



HIP HOP

After School Program

Cost per children: **\$175**



Scan & Register

! Regist. Deadline

12th Apr

🕒 Date & Time

FRI
3:15 PM to 4:15 PM

👤 Grades

K, 1^o Grade, 2^o Grade, 3^o Grade

📅 Activity dates

12th April - 19th April - 26th April - 3rd May - 10th May - 17th May - 24th May

Hip Hop

About the program

Hip-Hop is all about creativity, self-expression, and empowerment.

Students will learn the rhythms and movements of Hip-Hop, the five elements of Hip-Hop, grooves, fundamentals, history, musicality, and terminology in its relation to the Hip-Hop dance culture. A beginner-friendly Hip-Hop dance combo and education around Hip-Hop. Hip hop is a cultural movement that originated in African American and Latino communities in the Bronx, New York City, in the 1970s. It is characterized by its music, dance, and fashion, as well as its emphasis on individuality, creativity, and self-expression. The music of hip hop is typically characterized by a strong beat, rapped or spoken lyrics, and the use of samples from other songs. The dance of hip hop is characterized by its energetic and athletic movements, which are often performed to hip hop music. It includes styles such as breakdancing, popping, locking, and krumping. Hip hop also encompasses a broader cultural movement that encompasses art, fashion, film, and activism. The culture of hip hop is often associated with social and political commentary, as well as a focus on community building and empowerment. In recent years, hip hop has become one of the most popular music genres in the world, and has had a significant impact on popular culture and fashion.

Benefits & Goals

- **Mental and emotional:** It's been proven that dancing can help with mental clarity, mood, and emotional regulation.
- **Socialization:** Dancing with others in a class or group setting can be a great way to meet new people and make friends.
- **Stress relief:** Dancing to hip hop music is a fun and enjoyable way to release stress and tension.
- **Self-expression:** Hip hop dance is a form of self-expression that can help individuals to develop confidence and self-esteem.
- **Cultural appreciation:** Learning hip hop can give insight into the culture and history of the African American community, and can help to break down stereotypes and promote understanding.
- **Physical fitness:** Hip hop dance is an intense workout that can help improve cardiovascular health, increase flexibility and coordination, and tone muscles.

Instructors & Academies