

# Class Descriptions

## Ballet 5-6 year olds

This class provides the beginning of formal training, taught slowly and carefully with an emphasis on proper posture, placement, and body alignment. Students learn age-appropriate warm-ups, stretches, fundamental barre work and terminology including plié, battement, rond de jambe, port de bras, relevé, and the concept and proper use of turn-out. Center work includes basic locomotor skills such as skipping, hopping, jumping and leaping. Class meets once a week for one hour.

## Hip-Hop/Jazz 6-8 year olds

This class provides the beginning of formal training, taught slowly and carefully with an emphasis on proper posture, placement, and body alignment. Students learn age-appropriate warm-ups, stretches, fundamental barre work, and terminology including plié, battement, rond de jambe, port de bras, élevé, and the concept and proper use of turn-out. Center work includes basic locomotor skills such as skipping, hopping, jumping and leaping. Students will work on their coordination, musicality, and groove. Class meets once a week for one hour.

## Beginning Ballet 9-12 year olds

This class is designed to accommodate both continuing and new students. Beginning ballet fundamentals and terminology are expanded and include movement combinations to develop memory skills. Formalized center work includes preparation for pirouettes, petit and grand allegro. Class meets once a week for one hour.

## Intermediate Ballet 9-12 year olds

This class will develop and secure muscle memory, understanding of movement theory and a firm foundation of the seven movements of dance. Memorization of combinations and musicality are further developed and include coordination of head, arm, and full body movements. Barre work now also includes fondu, frappé, rond de jambe en l'air, and développé. Center work includes adagio, petit allegro combinations, and pirouettes from the across the floor. Class meets once a week for one hour.

## Intermediate Ballet Teen

Growth of the ballet vocabulary continues as combinations become longer to develop memorization and stamina. Sustained adagios en l'air, double pirouettes, and allegro batterie become the standard. Continued work on core strength to stabilize balance. Class meets once a week for one and a half hours.



# Class Descriptions

## Advanced Ballet Pre-Pointe Teen (*by recommendation only*)

This class emphasis is the perfection of technique in preparation for more arduous work at the advanced levels. Understanding of anatomy, muscular development, coordinated practice of full body movement with port de bras, and sustained poses are obtained. Students must be able to execute all work at this juncture safely and correctly before advancing. Class meets once a week for one and a half hours.

## Advanced Ballet/Pointe Teen (*by recommendation only*)

Advanced ballet incorporates both technical and artistic proficiency in movements. Complex and precise movement series and combinations are given to master the technique. Classical and contemporary repertoire is explored. Class meets once a week for one and a half hours.

## Int./Adv. Contemporary Ballet

Growth of the ballet vocabulary continues as combinations become longer to develop memorization and stamina. Sustained adagios en l'air, double pirouettes and allegro batterie become the standard. Fouettés are introduced. Continued work on core strength to stabilize balance. Students will learn lyrical, modern, and contemporary phrases (possibly en pointe). Class meets once a week for 1 hour.

## Turns & Leaps

This class works strictly on technique. Including proper preparations and placements for successful turns. Students will also learn proper preparations and placements for successful leaps. Class meets once a week for one hour.

## Intermediate Jazz 9-12 year olds

These classes focus on basic body isolations of the head, shoulders, ribcage, feet, arms, and will layer jazz style over the traditional technique of ballet. Students master basic jazz steps including kick ball change, step ball change, and jazz runs. Classes are high energy and progress with warm-up, floor crossings, and combinations. Emphasis is placed on developing coordination, rhythmic awareness, individual expression, and flexibility. Class meets once a week for one hour.

## Beginner Jazz Teen

This class focuses on Jazz fundamentals and terminology and include movement combinations to develop memory skills. Students will work on technical skills in the center and progression work. Emphasis is on flexibility, control, conditioning, and incorporating ballet techniques with extensions, leaps, and turns. Choreographed warm-ups and routines challenge student's ability to conform. Class meets once a week for one hour.



# Class Descriptions

## Intermediate Jazz Teen

This class expands the knowledge attained in Beginner Jazz. Students will be introduced to different styles of Jazz choreography as well as increasing their technical skills in the center and progression work. Emphasis is on flexibility, control, conditioning, and incorporating ballet techniques with extensions, leaps, and turns. Choreographed warm-ups and routines challenge student's ability to conform. Class meets once a week for one hour.

## Advanced Jazz Teen (*by recommendation only*)

These classes incorporate many styles such as Fosse, Lyrical, Character, and Theatre, etc... Classes work on technical skills in the center and progression work. Emphasis is on flexibility, control, conditioning, and incorporating ballet techniques with extensions, leaps, and turns. Choreographed warm-ups and routines challenge student's ability to conform. Some classes may utilize lyrical movements to sharpen student's technical skills. Class meets once a week for one and a half hours.

## Beginner/Intermediate Contemporary 9-12 year olds

Class combines basic ballet and modern technical skills in the center and progression work. Students will work on incorporating Ballet and Jazz techniques with floor work. Choreographed warm-ups and routines challenge student's ability to conform. Class meets once a week for one hour.

