

# Class Descriptions

## **Creative Movement**

Ages 3 & 4

It is designed to stimulate a joyful exploration of movement while developing concentration, balance, coordination, self confidence, body awareness, and rhythm. These class provide a good foundation, and prepare students to move into our other dance forms. Our Creative Movement students have two performance opportunities throughout the season. A informal holiday performance in December, and a more formal performance in June.

## **Pre ballet**

Ages 5/6

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness, and class etiquette. Students will begin positions of the feet, and introductory movement and vocabulary.

## **Beginner ballet**

The goal in beginner ballet is to impart the fundamentals of classical ballet. class will focus on basic ballet technique, proper body alignment, French terminology, and musicality. Students will be introduced to elementary barre and center work. This class is offered once a week.

## **Intermediate Ballet 1**

As with each level, students are invited to this level after they have demonstrated full understanding of the previous level. Body alignment and muscle awareness will determine progress This class will focus on positions of the arms, direction of the body and increased movement vocabulary. This class meets twice weekly.

## **Pre-Pointe**

Students must pass through a leveled test after meeting all the requirements in the above class. This class meets three times a week.

## **Level 2 Ballet**

In ballet 2, attention is paid to the proper extension of the legs and shape of the feet, developing movement sequences, port de bras and balance. Students will see an increase in difficulty at the barre and center work, and will focus on more advanced pointe work. Students begin focus on repetition and retention. This class meets four times a week.

## **Advanced Ballet 3**

The Level 3 class becomes much more serious. Classes will focus on pointe work, pirouettes, use of the head and upper body, fluidity of pot de bras as well as the intricacies of small and large jumps. This class meets four days a week

## **Modern Dance**

This class will focus on the clarity and precision of the execution of the technique while at the same time adding the aspect of performance and the development of quality of movement that characterizes the different styles. Students will study techniques such as Cunningham, Graham, Limon, and Duncan. A Substantial part of this class will be devoted to the understanding of Improvisation and Movement Composition Techniques.

**Tap**

Classes focus on development of tap technique and terminology. Students will further develop skills including musicality and sound clarity with an added focus on increasing speed, and developing style. Classes begin with a tap barre and progress to center floor nominations and repetitive exercises, instilling a strong skill set for each level.

**Jazz**

This class will give students a through grounding in jazz terminology and technique while giving them an opportunity to grow as performers. The warm-up and progressions will use classic jazz technique to develop students musicality, athleticism, alignment and performance. We will use this technical base to explore a variety of jazz styles, including classical, musical theater, jazz funk and contemporary.

**Musical Theater**

Focus on applying and bringing together the disciplines of singing, acting, and dancing, to create an effective presentation. Each semester, the Musical Theater classes strengthen these elements by selection Broadway repertoire, interpreting it both musically and dramatically, then creating staging and choreography for performance. Students perform an annual mid semester Musical in our Black Box Theater in February.

**Boot camp**

A fitness style group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training. This class is created for adults, but is also offered to our advanced students 15 years of age and older.