



ND&MA is proud and excited to launch the

Leap 'N LEARN

Leap 'N Learn Early Childhood Dance Program

Leap 'N Learn is specifically designed to teach students to dance at their current level of mental, physical, emotional, and cognitive development. It gives children a strong foundation in dance while keeping the movement on a child's level so that they are always having fun and mastering new skills.

Capitalizing on the naturally occurring cognitive and neural development of children, this syllabus provides the tools and knowledge necessary for the creation of a successful learning environment.

Through an appreciation and utilization of natural development, students will acquire motor, cognitive, and social skills beneficial for later life roles, including that of an adult dancer.



Our focus is on the basic elements of:

- Physical space and how we relate to it as an individual and a group member
- Locomotor and non-locomotor movements
- Musical awareness
- Opposites, directions, and pathways
- Elementary positions and movement of ballet

In addition to these physical elements, we integrate the intellectual concepts of:

- Self-awareness
- Teamwork
- Creative expression
- Imagination
- Basic body and health awareness



The program also helps children learn the basics of classroom behavior and manners, which include learning how to take turns, following another dancer or leading the way, waiting patiently, working together with others, and having a positive attitude.

Concepts are explored throughout the year such as classroom etiquette, musical awareness, relationships to the working space and the stage, expressing emotion through movement, and pantomime.

How classes are structured

There are four basic sections to each class:

1. Beginning - Each class begins with a brief sharing time followed by strengthening and stretching exercises.

2. Center Barre and Center - Center includes all major muscle groups and is the basis for the barre work taught in ballet classes at a later date. From these exercises, students learn correct posture and placement of the body over the legs (this is very important for both dancers and non-dancers). They also learn balance, arm movements, and various jumps which aid in the development of the child's locomotor skills.

3. Across the Floor - Students practice locomotor movements from one side of the floor to the other. These traveling skills provide the foundation for ballet movement to be learned in the future.

4. Creative Expression - Students participate in a variety of free movement exercises that teach listening skills, levels, and directions. Young dancers who are consistently exposed to this type of activity are generally more creative and consistently freer in their movement and styles as they develop. Besides, it's just plain fun.

Leap 'N Learn class options by age:

Age cutoff is September 1

Leap 'N Learn 3: Uniform Color - **Light Pink**

Leap 'N Learn 4: Uniform Color - **Bright Pink**

Leap 'N Learn 5: Uniform Color - **Purple**

Add-ons available for:

Hippity Hop

Tappin' 4's & 5's



Encouraging kids to lead inspired lives!