

Higher Praise Dance Academy 4321 Vicksburg (Between Grand River & Dexter) | Detroit, MI 48204 Phone: (313) 897-5899 | E-Mail: hpdance@sbcglobal.net

Classes Offered/Schedule

First Steps Dance Class Saturdays: 12:00 - 12:45 a.m. **Ages:** 3 ½ - 6 years Students will learn and enhance basic and fine motor skills as well as numbers, alphabet, colors, shapes and how to use their imagination through a creative, hands on process. All forms of dance will be introduced through out the class sessions preparing and equipping the students for the next level of classes.

Youth Praise Dance Saturdays: 1:00 - 2:00 p.m. **Ages:** 7 to 10 years & 11 to 17 years Students will learn the meaning of Praise Dance and what is required to worship the Lord in dance. Basic dance skills will be taught along with innovative praise dance routines.

Gospel Hip Hop Saturdays: 12:00 - 1:00 p.m. **Ages:** 9 - 17 years This class will consist of a combination of aerobics and hip-hop technique. Students will develop efficient stage presence, self-confidence and choreography skills in a personal hip-hop style.

Youth Workshops Every 1st Friday of the Month: 6:30 - 8:30 p.m. **Ages:** 12 - 18 years This class is designed to encourage youth to stay motivated during difficult times and to encourage youth to complete their educational goals without using drugs, alcohol, or tobacco. Also, sexual abstinence is encouraged. The students are fed, hear from motivational speakers, play games, display their talents, and they are awarded gifts.

Beginning Tap Saturdays: 11:00 - 11:45 a.m. **Ages:** 4- 12 Students will enjoy a time of stepping to the beat of the heel and toe of their shoe. They will learn the shuffle down and toe steps, flaps, turns, and balance, along with other exciting moves.

Martial Arts Saturdays: 1:00- 2:30 p.m. **Ages:** 7 - 18 years (Boys & Girls) This class is designed to teach the student basic self defense. The class will consist of warm-up exercise and training based on designated belt structure.

Beginning Adult Ballet Mondays: 6:30 - 7:30 p.m. This class is an introduction to formal classical ballet training. Students will develop in ballet technique and terminology. This class is designed for students who aspire to develop in ballet training.

Adult Gospel Aerobics Mondays: 5:30- 6:30 p.m. Students will work out to low/high impact movement that is designed to help students increase cardiovascular endurance, strengthen muscles, lose weight and improve flexibility and coordination. Music will be upbeat and inspire you to move. Students leave this class feeling energized and spiritually uplifted.

Adult Praise Dance Saturdays: 11:00 - 12:00 p.m. Students will learn how to look good praise dancing using basic dance skill movements. There will be a time for exercise warm-up and basic dance skill instruction. Students will learn innovative dance routines from contemporary gospel music. Students experience an exciting time praising the Lord during this class .

Adult Ballroom Dance Lessons Saturdays: 1:00- 2:30 p.m. Students will learn how to do basic ballroom movements with a partner.

NEW DAY & TIME Dance Ministry School Class The school is designed for dance leaders and all who are involved in liturgical and/or praise dance activity. The classes will consist of lecture, training manual called "How to Develop a Powerful Dance

Ministry," and some dance movement. Also, pageantry methods will be taught. Students will ultimately be awarded a certificate of completion for this biblical in-depth study of praise dance.

Performance Dance Class Mondays & Saturdays

If you are interested in being a part of dance ministry team that travels throughout metro Detroit and sometimes out of the state, and you are at least 10 years old, please e-mail **HPdance@sbcglobal.net** to schedule your audition. There will also be a traveling group for adults ages 20 and up.