**Beginner & Intermediate Class Descriptions – 2022-23 Season**

**Beginner/Introductory Classes**

Geared towards our youngest dancers looking for an introduction to dance or moving into the second year of their training.

**Monday 5:45 to 6:45 Ballet/Jazz Combo**

Perfect for the 3 and 4-year-old dancer (5-year-olds also enjoy this class), this class aims to create a love of movement, impart a positive social environment, and offer a strong foundation comprised of varying dance disciplines. Dancers will learn basic Ballet positions and technical elements, begin an understanding of body isolations through Jazz dance, perform some tap movements minus the shoes, execute some basic tumbling moves such as forward rolls and crab walks, and even have some fun with free-form styles which involve some improvisation through guided musical offerings. Dancers will also work with props like scarves, ribbons, & hula hoops and begin the foundations for turns. The combo class offers necessary dance fundamentals and works as a cornerstone for dance. A lead instructor and assistant are both present.

**Intermediate Level Classes**

The following classes will continue to build upon that strong foundation offered in introductory classes as well as in subsequent training years. Dancers will generally range in age from 7 to 13 in these intermediate classes. Younger dancers are also welcome to sign-up.

**MONDAY**

*5:50 to 6:50 Int. Commercial Jazz/Hip Hop*

This class will focus on commercial dance/hip hop used in music videos, movies, social media, and live shows. It is dance for the entertainment industry. Dancers will continue to work on freezes, breaking, weight bearing, and intricate movement phrases, but can also enjoy more turns and bigger jumps to emphasize and strengthen performance styling. Any clean sneakers or even bare feet are ok for this class. We encourage students to bring their own style into class, so we can freestyle and allow for Improvisational movement phrases.

*6:55 to 7:55 Beg./Int. Acrobatics*

Cardio/Stretch warm-up followed by basic acrobatics such as somersaults, bridges w/backbend work, cartwheels, handstands, headstands, etc. and moving onto limbers and walkovers. Students work at their individual paces. Handspring and aerial preparation will also be included for individuals ready to execute such moves. We utilize mini-trampolines for extra bounce and wedge mats to encourage safety. Instructors have been trained in spotting techniques. \*If you are an advanced tumbler, Int./Adv. Acro is at the same time. We will all work together.

\*\*\*Looking for Tap: Sign-up for Monday 6:55 Tap with Ms. Amber!

**TUESDAY**

*5:50 to 6:50 Int. Lyrical/Contemporary*

Warm-up will be center and specific attention will be given during class to building strength, flexibility, and understanding of musicality/dynamics. Combos will consist of choreography utilizing movements to express the song lyrics, while also focusing on unpredictable and gestural movements. Class will be given opportunities for improvisation both solo and contact.

*6:55 to 7:55 Int. Theatre Jazz*

Jazz warm-up emphasizing isolations/stretch followed by center work (Pirouettes, etc.), across the floor, and combos using songs from Broadway/Musical Theatre. Some original Broadway choreography and the history of musical theatre will be taught and discussed.

**WEDNESDAY**

*5:30 to 6:30 Int. Ballet/Pointe Preparation*

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

Pointe preparation work will be included for this class. Thus, dancers will spend more time at the barre clarifying proper alignment and safe Releve'/Pointe preparation techniques

*6:40 to 7:40 Int. Jazz w/Turns & Conditioning*

Warm-up will be done in the traditional isolation style and quickly followed with a challenging, often up tempo, combination. A section of jumps will be a part of each class. Dancers will use hand weights (provided) for a portion of class to enhance strength and understanding of back/arm muscles needed for carriage of the arms. These weights will also encourage stability of the lower body.

**THURSDAY**

*6:00 to 6:30 Solo Rehearsal*

This hour and a half is set up for students, particularly those performing their first solo or duo/trio. Students will be given a half hour within this time frame to work with a staff member. \*See Solo Choreography below. We would want to get the majority of each solo choreographed this summer, and are happy to work with each young student weekly during the above time slot.

*6:30 to 7:30 Petite/Jr. Team*

This could be any dancer, ages 8 and up, who wishes for the team experience, but can only commit to two hours. Petite/Jr. Team will compete at two competitions during the season. Members may also perform dances with Elite Team. You need to attend multiple technique classes (5 minimum) to join this Team. Dancers may compete large groups, small groups, and duos/trios at competition.