**Teen & Pre-Teen Class Offerings**

**MONDAY**

*5:50 to 6:50 Ballet/Optional Pointe*

Classical Ballet = Barre work, Center, Petite & Grand Allegro, across the floor.

Optional Pointe work for this class - encouraged but not mandatory.

\*Dancers will perform in the Showcase most likely in small groups.

This class will not attend competition.

*6:55 to 7:55 Contemporary Repertoire w/Jumps*

Warm-up emphasizing weight and body awareness, across the floor using levels and contact improv/manipulation techniques, Center combos utilizing composition elements and creating/enhancing repertoire pieces. A jump section featured in each class.

\*Dancers will perform in the Showcase and attend Competition.

*8:00 to 9:00 Acrobatics*

Cardio/Stretch warm-up followed by basic acrobatics and working-up to full tumbling passes. Students work at their individual paces. Handsprings, tucks, layouts, and aerial work are the goals for this class.

\*Dancers will perform in the Showcase. They will not attend competition.

**TUESDAY**

*4:45 to 5:45 Jazz Fusion w/Turns*

This class will combine elements of Classic Jazz, Contemporary Jazz, and Street Jazz styles. Dancers will often go barefoot, but please have designated Bloch “neoflex” jazz shoes as well. Class will consist of warm-up, center, across the floor, and combos often changing technique focus weekly & eventually fusing these styles together into one cohesive piece. Class will finish with Turns each week. A turn board is required.

\*Dancers will perform in the Showcase and attend Competition.

*5:50 to 6:50 Lyrical*

Warm-up will be either Barre Work or Center Exercises. Combos will consist of choreography utilizing movements to express the lyrics and feel of the musical selection. Lyrical movement will be ballet-based technique adding in floor, strength, flexibility, and level work.

\*Dancers will perform in the Showcase & attend competition.

Class will be split-up to perform pieces in small groups.

*6:55 to 7:55 Modern w/Stretch*

Class exercises based on Horton, Graham, Limon, & Taylor Techniques. Students will learn fortifications/variations/studies, use fall & recovery techniques, work to perfect flatbacks, laterals, hinges, and coccyx sits. Students will discuss modern dance history, view modern repertoire classics, and perform in small groups in front of peers.

Class will conclude with Stretches. A Flexistretcher is required. Optional Yoga Blocks.

\*Dancers will perform in the Showcase. They will not attend competition.

*6:55 to 7:55 Tap Fusion*

This class will combine both Theatre and Street Tap styles. Dancers will warm-up ankles and feet, go across the floor, and learn combos often changing technique focus weekly & eventually fusing these styles together into one cohesive piece. Class will also focus on understanding tempo, rhythm, and overall musicality. History will be offered on both Broadway style and Street Tap.

\*Dancers will perform in the Showcase and attend Competition.

*8:00 to 9:00 Pointe/Variations*

This class is a Classical Pointe Class. Dancers must wear pointe shoes. Dancers not yet on pointe must receive permission from the instructor to attend this class. Class will consist of a Ballet Barre, Center work, and across the floor. Specific focus to ankle strength/proper leg alignment. Classical pointe variations will be taught & performed.

\*Dancers will perform in the Showcase. They will not attend competition.

**WEDNESDAY**

*5:00 to 6:00 Contemporary Ballet/Pointe*

Dancers should have both Ballet Slippers and Pointe shoes for this class. Barre work may be done on flat or Pointe. In certain weeks, a portion of class will be mandatory Pointe. Following Barre work, dancers will work on contemporary ballet choreography bringing parallel & angular lines to the normal softer port de bras and turned out legs. A waist alignment belt is mandatory for this class & tights are not preferred.

\*Dancers will perform in the Showcase and attend Competition.

*6:05 to 6:50 Conditioning/Barre Technique*

Dancers need hand weights (ranging from 3 to 5 pounds), a Pilates Magic Circle, a flexistretcher, & optional Yoga Blocks. This class uses calisthenics, cardio, yoga, Pilates, and weight bearing exercises to build a stronger, more flexible, healthier dancer. Barre Technique included this season. *\*Technique-only class*

*6:55 to 7:55 Theatre Jazz w/Heels*

Jazz warm-up (barefoot/*neoflex* shoes) emphasizing isolations/stretch followed by center work/across the floor, & combos using songs from Broadway/Musical Theatre. Original Broadway choreography & the history of musical theatre will be taught and discussed. Required: Bloch Splitflex Character Shoes & “Neoflex” jazz shoes

\*Dancers will perform in the Showcase and attend Competition.

