



# Glass House Dance

## Fall Session Class Information 2022

### Maple Valley / Black Diamond

This document will highlight class information / schedules for our Maple Valley / Black Diamond program. Below you will find information and scheduling info for classes that are held at:

- Lake Wilderness Lodge
- Thrive Fitness at Four Corners
- Black Diamond Gym

**Please note: All classes held at Lake Wilderness Lodge (LWL) must be registered for through the Maple Valley Parks and Rec Registration page. Thrive Fitness (TF) and Black Diamond Gym (BDG) classes can be registered for, through Glass House Dance's Registration Portal.**

#### Attire by Class:

**Parent/Tot: Jazz/Lyrical/Creative:** Any dance outfit is recommended but anything that makes the dancer happy that day is acceptable!

**Ballet/Lyrical/Creative:** Pink tights, leotard (any color), pink ballet shoes. (Ballet skirt optional).

**Hip Hop/Jazz/Funk:** Any athletic attire that allows for freedom of movement + tennis shoes (clean & dance only tennis shoes preferred). No jeans or rain boots.

**Ballet/Jazz/Hip Hop:** Pink tights, leotard (any color), pink ballet shoes. (Ballet skirt optional) + tennis shoes (clean & dance only tennis shoes preferred). No jeans or rain boots.

**Mini or Jr Jazz:** Any FORM FITTING athletic attire that allows for freedom of movement + lyrical turners (preferred shoe) however ANY dance shoe including a jazz gore boot, or a ballet slipper is acceptable! Bare feet are an option if necessary.

**Mini or Jr Hip Hop:** Any athletic attire that allows for freedom of movement + tennis shoes (clean & dance only tennis shoes preferred). No jeans or rain boots.

**Mini Ballet:** Pink tights, leotard (any color), pink ballet shoes. (Ballet skirt optional).

**Mini Lyrical/Contemporary:** Any Form fitting dance wear. Nude turners (shoe) Hair pulled back.

**Mini / Jr Acro:** Any FORM FITTING athletic attire that allows for freedom of movement + bare feet. Hair Pulled back.

**\*\*Please see below for class costs, schedule, and locations \*\***

## Information for Classes held at the Lake Wilderness Lodge:

**Monday @ LWL: Sessions: 9 - Closure Dates: 10/31/22 - Cost: \$167 – Start Date: 9/12/22 – End Date: 11/14/22**

- **4:20-5:10pm - Ballet/Jazz/Hip Hop (3-5years) – Mondays** *Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Offering a bit of everything, this class exposes dancers to three different dance genres all within a single class helping our tiny dancers to stay focused with intention & purpose! Classes are moderately fast paced, upbeat and exciting! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*
- **5:20-6:10pm - Mini Ballet I (6-9years) – Mondays** *Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful & detailed technical training that will enhance all physical endeavors, including sports & other all dance styles. Class will consist of barre, progressions across the floor & center combinations. Class aims to build confidence, strong work ethic & pride! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*
- **6:20-7:10pm - Mini Lyrical/Contemporary I (6-9years) – Mondays** *Lyrical/Contemporary is a melting pot of many dance styles pulling from a ballet & jazz technical foundation. Lyrical focuses on storytelling through dance and is known for being an emotionally expressive dance style, using the "lyrics" of the song to help tell the story. Class aims to build confidence through self-expression exploration & discipline. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353*
- **7:20-8:10pm - Jr Jazz I (8-11years) – Mondays** *Jazz is a mixture of many styles reflecting today's pop culture and is identifiable by exciting "tricks" and fast paced movement. Class focuses on dancer flexibility, strength, and exhibition of individual personality. Usually performed to current/top 40 music, jazz training will lay a strong foundation for future development in any specific dance genre, cheer and/or gymnastics! Classes include a center warm-up, progressions across the floor and center combinations. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*

