**Beginner & Intermediate Class Descriptions – 2021-22 Season**

**Beginner/Introductory Classes**

Geared towards our youngest dancers either looking for an introduction to dance or moving into the second or third year following an introductory level class.

**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.

**Tuesday 6:55 to 7:55 Ballet**

Great for the early elementary school years or the student transitioning from a combo class, this class teaches classical ballet and includes barre work, center work, across the floor and petite allegro and grand allegro.

**Wednesday 5:50 to 6:50 Jazz/Hip Hop/Acrobatics**

Great for the early elementary school years or the student transitioning from a combo class, this class will focus on those faster moves seen in the entertainment industry. Class will consist of a warm-up focused on isolations and coordination. Students will work on turns and jumps and enjoy fun movement combinations. The mats will also be utilized for acrobatic moves.

**Intermediate Level Classes**

Many of our younger dancers have now been dancing for numerous years and already take multiple classes with us. 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 8 to 12 in these intermediate classes. Younger dancers who take multiple classes are also welcome to sign-up.

**MONDAY**

*5:50 to 6:50 Street Jazz/Hip Hop*

This class will offer a Fusion of Street Jazz & Hip Hop. 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 Tap*

This class will teach both Broadway/Theatre-style Tap and Street Tap. Dancers will warm-up ankles and feet, go across the floor, and learn challenging combos focusing on understanding tempo, rhythm, syncopation, and overall musicality. History will be offered on both Broadway style and Street Tap.

*6:55 to 7:55 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.

\*For those of you wanting to attend the tap class offered at the same time, ask us if your child would be ready for the 8 to 9 PM acrobatics hour on Monday.

**TUESDAY**

*5:50 to 6:50 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.

\*This class is highly suggested for all of our intermediate dancers.

*6:55 to 7:55 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**

*5:50 to 6:50 Lyrical*

Warm-up will include Barre Work and specific attention given to building strength and flexibility. Combos will consist of choreography utilizing movements to express the lyrics and feel of the musical selection. Lyrical movement will be ballet-based technique and will encourage students to tackle the principles of dynamics, level changes, and portraying emotion through expressive movement quality & performance.

\*This class is mandatory for dancers attending the Intermediate rehearsal hour.

*6:55 to 7:55 Intermediate Rehearsal Hour*

This class is a rehearsal hour for one or two choreographed dances which will compete at competition. Dancers must attend the preceding Lyrical hour and are highly encouraged to attend classes on other nights. This is a serious rehearsal hour and attendance is mandatory. Only illness or a school-mandated event are excusable.

\*While other intermediate class hours may attend competition, the dancers attending this hour will definitely attend competition.

**Private Lessons – Tuesday 8 to 9:00 PM**

Looking for one-on-one time with an instructor? Sign-up for occasional private lessons. Cost is $22.50 per half hour. Email us for more information.

**Solo Choreography for Competition**

Looking to have that first solo experience at competition? Email us ASAP if you are planning to compete a solo for the 2021-22 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 will get started this summer!