

STYLES OFFERED

Baton Twirling

Baton twirling is an entertaining and exciting sport to watch! The intricate timing and precision required to perform artistic feats is difficult and requires complete concentration and coordination. It demands top physical conditioning. Routines for competitive sport baton twirling are designed for athletes of novice through elite stages of development, experience, and ability. Individual competitive events utilize one-baton, two-batons, or three-batons to standardized music while group competitive events are performed with members twirling together with precision and unison. Professionally trained and certified judges adjudicate the competitions.

Whether a child becomes involved in parade groups, community lessons, park and recreation programs, or competitions, he/she will be afforded the opportunity to learn and gain structured motor skills and balance training; eye/hand coordination; rhythm and timing skills; endurance, strength, agility and flexibility training; showmanship, poise, confidence, self-esteem, mental discipline, and physical fitness.

I encourage you to visit the International Baton Twirling Federation website to read more about the sport of baton twirling.

<https://www.ibtf-batontwirling.org>

Pom Pom

Pom dance is a high-energy, visually appealing dance style that emphasizes precision, synchronization, and showmanship. It's characterized by the use of pom poms, which are loose, fluffy decorative props that dancers hold in their hands throughout the routine.

Pom dance routines often incorporate elements of other dance styles, such as jazz and hip hop, and includes skills such as jumps, turns, leaps, and kick lines. Fun Fact: Pom Pom is a competitive category at baton competitions!

Dance

Classes are structured to develop students' physical skills, stamina, creativity, expression, and musicality using a range of movements and musical styles that are complementary to all dance genres. Students will develop basic dance techniques, with a focused attention on proper alignment, including preparation for turns, leaps, isolation movements and stage presence. Each class level focuses on the fun and enjoyment of dance as well as three dance disciplines —presented appropriate for students' ability level.

1. Ballet Technique: The foundation of dance. The study of ballet improves posture, general health and coordination while giving the opportunity to express and communicate through music and movement. Classes introduce the basics of ballet technique with an emphasis on preparation for dance movements to incorporate into baton twirling.
2. Free Movement and Character: Encourages presentation, musicality, creativity and individual confidence by incorporating movements in common with other dance styles such as natural movement, jazz, folk, lyrical and musical dance.
3. Flexibility, Strength and Conditioning: Stretching keeps muscles flexible, strong and agile and improves general well-being. It allows a greater range of motion required to excel as a baton twirler and dancer. Developing muscle can strengthen bones and will improve posture and balance. Conditioning improves core strength, improves mood, increases muscle mass and metabolism.

Tumbling

Interested in joining the KayKo Team? We are actively searching for a qualified tumbling and acro instructor! We would love to offer this activity in the near future!