

Wednesday, August 27, 2025

Female Dance and Gymnastics Teacher

Company: Tambourines Academy
Location: Brooklyn, NY
Compensation: 25-45\$/hr

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Gymnastics classes run on Sundays mornings-afternoons, and on Mondays- Thursday 4:20-6:20

Dance classes run on Sundays mornings-afternoons, and on Mondays- Thursday 4:20-6:20

The ages are 1st-6th grade.(Divided into groups of 1st and 2nd, 3rd and 4th, 5th and 6th)

Gymnastics: What does the class look like:

Here is where we give the girls an opportunity to express themselves through learning about lots of things that their body can do! a real favorite for a lot of girls! They look forward to mastering the gymnastics skills.

We offer 2 levels, beginner and intermediate.

We usually start with warm ups and then proceed to teach the skills while giving the girls individual attention to master them. Our studio is not massive. The equipment that we have consists of mats, barrels, and floor beams. There is a mini in-house performance in the winter, and a bigger one at the end of the year.

Dance:

We typically start the class with 5 min of slow warm ups on the floor. Then we proceed with teaching the girls some foundational dance skills across the floor, for about 10 minutes. Following that, we teach the girls a choreography that the teacher prepares. Sometimes we allot 10 min for a dance game or creative space for their own (guided) dancing. And finally we end with a cool down. If the teacher has learnt a specific dance style we'd definitely consider incorporating that as well!

The songs are approved by the director. In the beginning of the year we use "random" songs. When we prepare for a performance (twice a year) we work towards that with more specific songs.

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