**Tuesday @ LWL: Sessions: 10 – No Closure Dates - Cost: \$185 – Start Date: 9/13/22 – End Date: 11/15/22**

- **9:10-9:55am - Ballet/Lyrical/Creative (3-5 years) – Thursdays** *Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Experimental games will aid dancers in imaginative thinking, imagery & storytelling. This class is perfect for the self-thinker & dreamer, offering the perfect balance of structure & freedom. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*
- **10:05-10:50am - Ballet/Jazz/Hip Hop (3-5 years) – Thursdays** *Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Offering a bit of everything, this class exposes dancers to three different dance genres all within a single class helping our dancers to stay focused with intention & purpose! Classes are moderately fast paced, upbeat and exciting! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*

**Wednesday @ LWL: Sessions: 10 – No Closure Dates - Cost: \$185 – Start Date: 9/14/22 – End Date: 11/16/22**

- **9:10-9:55am - Ballet/Jazz/Hip Hop (3-5 years) – Thursdays** *Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Offering a bit of everything, this class exposes dancers to three different dance genres all within a single class helping our dancers to stay focused with intention & purpose! Classes are moderately fast paced, upbeat and exciting! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*
- **10:05-10:50am - Ballet/Lyrical/Creative (3-5 years) – Wednesdays** *Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Experimental games will aid dancers in imaginative thinking, imagery & storytelling. This class is perfect for the self-*

thinker & dreamer, offering the perfect balance of structure & freedom. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.

- **4:30-5:15pm - Mini Jazz I (6-9years) – Wednesdays** Jazz is a mixture of many styles reflecting today's pop culture and is identifiable by exciting "tricks" and fast paced movement. Class focuses on dancer flexibility, strength, and exhibition of individual personality. Usually performed to current/top 40 music, jazz training will lay a strong foundation for future development in any specific dance genre, cheer and/or gymnastics! Class aims to build confidence through hard work, discipline & accomplishment!! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.
- **5:20-6:10pm - Ballet/Lyrical/Creative (3-5 years) – Wednesdays** Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Experimental games will aid dancers in imaginative thinking, imagery & storytelling. This class is perfect for the self-thinker & dreamer, offering the perfect balance of structure & freedom. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.
- **6:20-7:10pm - Mini Hip Hop I (6-9years) – Wednesdays** Hip Hop encompasses a wide array of movement vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking and new style. Hip Hop is a blend of modern and contemporary dance styles performed to current "age and context appropriate" Hip Hop music and beats! Classes are energetic, stimulating, and fast paced with emphasis placed on individual style and texture. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.
- **7:20-8:10pm - Jr Hip Hop I (8-11years) – Wednesdays** Hip Hop encompasses a wide array of movement, vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking and new style. Hip Hop is a blend of modern and contemporary dance styles performed to current "age and context appropriate" Hip Hop music and beats! Classes are energetic, stimulating, and fast paced with emphasis placed on individual style and texture. Classes include a center warm up, progressions across the floor, and center combinations. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353

**Thursday @ LWL: Sessions: 10 - Thanksgiving - Cost: \$185 – Start Date: 9/22/22 – End Date: 12/1/22**

- **9:10-9:55am - Ballet/Lyrical/Creative (3-5 years) – Thursdays** Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Experimental games will aid dancers in imaginative thinking, imagery & storytelling. This class is perfect for the self-thinker & dreamer, offering the perfect balance of structure & freedom. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.
- **10:05-10:50am - Ballet/Jazz/Hip Hop (3-5 years) – Thursdays** Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Offering a bit of everything, this class exposes dancers to three different dance genres all within a single class helping our dancers to stay focused with intention & purpose! Classes are moderately fast paced, upbeat and exciting! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.
- **4:40-5:30pm - Mini Ballet I (6-9years) – Thursdays** Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful & detailed technical training that will enhance all physical endeavors, including sports & other all dance styles. Class will consist of barre, progressions across the floor & center combinations. Class aims to build confidence, strong work ethic & pride! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.
- **5:35-6:20pm - Ballet/Lyrical/Creative (3-5 years) – Thursdays** Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Experimental games will aid dancers in imaginative thinking, imagery & storytelling. This class is perfect for the self-thinker & dreamer, offering the perfect balance of structure & freedom. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.

