



# Class Descriptions

## **CREATIVE MOVEMENT & DANCE 2 to 4 years** ( 10 week Session)

This is where it all begins! Creative Movement & Dance introduces our boys and girls to the world of dance. While classes are structured, the focus is on fun, creativity, developing gross motor skills, coordination and balance. Focus is on inspiring in them a love and joy of music, theatre, movement and dance. Must be 2 by the start of the class.

## **PRE-BALLET 3 to 5 years**

Pretty in pink...She'll feel like a princess! Pre-Ballet introduces children to the basic positions of the feet and arms used in classical ballet. The instructor will touch on basic Ballet vocabulary and use props to encourage expression. Students MUST be 3 by September 1<sup>st</sup> and toilet trained.

## **PRE-TAP 3 to 5 years**

Let's make some NOISE! Pre-Tap introduces children to basic tap terminology, steps and counting. Tap encourages the development of musicality, coordination and rhythm. This is also an excellent class for boys. Students MUST be 3 by September 1<sup>st</sup> and toilet trained.

## **BALLET 5 to adult**

Ballet is recommended for all dancers. The structure and discipline of ballet classes allow young students to develop the balance, poise, flexibility and strength necessary not only for ballet but for all dance forms. Classes follow the Royal Academy of Dancing (R.A.D.) syllabus as well as open work from various styles. The R.A.D. is a set syllabus of work based on classical technique and free movement. Ballet is excellent for developing grace, strength, correct alignment, and is highly

recommended for dancers wishing to progress in the dance world. **Students must take Ballet if they wish to progress through the more advanced Jazz, Lyrical and Contemporary levels.**

## **TAP 5 to adult**

This is a fun, popular class for boys and girls of all ages. Tap classes are excellent for fine-tuning rhythm, musicality and timing skills; it's like drumming with your feet. Classes follow the Al Gilbert syllabus as well as open work from various movements. It is a great way to develop a dancers sense of style and learn fun rhythms!

## **JAZZ 5 to adult**

Jazz dance incorporates many styles and techniques to today's popular music styles. Jazz is a very high-energy class and is an excellent class for developing technique, coordination, musicality, performance, strength, and confidence. Jazz provides students with the coordination and isolation skills needed in Hip Hop.

## **MUSICAL THEATRE 7 & up**

Musical Theatre is a fun and unique class, where students can sing and act while incorporating basic dance steps. This class enhances the stage presence of the students and contributes greatly to a well-rounded, multi-disciplined performer. Ballet, Jazz or Tap is a co-requisite with this class.

## **HIP HOP 5 & up**

These classes are expected to fill very quickly, so register early to get your spot! Students will learn the latest dance moves and hear the latest hits. They will be able to use basic steps to create explosive hip-hop moves with plenty of attitude! Jazz is no longer a co-requisite for Hip Hop students **however** students may not progress as fast as students enrolled in jazz. Dancers are recommended to have a practical understanding of jazz steps.



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## ***TEEN STREET JAZZ 13 & up***

A blend of Jazz, Hip Hop and other various styles is typical of what you see in music videos and backup dancers. While there are no co-requisite requirements, a background of Jazz and/or Hip Hop would contribute to the dancers ability. This class is targeted towards teens with little to no dance experience. It is a fun lively class where we can experiment with various techniques/styles. \*\*It is purely a recreational class and participation in recital will be determined mid year. This class does NOT attend festivals.

## ***STRETCH & FLEX 6 & up***

This is a 30-minute class designed to increase dancer's flexibility and core strength. It makes the dancers more aware of proper body placement. It will be focused on combining stretching exercises along with body endurance moves. This is an ideal class for all dancers of all ages.

## ***LYRICAL 8 & up***

Lyrical dance is a modern dance form which fuses modern dance, jazz and ballet. It requires excellent technique to perform, as the moves are often difficult and precise. Moreover, the dancer must be well aware of facial expressions, essentially acting, to properly perform a lyrical dance piece. The goal of the lyrical dancer is to convey the emotion of a song's lyrics. Intense emotional expression of the face and body are necessary to tell a story that evolves along the lines of the song to which lyrical dance is performed. Characteristic of the lyrical dance style is flowing dance moves that connect throughout the dance. In order to take lyrical dancers **must** have at least 3 years of ballet or jazz experience and be currently be enrolled in both jazz and ballet.

## ***CONTEMPORARY 12 and up***

Contemporary dance is characterized by its versatility. Contemporary can be danced to almost any style of music, or united with other dance forms to create new styles of movement. In contemporarydance, people attempt to explore the natural energy, alignment and emotions of their bodies to produce dances, which are often very personal. The ease of movement promoted by contemporary dance along with developed technique allows experienced dancers to push new boundaries of body movement. \*\*\*Dancers looking to register in Contemporary **must** have 3 years of training in Jazz and/or ballet and be currently enrolled in Jazz and Ballet.