**THURSDAY**

*4:15 to 4:45 Ballet Barre*

This class will serve as a warm-up for all students attending the successive Advanced & Intermediate Rehearsals. Not mandatory, but encouraged for Rehearsal Dancers.

*6:55 to 7:55 Contemporary Fusion w/Stretch*

Contemporary Fusion will combine elements of Contemporary Jazz, Modern, and current Contemporary styles. Dancers will go barefoot. Class will consist of warm-up, center, across the floor, and combos often changing technique focus weekly & eventually fusing these styles together into one cohesive piece. Class will incorporate a Stretch section each week. A Flexistretcher is required for this class.

\*Dancers will perform in the Showcase & will attend competition.

**REHEARSALS: Small Group/Duo/Trio & Large Group Opportunities**

*Monday 4:45 to 5:45 Advanced Small Group Rehearsal*

*Thursday 4:45 to 5:45 Advanced Duos/Trios/Small Group Rehearsal*

*Thursday 5:45 to 6:45 Advanced Large Group Rehearsal*

In lieu of *Team* delineations for the 2020-21 Season, Horizons will offer Rehearsal periods for dancers interested in further understanding the rehearsal/concert atmosphere of dance as well as those interested in attending more competitions.

For those dancers working with Intermediate Team last season, you may sign-up for the Advanced Large Group Rehearsal on Thursdays in place of Intermediate Team. The pieces will attend 2 competitions during our regular season (True Dance & Encore in March 2021). You need to attend a reasonable amount of technique classes, but certainly don’t need to be at the studio every evening. We encourage you to sign-up and will let you know if more technique classes would be required to attend the rehearsal hour. Attendance is mandatory at this rehearsal and only a school-mandated event or illness will be considered an excused absence. The staff will confirm your acceptance after receiving your registration.

Advanced Dancers have an opportunity to attend 3 Rehearsal hours each week. Pieces will range from small groups and duos/trios to large groups depending upon the hour(s) you attend. Attendance is mandatory at these rehearsals and only a school-mandated event or illness will be considered an excused absence. A student may sign-up for 1 hour, 2 hours, or all 3 offered. Students are expected to attend multiple technique classes throughout the week. Please sign-up if interested. The staff will confirm your acceptance prior to the start of classes. If we believe you are not attending enough technique classes, we will either request that you attend more or ask that you move to the Intermediate Rehearsal level. Advanced Groups and duos/trios will attend a minimum of 3 competitions during our regular season. Convention attendance will be optional.

**SOLOS & SOLO REHEARSAL**

*Rehearsal Times:*

*Monday 4:15 to 4:45, 5:00 to 5:30, & 8:00 to 8:30*

*Wednesday 6:15 to 6:45*

*Thursday 3:45 to 4:15 & 4:15 to 4:45*

First of all, please consider competing solos from our previous season as many of you did not get to compete often due to circumstances. In addition, you also have the option to compete two solos – one from last season and a second new solo from this season. Solos will be choreographed in the Summer of 2020 when state regulations allow. Cost for choreography and edited music as well as paperwork involved in registration will be $120. Please e-mail us or include your solo requests with your Fall registration. We need to know if you are re-competing prior solos, adding a new one, or both.

This coming season, you may sign-up for Solo Rehearsals for a full 9-month (36-week) schedule. This time slot must remain the same throughout the entire season. There will not be a changing solo chart sign-up each week as in preceding seasons. If these time slots are too full, we will offer additional slots if needed. You may sign-up for more than one weekly session. Cost will be $10 per month for each half-hour Rehearsal Time, so 2 hours per month for $10. If 3 studios are available during your half-hour slot, we will use a rotating schedule, so each student will work in all spaces throughout the season. Solo Rehearsal should be taken seriously and effort put forth a minimum of 100%. Staff members may show-up at intervals to view and coach students.

**Student Teachers**

All Students ages 12 & over interested in student-teaching, please e-mail us or let us know when registering for Fall classes. We will be in touch with student-teaching options. We may work on a rotation this coming season, so you can still attend all your desired technique classes.