagon Wheel Rd Alexandria, VA 22309. Please email if you have any questions.**

Classes are limited in space and will be filled on a first come first serve basis. Zandy Sosa is the current coach of The West Potomac Dance Team and has extensive experience in teaching and choreographing. She was also a member of the Dancing Dukes while in college. New classes such as hip hop and gymnastics/tumbling have been added to the Fall schedule. Please be aware that spaces in class are limited. Zandy will let you know if classes are full and can add you to the waitlist. Thank you!

Dates and description is down below on the next page.

Class, Day, and Time	<u>Ages and Instructors</u>	Description
<p>Jazz (45mins) Mondays 5:30-6:15 pm \$200.00 – Dates: 9/11, 9/18, 10/2, 10/16, 10/23, 10/30 11/6, 11/13, 11/20, 12/13</p>	<p>Ages 5-6 -Taught by Zandy Sosa</p>	<p>Jazz is an upbeat style that focuses on technique and musicality. This class consists of warm-ups, across the floor techniques, and learning a fun combo. Dancers will learn skills in leaps, turns, and jumps. Dancers should wear tight fitting clothing, jazz shoes, and <u>hair pulled back.</u></p>

<p>Jazz (45mins) Wednesday 5:30-6:15 pm \$200.00 – Dates: 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15</p>	<p>Ages 7-9 -Taught by Zandy Sosa</p>	<p>Jazz is an upbeat style that focuses on technique and musicality. This class consists of warm-ups, across the floor techniques, and learning a fun combo. Dancers will learn skills in leaps, turns, and jumps. Dancers should wear tight fitting clothing, jazz shoes, and <u>hair pulled back.</u></p>
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Class, Day, and Time	<u>Ages and Instructors</u>	Description
<p>Jazz (45mins) Wednesday 6:15-7:00pm \$200- Dates: 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15</p>	<p>Ages 10-13- taught by Zandy Sosa</p>	<p>Jazz is an upbeat style that focuses on technique and musicality. This class consists of warm-ups, across the floor techniques, and learning a fun combo. Dancers will learn skills in leaps, turns, and jumps. Dancers should wear tight fitting clothing, jazz shoes, and <u>hair pulled back.</u></p>

<p>Contemporary /Lyrical- (45mins) Mondays 7:45-8:30pm \$200.00 – Dates: 9/11, 9/18, 10/2, 10/16, 10/23, 10/30 11/6, 11/13, 11/20, 12/13</p>	<p>Ages 10-13- taught by Zandy Sosa</p>	<p>This dance style blends jazz and ballet techniques. This style is a more relaxed and expressive style of movement that allows for fluid movement. This style is usually performed with music that inspires the dancer to express emotion through their dancing. This class includes warm up, some across the floor techniques and a combination. Students should wear tight clothing and jazz shoes or turners, hair pulled back.</p>
<p>Hip hop (45mins) Mondays 6:15-7:00 pm \$200.00- Dates: 9/11, 9/18, 10/2, 10/16, 10/23, 10/30 11/6, 11/13, 11/20, 12/13</p>	<p>Ages 6-8 -Taught by Zandy Sosa</p>	<p>Dancers will learn basic Hip Hop skills while enjoying incorporating them into short dances. Dancers should wear loose clothing and sneakers for this class.</p>

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<p>Hip hop (45mins) Mondays 7:00-7:45 pm \$200.00 Dates: 9/11, 9/18, 10/2, 10/16, 10/23, 10/30 11/6, 11/13, 11/20, 12/13</p>	<p>Ages 9-13 -Taught by Zandy Sosa</p>	<p>Dancers will learn more advanced Hip Hop skills while enjoying incorporating them into short dances. Dancers should wear loose clothing and sneakers for this class.</p>
<p>*New (50 mins) Wednesday Beginner tumbling/gymnasti cs 6:30-7:30pm \$200.00 Dates: 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15</p>	<p>Ages 6-8 -Taught by Zandy Sosa</p>	<p>This is a beginner gymnastics class where students will work on basic skills such as rolls, handstands, bridges, cartwheels, etc. They will also work on developing strength and flexibility to further develop their skills. Progression for skills will be taught as well. Students should wear tight fitted clothing and no shoes for this class.</p>

<p>*New (50 mins) Wednesday Beginner tumbling/gymnastics CS 7:30-8:30pm \$200.00 Dates: 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15</p>	<p>Ages 9-13 -Taught by Zandy Sosa</p>	<p>This is a beginner gymnastics class where students will work on basic skills such as rolls, handstands, bridges, cartwheels, etc. They will also work on developing strength and flexibility to further develop their skills. Progression for skills will be taught as well. Students should wear tight fitted clothing and no shoes for this class.</p>
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