**Teen & Pre-Teen Class Offerings – 2022-23 Season**

**MONDAY**

*4:45 to 5:45 Adv. Ballet/Optional Pointe*

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

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

\*This is a technique only class.

*5:50 to 6:50 Adv. Contemporary w/Jumps*

Contemporary will combine elements of Classical Ballet, Jazz, Modern, and free movement styles. Choreography may seem disordered, gestural, and unpredictable. Dancers will go barefoot. Class will consist of warm-up, center, across the floor, and combos danced in groups, pairs, and solo. A jump section will be included.

*6:55 to 7:55 Adv. Tap*

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. Class will also focus on understanding tempo, rhythm, and overall musicality. History will be offered on both Broadway style and Street Tap.

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

A warm-up will be followed by basic acrobatics, working-up to full tumbling passes. Students work at their individual paces. Handsprings, tucks, layouts, and aerial work, and extreme control are the goals for this class.

*8:00 to 9:00 Adv. 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 can go barefoot, but need sneakers as well. Class will consist of warm-up and combos. Some choreography taught will be the original from music videos.

**TUESDAY**

 *5:00 to 5:45 Conditioning w/Weights*

Dancers need hand weights (ranging from 5 to 10 pounds) and a Pilates Magic Circle. This class uses calisthenics, cardio, yoga, Pilates, and weight bearing, cross training exercises to build a stronger, more flexible, healthier dancer. Highly recommended!

*5:50 to 6:50 Adv. Theatre Jazz*

Jazz warm-up emphasizing isolations/stretch followed by center work/across the floor, & combos using songs from Broadway/Musical Theatre. Wear Bloch jazz shoes for this class.

*6:55 to 7:55 Adv. Ballet/Pointe*

This class is a Classical Ballet/Pointe Class. All dancers are strongly encouraged to wear pointe shoes. Class will consist of a Ballet Barre, Center Work, Petite Allegro, and Grand Allegro. Classical pointe variations may be taught & performed.

*8:00 to 9:00 Adv. Lyrical w/Turns & Stretch*

Warm-up will be center and minimal as we will quickly move into choreography utilizing movements to express the lyrics and feel of each musical selection. Lyrical movement will be ballet-based technique adding in floor, strength, flexibility, and level work. Class will include a segment with Turns each week. A turn board is required. Class will cool down with a stretch at the conclusion.

**WEDNESDAY**

 4:45 to 5:30 *BOSU Ball/Balance Training*

This class will utilize BOSU balls. This class will improve core control and the understanding of body alignment to improve balance. Please bring your hand weights for this class—5 to 10 pounds. Highly recommended!

*5:35 to 6:35 Int./Adv. Ballet*

This class will included classical ballet and neoclassical, a 20th century style made popular by the Ballet Russes and George Balanchine. Tempos may be increased and the style, while presenting as more simplistic, will become bolder, sleek, modern, and clean. Barre work, Center, and Petite & Grand Allegro will serve as a warm up for contemporary choreography. Flat slippers must be worn for this class.

*6:40 to 7:40 Adv. 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 conditioning will be a part of each class. A turn board is required.

*7:45 to 8:30 Adv. Postmodern/Contemporary*

Warm-up will include somatic practices to encourage understanding of space and the dancers’ surroundings. Weight and body awareness will be explored during exercises that focus on pedestrian movement translating into dance movement. This is a Contemporary class meant to explore choreography, improvisation, and current concert dance, gaining notoriety through groundbreaking dance companies.

**THURSDAY**

*4:30 to 8:00 Elite Team – Duos/Trios, Small & Large Groups*

Dancers will learn choreography for duos and trios, small and large groups. Class will begin with a ballet warm-up and close with a cool down. These dance pieces will be performed at competition (as many as 5 different events).

For those dancers wishing to join Elite Team, the student must attend all four hours on a Thursday. In addition, you need to attend multiple technique classes during the week. One ballet class on your schedule is not sufficient to join these hours. We encourage you to sign-up and we will let you know if more technique classes would be required to attend the rehearsal hours. Attendance is mandatory at these rehearsals and only a school-mandated event or illness will be considered an excused absence.

**Solo Rehearsal**

 If you are competing a solo for the 2022-23 Dance Season, you must sign-up for a weekly half-hour rehearsal time slot. See the schedule for available times. Cost is $10 per month.

**Solo Choreography for Competition**

Email us ASAP if you are planning to compete a solo for the 2022-23 Season. Please let us know what type of dance you prefer, if you have a certain instructor in mind, and if you have a song preference. We prefer to suggest song choices, and instructors have the final say on music. We will get started this summer!