## Broadway Jazz 11 & Up

This class puts an emphasis on jazz technique. Students continue to build a solid foundation and a solid center frame of the body through rigorous workouts with emphasis on stretch, flexibility, and control. Class incorporates turns, leaps, jumps, extensions, and improving ones flexibility. Classes explore each dancer's potential. Across the floor combinations and center choreography will be taught to encourage utilization of proper technique. Class meets once a week for one hour.

## Int/Adv Broadway Jazz Teen

This class puts an emphasis Jazz technique. Students continue to build a solid foundation and a solid center frame of the body through rigorous workouts with emphasis on stretch, flexibility, and control. Class incorporates turns, leaps, jumps, extensions, and improving ones flexibility. Classes explore each dancer's potential. Across the floor combinations and center choreography will be taught to encourage utilization of proper technique. Class meets once a week for one hour.

## Partner/Stretch

This class will alternate every 2 weeks between partnering and stretch. Students will learn the skills and technique for lifting other students. Emphasis on control and strength. Students will also work to increase and improving ones flexibility and extensions. Class meets once a week for one hour.



# Class Descriptions

## Beginning Modern 9-12 year olds

Modern explores a full range of movement for the torso including contractions and spirals. This class will start with a full body warm up on the floor and progress through standing movements and traveling steps. Modern dance introduces new body shapes and movement textures capable of expressing a wide range of human emotion; seeking not only beautiful lines, but powerful and poignant physical expressions. Class meets once a week for one hour.

## Intermediate Modern 11 & Up

Modern explores a full range of movement for the torso including contractions and spirals. This class will start with a full body warm-up on the floor and progress through standing movements and traveling steps. Modern dance evolved after ballet and introduced new body shapes and movement textures capable of expressing a wide range of human emotion; seeking not only beautiful lines but powerful and poignant physical expressions. Class meets once a week for one hour.

## Advance Modern Teen (*by recommendation only*)

Modern explores a full range of movement for the torso including contractions and spirals. This class will start with a full body warm-up on the floor and progress through standing movements and traveling steps. Technique will draw mostly from modern dance pioneers Martha Graham and Jose Limon. Modern dance evolved after ballet and introduced new body shapes and movement textures capable of expressing a wide range of human emotion; seeking not only beautiful lines, but powerful and poignant physical expressions. Class meets once a week for one and a half hours.

## Beginner Tap Teen

Students learn basic foundation for tap vocabulary through playful and creative teaching strategies. Emphasis is placed on proper body placement, positioning, weight shifts, clarity of tap sounds, rhythms, times steps, progressive footwork, various rhythms, and styles. Class meets once a week for one hour.

## Intermediate Tap

Students expand the foundation of tap vocabulary through playful and creative teaching strategies. Emphasis is placed on proper body placement, positioning, weight shifts, clarity of tap sounds, rhythms, times steps, progressive foot work, various rhythms, and styles. Class meets once a week for one hour.

## Tap 9-12 year olds

Students learn basic foundation for tap vocabulary through playful and creative teaching strategies. Emphasis is placed on proper body placement, positioning, weight shifts, clarity of tap sounds, rhythms, times steps, progress footwork, various rhythms, and styles. Class meets once a week for one hour



# Class Descriptions

## Tap Funk

Students learn basic foundation for tap vocabulary through playful and creative teaching strategies. Emphasis is placed on proper body placement, positioning, weight shifts, clarity of tap sounds, rhythms, time steps, progress footwork, various rhythms, and styles. Students will focus on more intricate rhythm patterns and improvisational technique. Class meets once a week for one hour.

## Poms Teen

This class puts an emphasis technique needed for Montgomery County Pom Squads. Students build a solid foundation and a solid center frame of the body through rigorous workouts with an emphasis on flexibility and control. The class incorporates turns, leaps, jumps, extensions, and conditioning. Across the floor combinations and center choreography will be taught to encourage utilization of proper technique for high school dance teams. Class meets once a week for one and half hours.

## Street Jazz 9-12 year olds

Using everything from today's TV shows "Shake it up"/"Kidz Bop" and Hip-Hop Sassy movement, this class covers original elements of hip-hop. The class focuses on building technical skills, freestyle ability, and mastering hip-hop choreography. Students are challenged to improve their coordination, musicality, and groove. Class meets once a week for one hour.

## Hip Hop/Street Jazz (*Beginner, Intermediate and Advanced*)

Using everything from today's Hip-Hop, R&B, and Old School, this class covers original elements of Hip-Hop such as locking, popping, and footwork. The class focuses on building technical skills, freestyle ability, and mastering hip-hop choreography. Students are challenged to improve their coordination, musicality, and groove. Class meets once a week for one hour.

## Beginner/Intermediate Acro 9-12 year olds

This class is a combination of tumbling and dance. Students work on body placement, alignment, strength, flexibility, and control. Students are evaluated individually and progress accordingly. Class meets once a week for one hour.

## Intermediate/Advanced Acro Teen

This class is a combination of tumbling and dance. Students work on bodyplacement, alignment, strength, flexibility, and control. Students should have previous Acro experience and are evaluated individually to determine the progression of skills. Class meets once a week for one hour.