



THE MEADOWS

*At Historic Castle Rock.*

# Hip Hop Classes at The Grange

## Hip Hop Junior Ages 5-8

This class is specially designed for ages 5-8 and is an introduction to the urban street style of dancing commonly known as Hip Hop. Junior Hip Hoppers learn age appropriate movements and skills that will test their motor development as well as their spatial awareness. The class begins with warming up, stretches, isolations and fun rhythmic patterns and play. Next, the students move across the floor and in the center and learn dance moves and important dance concepts and games to help them learn dance combos. Students will learn a combo or dance routine to be performed at the last class.

6 week session, Wednesdays 6:00-6:45 p.m.

2/15-3/21/12

Cost: \$66 Meadows Resident, \$70 non-resident

## Hip Hop TWEEN Ages 9-12

This children's Hip Hop class is specially designed for ages 9-12 and is an introduction to the urban street styles of Pop N' Lock and Breakdancing. The class begins with a vocabulary lesson on the terminology of Pop N' Lock, Breaking, Battling, etc. Each class will begin with isolations or the neck, shoulders, ribs and hips, because the ability to move one part of the body and not the other is the most important aspect of these styles of dance. Across the floor exercises will be done individually and in groups. Students will learn a choreographed dance routine to be performed at the last class.

6 week session, Wednesdays 7:00-7:45 p.m.

2/15-3/21/12

Cost: \$66 Meadows Resident, \$70 non-resident

**Learn more on Wednesday, Feb. 8!**

A free educational class will be held at The Grange on Wednesday, February 8 from 6:30-7:30 p.m. **Register by calling The Grange at 303.814.2358.**



## Meet the Instructor

Instructor Lauren Hutton combines her years of dance experience with her degree in Elementary Education to teach for Dance Exploration, LLC. Most dance classes in Colorado, and most notably Castle Rock, are offered only as recreation. Dance Exploration uses "Dance to Learn!" curriculum and the Recipe for Success to ensure that children are not only learning dance movements, but also improving their cognitive ability, language development and social skills.

**The Grange  
3692 Meadows Blvd.  
Castle Rock, CO 80109  
303.814.2358  
MeadowsLink.com**

**Register Now by Calling The Grange at 303.814.2358**