



Summer Classes 2026



*Pre-registration required for all classes unless otherwise noted. For more information or to register reach out to info@tjdance.com

Family Hawaiian Hula

All ages

Instructors: Karen Hendrickson & Larisa Ignacio

Parents and caregivers, bring your kids along and celebrate the spirit of aloha in our joyful and low-impact Hawaiian dance class! All ages welcome! Wear a swishy skirt, feel the rhythm, and immerse yourself in the music, movement, and meaning of Hawaiian dance. The last week of each session will be a mini-luau where we'll perform our hula dance and sample some popular Hawaiian food. At least one adult required per registration.

Tuesdays 11-11:45am

July Session - July 7-28

August Session - August 4-25

\$80 per session per family

Creative Movement

3-5 years old

Instructor: Rowan Williams

In this fun, energetic class, little ones will explore the joy of dance through playful games, music, and simple movements. They'll learn basic skills like coordination and rhythm while expressing their creativity in a happy, supportive space. A wonderful way for kids to start their dance journey with lots of fun and smiles!

Tuesday July 14

9:30-10:15am

\$20 one-day class

Hip Hop Kids

Kindergarten-5th grade

Instructor: Rowan Williams

In this energetic class, we will explore the joy of dance through playful games, music, and basic hip hop movements. Dancers will learn a small combo while building confidence and developing their own style in a fun, encouraging environment!

Tuesday July 21

9:30-10:30am

\$20 one-day class

Aerial Adventures

7-10 yrs old

Instructor: Ms Kit

In this fun and engaging class, kids will explore the magic of aerial hammocks! We'll start with energizing spins and playful movements to build strength and coordination, followed by calming cocoon meditation, where children can relax and recharge while feeling safe and supported in the hammock. We'll also introduce EFT (Emotional Freedom Technique) tapping, teaching kids how to manage emotions and build confidence through this simple, empowering practice. Each session capped at 6.

Thursdays 4:30-5:25pm

July 9-August 13

Fridays 3-3:55pm

July 10-August 14

\$145 per session

Come dance with us!

www.tjdance.com

info@tjdance.com

Jazz Funk + Stretch & Techinque Intensive

Middle School/High School

Instructor: Rowan Williams

Take your dance skills to the next level this summer in our Jazz Funk Stretch & Technique Intensive! This class focuses on building strength, flexibility, and control while exploring the high-energy, expressive style of jazz funk. We'll work on combos alongside stretching and technique work, helping you refine your skills, improve your range of motion, and move with more power and confidence.

Tuesday & Wednesday July 21-22 5-7pm

\$35 one day or \$60 for both days

Contemporary + Hip Hop

Middle School/High School

Instructor: Rowan Williams

Contemporary: This class focuses on expressive movement that combines technique and emotion. Dancers will work on strength, flexibility, and control while learning choreography that tells a story and connects deeply with the music.
Hip Hop: This class focuses on performance, rhythm, and style. Dancers will learn choreography, work on musicality and skills, and build confidence while developing their own style in an encouraging environment.

Tuesday & Wednesday July 14-15 11:30am-1:30pm (w/30 minute lunch break)

\$35 one day or \$60 for both days

Lyrical + Tap

Middle School/High School

Instructor: Rowan Williams

This unique class combines two powerful dance styles in one amazing day! The first half focuses on lyrical dance, where students will explore emotional expression through fluid, storytelling movement. The second half shifts to tap, emphasizing rhythm, precision, and the art of creating music with your feet. Ideal for dancers looking to develop versatility, musicality, and both emotional and technical skill. This class offers a well-rounded experience for all levels.

Saturday July 18

11:15am-12:15pm

\$20 one-day class

Contemporary

Teen to Adult

Instructor: Rowan Williams

This class focuses on expressive movement that combines technique and emotion. Dancers will work on strength, flexibility, and control while learning choreography that tells a story and connects deeply with the music.

Saturday July 18

5-7pm

\$25 one-day class

Belly Dance

Teen to Adult

Instructor: Ariel Russell

Discover the mesmerizing rhythms of the rich traditions of Egyptian-style belly dance! No matter your dance experience, shape, or background, our class warmly welcomes you to join!

Details to be determined, inquire if interested

Come dance with us!

www.tjdance.com

info@tjdance.com

Stretch & Strength

Teen to Adult

Instructor: **Bethany Brittain**

Join teacher Bethany for a dynamic Stretch and Strength class designed for teens and adults! Perfect for dancers and non-dancers, this class focuses on improving flexibility, increasing range of motion, and building core strength. Enhance your body awareness, prevent injuries, and boost your performance. All levels are welcome!

Saturdays 9:30-10:15am 7/11, 7/18, 7/25, 8/15, 8/22, 8/29 Drop-in \$20 per class or pre-register all for \$90

Technique & Turns

Teen to Adult

Instructor: **Bethany Brittain**

Elevate your dance skills in teacher Bethany's Technique & Turns class, designed for teens and adults ready to refine their craft! This class focuses on strengthening fundamental dance technique, improving balance, and mastering various turns. Bethany will guide you through progressions to enhance precision, control, and execution, building confidence in every movement. Perfect for dancers looking to sharpen their skills and add polish to their performances. All levels are welcome to develop a strong, expressive foundation!

Saturday 10:15-11am 7/11, 7/18, 7/25, 8/15, 8/22, 8/29 Drop-in \$20 per class or pre-register all for \$90

Country Line

Teen to Adult

Instructors: **Bethany Brittain & Ilea Merryman**

This class is perfect for all levels of dance, from completely new to Intermediate dancer! Every other Thursday we'll alternate between learning two "bar/club" line dances and our high-energy Country Sweat workout class.

*Country Sweat will get you ready to sweat your boots off! This high-intensity workout revolves around country and country line dancing...think Zumba but with more Yeehaw!

Thursdays 6-7pm

7/9 Shivers, Mama Maria

7/16 *Country Sweat, Church Clap

7/23 Wagon Wheel, The Wolf

7/30 *Country Sweat, Footloose

8/6 *Country Sweat, Copperhead Road

8/13 Bar Song, Texas Time

8/20 *Country Sweat, Dancers Pick

8/27 Cowboy Boogie, Men in Black

Drop-in \$20 per class or pre-register any 4 for \$60 all for \$120

Introduction to Hawaiian Dance

Teen to Adult

Instructors: **Karen Hendrickson & Larisa Ignacio**

Come dance with us and experience the joy and beauty of the Hawaiian hula. This graceful dance form emphasizes storytelling through movement, connecting dancers to the rich traditions of Hawaiian culture. Each week we'll learn a new popular hula dance. Come to one, come to a few, or come to them all!

Saturdays 10-10:55am

7/4 Somewhere Over the Rainbow

7/11 Pearly Shells

7/18 Tiny Bubbles

7/25 Lovely Hula Hands

8/1 Hanalei Moon

8/8 He Mele No Lilo

8/15 We Know the Way

8/22 The Hukilau

Drop in \$20 per class or pre-register any 4 for \$60, all for \$120

Come dance with us!

www.tjdance.com

info@tjdance.com