

CLASS DESCRIPTIONS

Creative Movement: 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.

Open Teen Combo: Open Level Combo class consisting of ballet, jazz and modern geared towards the dancer that wants concentrated dance instruction with their peers. Ballet attire not required.

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.

Pre-Pointe: Strength, conditioning and stretching practices focused toward developing the specific strength, mobility, and alignment necessary to move into the physical demand of pointe work.

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 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).

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: 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.

Conditioning, Body Mechanics, & Somatic Self-Care: Specifically designed for the needs of pre-professional and professional dancers who train and rehearse intensely, this class utilizes principles of somatics, mindfulness, Ideokinesis, breathwork, experiential anatomy, Bartenieff Fundamentals, Feldenkrais Method, yoga, resistance training, high intensity interval training, functional

movement training, Anatomy Trains, injury prevention, and nutritional & behavioral coaching to provide students with the training and tools to maintain a life of physical and mental health and balance, as well as the ability to perform at their optimal level.

Theatre: This season we will be performing The Lion King Jr. The session will be open to anyone in grades 3-8. We rehearse Friday nights from 5-9pm starting September 17, 2021. Performances will be 2 each on Saturday and Sunday January 15-16, 2022. Auditions will occur the first night for parts only. No experience necessary to join.

STUDENT DRESS CODE

Students are asked to dress accordingly for classes to eliminate any attire or styling that might inhibit movement or prevent teachers from seeing the students' bodies and alignment clearly.

Ballet & Pointe: Black leotard. Pink convertible tights. Ballet skirts and fitted ballet warm-ups ONLY- NO BAGGY CLOTHING OR SWEATS, per teacher's discretion, please ask your teacher prior to wearing. Hair secured tightly and neatly off of face and neck in either a bun, braid or French twist- NO EXCEPTIONS. Ballet or Pointe shoes, respectively.

Contemporary Modern & Improvisation: Solid color leotard or fitted tank/exercise top. Black tights or fitted dance shorts/capris/leggings worn over leotard- NO EXCESSIVELY BAGGY CLOTHING, SWEATS or LONG PANTS (teachers must be able to see ankles and knees). Hair secured tightly and neatly off face and neck (should not need to be redone during class). No shoes.

Jazz, LETT, & Musical Theater: Solid color leotard or fitted tank/exercise top. Black tights or fitted dance shorts/capris/leggings worn over leotard- NO BAGGY CLOTHING, SWEATS or LONG PANTS (teachers must be able to see ankles and knees). Hair secured tightly and neatly off of face and neck (should not need to be redone during class). Barefoot, slip on Jazz shoes, or Pedinis.

Men's/Boy's Ballet, Modern, Jazz, Musical Theater, Tumbling/Acro: Solid color fitted T-Shirt, Black cut-off (knee length) fitted sweatpants or shorts. Discipline appropriate shoes.

Tap: Comfortable clothes to move in, but no excessively baggy clothing, no jeans, and no skirts. Black full-sole leather tap shoes.

Hip Hop: Comfortable clothes to move in, but no excessively baggy clothing, no jeans, and no skirts. CLEAN, non-marking soled tennis shoes- DO NOT wear them into the studio off of the street- bring them with you. We don't want to track dirt onto the studio floors.

Heels: Comfortable clothes to move in, but no excessively baggy clothing. Non-marking, undamaged sole heeled shoes (be mindful of heel height and style as you will be DANCING in these shoes for the full class).

Creative Movement & Youth Combo Classes: Solid color leotard. Tan, pink, or black convertible tights. Fitted ballet warm-ups or solid color Ballet skirt allowed. Creative Dance and Combo classes with Ballet require Ballet shoes (leather or canvas) and black full-sole leather tap shoes. Combo class will additionally require black Jazz shoes. Hair secured tightly and neatly off of face and neck (should not need to be redone during class).

Conditioning & Acro: Exercise attire. NO EXCESSIVELY BAGGY CLOTHING. Long hair secured off face and neck (should not need to be redone during class). *Bring supportive tennis shoes for conditioning class.

Students Company Rehearsal: Solid color leotard or fitted tank/exercise top, tights or fitted dance shorts/capris/leggings ONLY (tights may be tan). NO BAGGY CLOTHING OR SWEATS. Hair secured tightly and neatly off of face and neck. Appropriate shoes for choreography.