- **6:25-7:15pm - Mini Hip Hop I (6-9years) – Thursdays** *Hip Hop encompasses a wide array of movement vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking and new style. Hip Hop is a blend of modern and contemporary dance styles performed to current "age and context appropriate" Hip Hop music and beats! Classes are energetic, stimulating, and fast paced with emphasis placed on individual style and texture. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*

## Information for Classes held at the Thrive Fitness Four Corners:

**Thursday @TF: Sessions: 10 - No Closure Dates - Cost: \$185 – Start Date: 9/15/22 – End Date: 11/17/22**

- **4:30-5:20pm – Introductory Ballet (5-6years) – Thursdays** *Introductory ballet will teach our Pre-K, K & 1st grade dancers the most basic & fundamental techniques of ballet technique! Following a traditional ballet class structure, class will offer barre, across the floor & center combinations. Introductory ballet acts as a transitional class from the micro division into the mini division, with full focus on ALL things ballet. Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful technical training that will enhance all physical endeavors and dance disciplines. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*
- **5:25pm-6:15pm – Introductory Jazz (5-6years) – Thursdays** *Introductory jazz will teach our Pre-K, K & 1st grade dancers the most basic & fundamental techniques of jazz dance! Jazz Technique will offer a warmup, across the floor & center combinations. Jazz is a mixture of many styles reflecting today's pop culture; identifiable by exciting "tricks" and fast paced movement. These classes place an emphasis on isolating body parts, increased flexibility & strength, and exhibition of individual personality.*
- **6:20pm-7:15pm - Mini Ballet I (6-9years) – Thursdays** *Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful & detailed technical training that will enhance all physical endeavors, including sports & other all dance styles. Class will consist of barre, progressions across the floor & center combinations. Class aims to build confidence, strong work ethic & pride! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*
- **7:20pm – 8:15pm - Jr Ballet I (8-11years) – Thursdays** *Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful & detailed technical training that will enhance all physical endeavors, including sports & other all dance styles. Class will consist of barre, progressions across the floor & center combinations. Class aims to build confidence, strong work ethic & pride! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*

## Information for Classes held at the Black Diamond Gym:

**Monday @BDG: Sessions: 9 - Closure Dates: 10/31/22 - Cost: \$167 – Start Date: 9/12/22 – End Date: 11/14/22**

- **4:40-5:25pm - Ballet/Jazz/Hip Hop (3-5years) – Mondays** *Designed to provide our newest & tiniest dancers with an introduction to music, movement exploration & self-expression, we aim to create a love and passion for dance at a very young age! Offering a bit of everything, this class exposes dancers to three different dance genres all within a single class helping our tiny dancers to stay focused with intention & purpose! Classes are moderately fast paced, upbeat and exciting! Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*

- **5:30pm - 6:25pm - Mini Hip Hop I (6-9years) – Mondays** *Hip Hop encompasses a wide array of movement vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking and new style. Hip Hop is a blend of modern and contemporary dance styles performed to current “age and context appropriate” Hip Hop music and beats! Classes are energetic, stimulating, and fast paced with emphasis placed on individual style and texture. Questions? Email [info@glasshousedance.com](mailto:info@glasshousedance.com) or call (425)399-2353.*
- **6:30-7:25pm Mini/Jr Acro I (6-11years) – Mondays** *Acrobatics for dancers is a class designed to teach the fundamentals of tumbling, acro-flex, and acrobatics. It is a high energy performing art that focuses on strength, flexibility, balance and motor coordination. Acro includes backbends, cartwheels, handstands, headstands, rolls, walkovers, handsprings, aerials, tucks, hand balancing, partner tricks and so much more. The ultimate intention of acro is the incorporation/integration of these various skills and tricks into other dance styles. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.*