

CLASS DESCRIPTIONS

Dance History Lecture Series: Offered on the first Monday of each month, Sept-June, this class gives students a comprehensive understanding of dance history. They will explore the origins of their favorite styles, solidify their understanding and develop a knowledge base from which to expand their training. They will discover works from the most influential performers and choreographers throughout history and learn how the work of these pioneers has led to today. This course will also include guest lectures from Project C faculty favorites to ensure sharing from multiple perspectives, styles, and techniques.

Experiential Anatomy & Movement Integration: An embodied movement class which explores the structure and organization of the body, and how that creates individual artistic voice and creative possibility. Students will learn the functional and expressive aspects of anatomy and human movement, and how these integrate with various dance techniques as well as everyday application. The class is a combination of movement practice, improvisation, lecture, hands-on work, and personal exploration taught through the lens of the Laban/Bartenieff Movement System. This class will not only deeply enrich each dancer's confidence and connection to self, but their technical and expressive range as well.

Student Choreography: The primary focus of this class will be to give students a creative outlet and allow them to better express themselves choreographically. Students will learn methods for composition and will create and perform in their own dances with the mentorship of Project C's faculty. Students will not only develop their own artistic vision, but also learn to communicate and collaborate in a shared vision. This class will perform a student choreographed work at the end of year concert and will also have a dedicated Student Choreography Showcase in the spring where the students will perform their own work.

Creative Dance Foundations: Utilizes structured play, improvisation, movement games, physical memorization games and integrated rhythm play for developing minds and bodies to help strengthen motor skill coordination, physical expression, socialization, emotion recognition, non-verbal communication, rhythmic skills, along with focus to foundational technical elements for Ballet and Tap.

Youth Combo: Introduces the younger dancer to the disciplines of Ballet, Jazz and Tap, bridging the gap between creative movement play and codified disciplines, and allowing students to continue to properly develop crucial motor skill connections, while enjoying the excitement of skill & technical building.

Ballet: Classical technical training utilizing Cecchetti, Vaganova, RAD, French School, and Balanchine methods from an anatomical, body-based perspective focusing on proper and efficient alignment, placement, body awareness, spatial awareness, musicality, and expression within the Ballet aesthetic.

Pointe: An extension of classical Ballet, specifically developing strength and resilience to perform work en pointe (on the tips of the toes in pointe shoes). This class is by teacher recommendation only. Minimum age is 11. Beginner Pointe classes may begin in regular Ballet shoes and are foot/ankle/calf strength development oriented. Classes may or may not have Concert performance piece depending upon proficiency and strength of students during performance semester.

Contemporary Modern: Versatile Contemporary training supported by a synthesis of Modern techniques and somatic work (including but not limited to Bartenieff Fundamentals, Alexander Technique, Dowd Training Sequences, Yoga, Gyrotonics, Release Technique, Graham Technique, and Horton Technique) focusing on the development of strength, efficiency, dynamic alignment, grounding, clarity of spatial access and movement intent, expressive and dynamic range, floor work, direction change, and fully physical connectivity and mindfulness.

Improvisation: An exploration, deconstruction, and reconstruction of structure and parameter in solo, duet, and group improvisation practice - embracing and challenging personal movement preferences, tendencies, and patterns to develop "personal voice" through movement with confidence, clarity, and trust.

Jazz: Explores the connection between mover and music with a focus on the root kinetic and social values of Jazz Dance, which defines this discipline. This class intertwines musicality, stylization, and improvisation with the development of virtuosic skill and precision, integrating various styles of Jazz Dance (including but not limited to Contemporary Jazz, Broadway Jazz, Street Jazz, and Classical Jazz).

Jazz LETT (Leaps, Extensions, Tricks, & Turns): Focusing primarily on clarifying and refining the technical and execution demands of the skill-based powerhouse style of Classical Jazz, while still supporting the expressive elements necessary to the performance of this style. This class concentrates on building the strength, flexibility, stamina, and clarity for technical skill work.

Musical Theater: Focusing primarily on the theatrical dance, characterization, presentation, and performative aspects of Musical Theater and Broadway Jazz work to develop character-specific movement execution and expression through well-known and original musical works.

Hip Hop/Urban Fusion: An integration of street and urban dance styles developing from and as a part of American Hip Hop Culture. Focused on embracing, understanding, and performing the core values of this Cultural Dance Form – Community, Individual Expression, Groundedness, Friendly Challenges, Joyousness, Polyrythms, Syncopation, integration of music and movement, Connection and Support within the group.

Tap: A percussive and highly athletic class, primarily focused in Rhythm (Jazz) Tap, but incorporating elements of Broadway (Classical) Tap. Embracing musicality, skill development, and expression to support students into this dancer-musician discipline.

Tumbling/Acro: A highly athletic class focused on developing precision acrobatic elements. This class introduces and hones acrobatic skill work for use within choreography and performance.