**Teen & Pre-Teen Class Offerings – 2021-22 Season**

**MONDAY**

*4:45 to 5:45 Ballet*

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 Theatre Jazz w/Heels*

Jazz warm-up emphasizing isolations/stretch followed by center work/across the floor, & combos using songs from Broadway/Musical Theatre.

\*Required: Bloch Splitflex Character Shoes

*6:55 to 7:55 Lyrical w/Extension & Balance Focus*

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. Adagio, balance, and extension work will be highlighted.

*8:00 to 9:00 Abs/Acrobatics/Yoga*

An abdominal focused 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 are the goals for this class. Class will finish with a Yoga cool down.

**TUESDAY**

5:00 to 5:45 *Balance Ball/Board Training*

This class will utilize Exercise Balls and Board Balance trainers. Class size will be limited as equipment will be provided. Register early for this one! This class will improve core control and the understanding of body alignment to improve balance.

*5:50 to 6:50 Contemporary w/Modern Warm-up*

Warm-up emphasizing laterals, flatbacks, lunges, and Modern technique-based movement. Weight and body awareness will be explored during Contemporary-based combinations. This is a Contemporary class and will run as such with the exception of the modern-based warm-up.

*5:50 to 6:50 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.

*7:55 to 8:55 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.

*8:00 to 9:00 Commercial Jazz w/Turns*

This class will focus on commercial dance used in music videos, movies, and live shows. It is dance for the entertainment industry. Dancers will often go barefoot, but may use sneakers some weeks. Class will consist of warm-up and combos. Some choreography taught will be the original from music videos. Class will include a segment with Turns each week. A turn board is required.

**WEDNESDAY**

*4:45 to 6:00 Ballet*

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

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

*6:05 to 6:50 Conditioning/Abs*

Dancers need hand weights (ranging from 3 to 5 pounds), a Pilates Magic Circle, and a flexistretcher. This class uses calisthenics, cardio, yoga, Pilates, and weight bearing exercises to build a stronger, more flexible, healthier dancer.

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

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 danced in groups, pairs, and solo. Class will incorporate a Jumps section each week.

8:00 to 8:40 Contemporary Ballet – Small Group Rehearsal

Dancers must request this class and must attend multiple ballet classes throughout the week in order to participate. This small group allows only 4 to 9 students and each dancer must be ready to clean and perfect this routine. Leotards, hip alignment belts, and ballet slippers must be worn for this rehearsal.

**THURSDAY**

*4:15 to 8:15 Advanced Rehearsals – 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 stretch. These dance pieces will be performed at competition.

For those dancers wishing to join these rehearsal hours, the student must attend all four hours on a Thursday. In addition, you need to attend multiple technique classes during the week, but don’t need to be at the studio every evening. 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 2021-22 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.

**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 will work on a rotation this coming season, so you can still attend all your desired technique classes.

**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**

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!