



Summer Classes 2026



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

Intro to Hawaiian Dance

All ages

Instructors: Karen Hendrickson & Larisa Ignacio

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. Each week we'll learn a new popular hula dance. Come to one, come to a few, or come to them all!

Tuesdays 11-11:55am

July 7- August 25

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

Trend Lab

All Ages

Instructor: Bethany Brittain

Learn the dances blowing up on social media each week. Each 45-minute, all-ages session breaks down one currently trending dance - step by step - then ends with dedicated filming time and space to capture your version. Build your digital portfolio of dances to keep for fun, share with family, or start growing your own social media profile.

What to expect - 5 min: warm up and trend context

30 min: slow-build choreography, taught with modifications for kids, teens, and adults

10 min: run throughs, filming time, quick tips on angles and timing

Thursdays 5-5:45pm July 9 - August 27

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

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

Come dance with us!

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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

Jazz Funk + Stretch & Technique 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

Come dance with us!

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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

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

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. 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 & Ileah 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

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