



# Class Descriptions

## 2022-2023

### **For Our Littlest Dancers...**

Creative Movement: This is a 30 min class designed for children who are 3 years old by September 1<sup>st</sup>. Teachers focus on dance positions, counting, rhythm, coordination, stretching, and center floor activities. Children will learn very basic dance moves and play dancing games.

Combo Kids: This is a 45 min class designed for children who are in K4 or 4 years old by September 1<sup>st</sup>. Teachers will continue to develop the skills introduced during Creative Movement as well as expose students to the fundamentals of tap.

### **Dance Fusion...where grace and funk collide**

Dance Fusion: Teachers will expose students to a balance of structured, controlled ballet movements and upbeat, fast paced dancing. Teachers will focus on developing and progressing students in their ballet technique for a portion of each class session. Students will also be exposed to upbeat dance styles and learn combinations to popular music. Dance Fusion 1: 30 min class for kindergarteners Dance Fusion 2: 45 min class for first graders Dance Fusion 3: 45 min class for second graders

### **Ballet...for a strong dance foundation**

Ballet is the foundation of all forms of dance. Ballet involves barre work, center exercises, and moving combinations. Students will focus on technique, flexibility, strength, and body placement. Ballet is very disciplined and precise. It focuses on the dancer's turnout and center body placement, while developing strength, stamina, coordination, and grace.

-Offered as part of "Dance Fusion"

-Offered as a stand-alone class for all levels starting at third grade

### **Theatrical...for a dancer who wants to combine acting and dance**

Theatrical: This form of dance is a combination of acting and dancing. Theatrical dance is similar to the type of dancing seen in Broadway musicals. The dance moves are choreographed to the lyrics of the song. Theatrical Dance incorporates elements of jazz, ballet, modern, hip hop, and tap; therefore, students are required to be enrolled in at least one (1) other dance class other than Acro.

### **Jazz...showcase your individual style**

Jazz is offered in combination with hip hop for students starting at third grade. Advanced students are offered a stand-alone jazz class. Jazz classes incorporate isolations, bending, and stretching with dance combinations of turns, fancy footwork, kicks, leaps, and jumps. A very active dance form, jazz dance involves a full range of body movement. This form of dance is strongly based on ballet; therefore, all intermediate levels are required to participate in a ballet class. A ballet class or ballet experience is strongly recommended for Advanced Jazz.

### **Tap...make your own music**

Tap allows a dancer to use the body as a rhythm instrument. Rhythm tap is a smooth, intricate style that begins at the feet and moves through the body. This lively, rhythmic dance makes the performer not just a dancer, but also a percussive musician.

-Offered for all levels starting at Kindergarten (introduced as part of "Combo Kids")

### **Lyrical/Modern ...a variation of ballet**

Lyrical: dance is very similar to ballet, combining the many technical elements of classical ballet with the freedom, fluidity, expressiveness and airier aspects of jazz and contemporary. Though lyrical uses a combination of ballet and jazz technique, it has a stronger emphasis on emotions and storytelling. Lyrical dance is expressive, focused on conveying musicality and emotions such as love, joy, and anger through movement. Powerful, expressive songs are often used in lyrical dance to give dancers a chance to express a range of strong emotions through their dancing.

Modern: Modern dancing is a form of dance that uses the entire body in movements in expressive ways. It is a style of dance that rejects the limitations of classical ballet and favors movement deriving from the expression of inner feeling. Modern dance is often about experimentation and discovering new ways of using music and sound in relation to movement.

--This year, Lyrical and Modern will be combined into 1 class. It's offered for students beginning with Intermediate 3. Lyrical/Modern 1 students must take ballet as well. Lyrical/Modern 2 students must have 1 year of past ballet, modern, or lyrical experience.

### **Pointe & Pre-Pointe...for a dedicated ballerina**

Pointe: Pointe is an extension of ballet. It trains the dancer to build her strength when dancing on Pointe shoes and to develop her coordination and control. Pointe is only offered to students by the teacher's discretion. Anyone that takes Pointe has a strong background in ballet and has completed the pre-pointe class. All Pointe students are required to participate in two additional ballet classes.

Pre-Pointe: This class is only offered by teacher recommendation to students with significant ballet experience and who are currently enrolled in a ballet class (typically Intermediate 3 and above). Class time will be spent increasing students' strength through specific exercises in preparation to be on pointe. All students will begin the class wearing their ballet slippers and will gradually progress to pointe shoes at the teacher's discretion.

### **Acro...combine classical dance and acrobatics**

Acro: a style of dance that combines classical dance technique with precision acrobatic elements. All students in Acro 1, 2, and 3 are required to take an Acro Technique class and at least 1 other class other than Theatrical or Tap.

Beginner Acro : offered to students in Kindergarten through 2<sup>nd</sup> Grade

Acro 1, 2, and 3: offered to students in 3<sup>rd</sup> Grade and up based on their ballet levels.

Acro Technique: This class will focus on fundamental acrobatic technique and teaching skills such as handstands, cartwheels, bridges, and walkovers. Instructors will work on increasing flexibility, balance, and strength. The level of Acro Technique is based on the dancer's skill level.

### **For Adults...for fun and exercise**

- Adult Tap is a class designed for adults interested in learning the techniques and movements of tap without the commitment of performing. Tap is great exercise for the body and the mind!

-Performance Adult Tap is a more fast-paced, challenging tap class for adults that would like to perform in the recital.