

Fall Dance Classes 2024

OVERVIEW

ArtSpireVa is so excited to team up with Zandy Sosa and Chelsie Kestermann to offer a fall session of Hip Hop, Jazz, and gymnastics. The classes and descriptions are listed below. All classes will be held at West Potomac High School in the Dance Studio. To register please visit artspireva.com to register! Classes are limited in space and will be filled on a first come first serve basis. Please note that we use West Potomac High School Dance Studio as our dance class space. That means we will not hold classes on student holidays/teacher workday or etc. Those days that FCPS has marked as a student holiday are accounted for on our calendar for class date.

Zandy Sosa recently became the Head 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. She has been teaching dance classes with ArtSpireVA for 2 years and now onto 3 years! She loves teaching her students and inspiring them the love for dance.

Chelsie Kestermann will be returning to teach gymnastics again in the Fall! Chelsie Kestermann is a USAG trained coach with 15+ years experience in gymnastics, cheer, and tumbling. She is an alum of the Lynchburg College DanceWorks Company where she danced for four years. Chelsie is a mom of three and lives in Fort Hunt Alexandria. Chelsie's main focus for her classes will be all about working essential skills, safety and correct form at the front of mind, we will assess each athlete and work to master and refine core skills. The idea is to meet the athlete where they are to strengthen their foundations and prepare them for a lifelong love of movement!

Class, Day, and Time

Ages and Instructors

Description

Jazz – Mondays \$175.00 5:30-6:15pm DATES: 9/9, 9/16, 9/23, 9/30 10/7, 10/21, 10/25 NO CLASSES ON 11/4 OR 11/11 11/18	Ages 6-8yrs old – Taught By Zandy Sosa	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 hair pulled back.
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**Class, Day,
and Time**

Ages and Instructors

Description

<p>Hip hop – Mondays \$175.00</p> <p>6:15-7:00pm</p> <p>DATES: 9/9, 9/16, 9/23, 9/30</p> <p>10/7, 10/21, 10/25</p> <p>NO CLASSES ON 11/4 OR 11/11</p> <p>11/18</p>	<p>Ages 6-8yrs old – 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>
<p>Jazz – Mondays \$175.00</p> <p>7:00-7:45pm</p> <p>9/9, 9/16, 9/23, 9/30</p> <p>10/7, 10/21, 10/25</p> <p>NO CLASSES ON 11/4 OR 11/11</p> <p>11/18</p>	<p>Ages 9-13yrs old – 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 hair pulled back.</p>

**Class, Day,
and Time**

Ages and Instructors

Description

<p>Hip hop – Mondays \$175.00</p> <p>7:45-8:30pm</p> <p>9/9, 9/16, 9/23, 9/30</p> <p>10/7, 10/21, 10/25</p> <p>NO CLASSES ON 11/4 OR 11/11</p> <p>11/18</p>	<p>Ages 9-13yrs old – 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>Gymnastics– Wednesday \$225.00</p> <p>5:30-6:25pm DATES: 9/11, 9/18, 9/25</p> <p>NO CLASS ON 10/2</p> <p>10/9, 10/16, 10/23, 10/30</p> <p>11/6, 11/13, 11/20</p>	<p>Ages 5-7 yrs old– Taught by Chelsie Kestermann</p>	<p>Our tumbling classes are focused on building fundamental floor skills for dance, cheer, or gymnastics! With an intentional focus on safety, form and strength, our athletes will develop their essential skills and grow their confidence.</p> <p>Dancers should wear fitted clothes and no shoes. Ex. gymnastic leotard</p>

**Class, Day,
and Time**

Ages and Instructors

Description

<p>Gymnastics- Wednesday</p> <p>\$225.00</p> <p>6:30-7:25pm</p> <p>DATES: DATES: 9/11, 9/18, 9/25</p> <p>NO CLASS ON 10/2</p> <p>10/9, 10/16, 10/23, 10/30</p> <p>11/6, 11/13, 11/20</p>	<p>Ages 8-10 yrs old- Taught by Chelsie Kestermann</p>	<p>Our tumbling classes are focused on building fundamental floor skills for dance, cheer, or gymnastics! With an intentional focus on safety, form and strength, our athletes will develop their essential skills and grow their confidence.</p> <p>Dancers should wear fitted clothes and no shoes. Ex. gymnastic leotard</p>
<p>Gymnastics- Wednesday</p> <p>\$225.00</p> <p>7:30-8:25pm</p> <p>DATES: DATES: 9/11, 9/18, 9/25</p> <p>NO CLASS ON 10/2</p> <p>10/9, 10/16, 10/23, 10/30</p> <p>11/6, 11/13, 11/20</p>	<p>Ages 11-13 yrs old- Taught by Chelsie Kestermann</p>	<p>Our tumbling classes are focused on building fundamental floor skills for dance, cheer, or gymnastics! With an intentional focus on safety, form and strength, our athletes will develop their essential skills and grow their confidence.</p> <p>Dancers should wear fitted clothes and no shoes. Ex. gymnastic leotard</p>

