

## **CLASS DESCRIPTIONS**

### ***Tiny Tots***

Ages 2-3 and 3-4

Students will receive an introduction of ballet technique and will learn how to be creative with movement. Children will learn proper dance class behavior, practice rhythms, directions, and various forms of movements, in a fun, child friendly environment.

### ***Ballet/Tap combination class***

Demi and Level 1: Ages 4-9

This is a combination class continuing with Ballet Techniques, and Introducing Tap Techniques and rhythms.

### ***Jazz/Hip Hop combination class***

Demi 1-3, Level 1: Ages 4-9

This is a combination class introducing basic Jazz technique, as well as introductory hip-hop dance movements, and tricks.

### ***Ballet and Ballet Technique***

Level 2-6: Ages 9+

The traditional technique of classical ballet has developed over centuries. It is a basis for the logical physical training of a dancer. Students are taught proper body placement, body alignment, barre and center floor work, along with across the floor combinations. All students are urged to study ballet, as it is the foundation of all other dance styles, and facilitates further success in these disciplines.

\*Ballet Technique is for additional practice only. Students will not perform a dance.

### ***Tap***

Level 2-6: Ages 9+

Tap is a style involving rhythm, dynamics, and varying sounds. The quick footwork acquired through tap dancing enhances balance, coordination, and control. Tappers will have a graduated warm-up to loosen their ankles and knees for proper execution of skills, across the floor progressions and have center floor work to learn and perfect new skills.

### ***Hip Hop***

Level 2-6: Ages 9+

Hip Hop or funk dancing is a combination of street jazz, modern, and tribal styles. This form of dance is often seen in televised dance performances or music videos, and is constantly changing with the wide variety of current music. Students will learn the importance of isolations and dynamics to execute pop-and-lock and funk movements.

### ***Jazz and Jazz Technique***

Level 2-6: Ages 9+

This is a stylized and energetic form of dance providing a personal and creative means of expression. Jazz movements are fast and intricate and tend to reflect the multiple rhythms of jazz music. Classes include center warm-up and technique, stretch and strengthening exercises, floor work, and across the floor progressions in addition to center floor combinations. Students will also focus on flexibility, proper body alignment, posture, and technical skills.

\*Jazz Technique is for additional practice only. Students will not perform a dance.

### ***Theater Jazz***

Advanced: Age 14+

This class combines jazz technique with other varieties to create a "Broadway" style of dance. This class will follow a jazz warm up and will have progressions and center floor work and combinations that combine acting with jazz dance.

### ***Lyrical***

Intro-Advanced: Age 9+

Lyrical is a form of dance that focuses on a dancer's ability to communicate with others through gesture and expression, using the emotion and mood of the music. Along with the contributions that ballet, jazz and modern has made to lyrical dance a large part of its origin was derived from stage acting. Students have a warm up focusing in core strength, flexibility, and movement of the back. The class includes floor work, progressions, and center combinations.

\*Co-requisite: Ballet or Ballet Technique

### ***Modern***

Intro-Advanced: Age 9+

Modern dance centers on dancer's interpretations, rather than the structured steps of ballet technique. Students will learn the various techniques and terminology used in Modern dance. Extensive center warm-up and cross-floor material are taught. Core strength is developed to facilitate execution of skills and techniques learned in the various Modern styles.

### ***Baton***

Age 5+

Students will learn baton terminology and basic twirl skills while developing hand-eye coordination and wrist flexibility. Students will also learn basic twirl combinations.

### ***Tumble***

Age 5+

Tumbling teaches and improves upon flexibility, balance, strength, muscle control, discipline, & concentration. This class will focus on fundamental acrobatic technique. Students will be given challenges based on individual ability to help them grow and enhance their agility, flexibility, & strength.

### ***Intro to Pointe***

Age 10+

This class is done in a ballet shoe, and is a strengthening course designed to prepare the dancers foot for Pointe class. The students will spend a majority of the class on barre work and center work.

\*Co-requisite: Ballet

### ***Pointe 1***

Age 11+

This class is a continuation of Pre-Pointe, and students will most likely begin the season in a ballet shoe... Students will continue to focus on building strength in their feet so they may move into a Pointe shoe within the season.

\*Pre-requisite: Pre-pointe

\*Co-requisite: Ballet

### ***Pointe 2***

This is a ballet class done in Pointe shoes. To dance on pointe (on tiptoe), students must already have good technique in classical ballet. To participate in the class, students must also be enrolled in Ballet.

\*Pre-requisite: Pointe 1

\*Co-requisite: Ballet

**Pointe class requirements:** Failure to comply with rules will result in students sitting out of class

- Students must have instructor approval to participate in Pointe
- New students will need to schedule a placement audition
- Students must have the required shoes at all times
- Students must wear required ballet attire
- Students must keep a class attendance record of 70% or better