

Northwest Recreation Center

1300 West 300 North, Salt Lake City, UT 84116

385-468-1305 ; www.recreation.slco.org

Register Online @ www.activityreg.com



Taryn It Up

A great dance program for children, Taryn It Up gives students the opportunity to explore dance, tumbling, and cheer. Classes are offered for ages 3 and up. Each June students audition for competition teams who showcase and compete at dance competitions in the valley area. All students have the opportunity to perform at annual recitals and the Rose Park Community Festival.

For more detailed information Contact Taryn at 801-673-6026 or www.tarynitupdance.com



Fall 2016 Schedule

****All Classes are \$25/month****

Class descriptions on other side

Ballet Classes

3-5 yrs	Ballet 1	Tuesdays 5:15 - 6:00pm
6-9 yrs	Ballet 2	Tuesdays 6:45 - 7:30pm
10 yrs +	Ballet 3	Tuesdays 6:00 - 6:45pm

Jazz Classes

3-5 yrs	Wednesdays 5:00 - 5:45pm
	Includes Tumbling
6-8 yrs	Wednesdays 6:30 - 7:15pm
9 yrs +	Wednesdays 5:45 - 6:30pm

Tumbling Classes

Age groups are combined and students are taught to their own ability

3-5 yrs	Wednesdays 5:00 - 5:45pm
	Includes Jazz
5 yrs +	Tuesdays 4:30 - 5:15pm
5 yrs +	Wednesdays 7:30 - 8:15pm

Other Class Styles

All classes are ages 6 yrs and older

HipHop	Wednesdays 8:00 - 8:45pm
Lyrical	Mondays 7:30 - 8:15pm
Cheer	Tuesdays 6:00 - 6:45pm



For inclusion opportunities for people with disabilities, contact Ashley at 385-468-1520 or abowen@slco.org.

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Dance Class Descriptions

Ballet - This classic form of dance is the foundation of almost all other dance styles. It is the most important style of dance for all aspiring dancers to learn form, presentation, discipline, and build strength. **MUST WEAR** black leotard, pink tights, and pink ballet shoes.

Tumbling - Students will work on flexibility, core strength, and tumbling skills. Basic skills taught include cartwheels, back bends, back walkovers, and more. Students build upon the basic skills as they progress in ability.

Jazz - Our jazz classes focus on technique and having fun!

HipHop - This street style of dance teaches boys and girls to feel the beat. Tricks such as stalls, handstands, coffee grinder, and more are taught.

Lyrical - Lyrical dance focuses on interpreting the music through expressions and portraying emotions in dance choreography.

Cheer - An introduction to cheer where students will learn basic stunts, jumps, and dance. This class is great preparation for those who may want to audition for our cheer team in June.