

BOLD DANCE

SERVING STORY COUNTY SINCE 2018

**INSPIRING A LIFE-LONG LOVE OF DANCE
IN A NURTURING ENVIRONMENT**





PRESCHOOL PROGRAM TOGETHER WE BLOOM! AGES 3 - 6 YEARS

Our Preschool Dance Program introduces young dancers to the magic of movement in a fun, engaging, and supportive environment! With age-appropriate classes that spark creativity and build essential motor skills, little ones develop confidence, coordination, and a love for dance. Every dancer gets to shine in our end-of-year Recital - a celebration of all they've learned!

Preschool Combination (3-5 years)

- Inspires creativity and confidence through foundational movement
- Strengthens coordination, rhythm, and gross motor skills
- Includes Tap & Ballet for 45 minutes of well-rounded learning and fun!

Creative Parent & Me (18-36 months)

- A caregiver & me class that creates early movement, rhythm, and coordination
- Focuses on gross motor skills, balance, and musicality
- Encourages bonding and confidence-building in a fun environment
- Duration: 30 minutes/session

Tumble Tots (3-6 years)

- Strengthens coordination, body awareness and strength
- Builds confidence, expression, and stage presence
- Encourages independence, focus, coordination, and classroom etiquette
- Includes 30 minutes of Tumbling basics and fun!



CLASSES FOR ALL AGES

STRUCTURED DANCE TRAINING

AGES 7+ YEARS

EXPLORE MULTIPLE DANCE STYLES :

Bold Dance By Peach is the perfect place for dancers to grow, explore, and refine their technique in a structured yet exciting environment. Whether just starting or advancing their skills, this program builds confidence, discipline, and a lifelong love of dance. Every dancer gets to shine in our end-of-year Recital – a showcase of all they've learned!

- **Tap** – Rhythm, coordination, and musicality
- **Ballet** – The foundation of dance technique
- **Jazz** – High-energy movement and performance skills
- **Hip Hop** – Freestyle expression and strength-building moves
- **Acro** – Flexibility, balance, and tumbling skills
- **Musical Theatre** – Acting, dance, and character performance
- **Contemporary** – Emotion, storytelling, and fluid movement
- **Pointe** – Strength, technique, and the artistry of dancing en pointe
- **Pom** – Precision, sharp movements, and high-energy performance
- **Heels** – Confidence, choreography, and expressive performance
- **PBT** – Strength, stability, and technique-building exercises
- **Adult Classes** – Fun, supportive dance for every age and experience level
- **Fitness Classes** – Strength, energy, and feel-good movement for every body



OUR ADULT CLASSES

Our **Adult Classes** are designed for anyone who loves to dance—whether you're a total beginner, getting back into dance, or looking for a fun way to keep moving. These classes offer a welcoming, no-pressure environment where adults can build confidence, learn new skills, get a great workout, and most importantly, have fun. Come as you are and find your place at Bold!

Check our website for our latest Adult Class offerings and Fitness Classes.

WHAT MAKES BOLD DANCE SPECIAL?

- **A Place to Belong** – Find your people and your dance family.
- **Confidence Through Dance** – Build strength, skills, and confidence that last beyond the studio.
- **Something for Every Dancer** – Whether you're here for fun, friendship, or serious training, there's a place for you at Bold.
- **More Than Just Dance** – We grow dancers AND humans through leadership, teamwork, and life lessons.
- **Community Matters** – We're proud to show up, give back, and make a difference in Ames and beyond.
- **Teachers Who Care** – Our instructors know your dancer, challenge them, encourage them, and celebrate their wins.
- **The Bold Experience** – Walk in as a dancer. Leave feeling like you belong.

BOLD DANCE



WHAT IS THE COLLECTIVE?

The **BOLD COLLECTIVE** is for dancers looking to push their skills to a **high-level competitive environment**. It's not just about dancing—it's about **commitment, growth, and excellence**. This program is for those who **thrive on challenge** and dream of **reaching a pre-professional level**.

Ages: 2nd-12th Graders

Competitions: 2-3 Regional Competitions a season

WHY JOIN THE BOLD COLLECTIVE?

This is where passion meets purpose. Hard work meets opportunity. Talent meets success.

- **Train at an Elite Level** – Work with top instructors, master advanced choreography, and refine technique
- **Required Technique Classes** – Classical Ballet and Progressing Ballet Technique for a solid technical foundation; Hip Hop/Pom requires a Technique/Strength and Flexibility Class, and Hip Hop also requires an additional Hip Hop class to be taken.
- **More Than Just a Dance Class** – Extra training, rehearsals, and performance opportunities to elevate your craft
- **Builds Character & Community** – Through teamwork, discipline, and hard work, dancers grow in confidence and form lifelong friendships
- **Prepares for the Future** – Sets dancers up for **college auditions, professional dance jobs**.

If you're ready to take your dance journey to the next level, this is your moment. This is your team. This is the Bold Collective.



BOLD DANCE

by Peach

SCAN TO CONNECT!



CONTACT US!

515-715-0377

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