

# Acrobatics

The Studio Seven acrobatics program consists of strength training, building flexibility, and developing tumbling skills. The students will also learn poise, balance, and elements of dance technique. Each class will feature a warm-up, individualized skill instruction, and the incorporation of learned skills into a choreographed dance routine. The class is highly structured, in that each individual student is only practicing the skills that the instructor feels that he or she is prepared to do safely.

*Attire Requirements: Girls-Leotards, dance tights and dance shorts. Boys-Form-fitting t-shirt and pants. Students are barefoot for this class.*

# Acting

Whether you want to be the next Disney Channel star, perform on Broadway, or just learn to be a more confident public speaker, our acting class can teach you what you need to know! We focus on scene work, monologue performance, improvisation, character development, and more!

# Ballet

Ballet is the foundation of all forms of dance, therefore it is highly encouraged that ALL students enroll in a ballet class. Any student that enrolls in a modern class or an 11 and up jazz class will be REQUIRED to also enroll in a ballet class. There will be three levels of ballet; Ballet I (an introduction to classical ballet technique, focusing on turnout, balance, limbering exercises, and musicality), Ballet II/Pre-Pointe (a progression of level I, incorporating center and barre strengthening/stretching to prepare for dancing on pointe), and Ballet III/Pointe (students will focus on continued strengthening, as they begin to dance on pointe, and will also explore and develop his or her individual style of performance). Class placement will be conducted by the instructor.

*Attire Requirements: Girls-Black leotard, pink tights, and pink split-sole ballet slippers. Hair must be pulled back into a bun. Ballet skirts are permitted. Boys-Form-fitting t-shirt and pants and black ballet slippers. All shoes and tights may be purchased through the studio.*

# Children's Combination Classes

Our children's combination classes are designed to explore early jazz, ballet, and tumbling techniques, introduce children to rhythm and syncopation with tap, and let little ones discover music and world beats! These classes help young children to develop strength and coordination, while promoting independence, social interaction and structure. There are two levels of the children's combination class: ages 3 & 4 years-old and 5 & 6 years-old.

*Attire Requirements: Girls-Leotard and tights or leggings, tan buckle taps and pink ballet slippers. Hair must be pulled back and completely off of face. Boys-Form-fitting t-shirt and pants, black taps and black ballet slippers. All shoes and tights may be purchased through the studio.*

# Hip Hop

Our hip hop program emphasizes high-energy movements, musicality, and developing individual style. These are fun, fast-paced classes that will also incorporate some traditional jazz technique. As with all of our classes, all music and movements will be age-appropriate, and not suggestive in nature.

*Attire Requirements:* Acceptable clothing includes leotards, dance shorts, dance pants, non-baggy t-shirts, tank tops and sweatpants. Bare midriffs are not permitted. Black Converse sneakers are required for this class.

# Jazz

Our jazz curriculum focuses on teaching traditional jazz technique, along with elements of street jazz and funk. This class will consist of strength and flexibility-building warm-ups, isolations, across-the-floor combinations, and choreography. Ages 7 and up.

*Attire Requirements:* Acceptable clothing includes leotards, dance shorts, dance pants, non-baggy t-shirts and tank tops. Bare midriffs are not permitted. Tan split-sole jazz shoes are required for this class, and may be purchased through the studio.

# Leaps and Turns

The leaps and turns class is dedicated to perfecting the execution of leaps, turns, kicks, and jumps, helping performers develop this often-complex component of dance. This class will challenge dancers with across-the-floor combinations, and focus on strengthening and alignment.

*Attire Requirements:* Acceptable clothing includes leotards, dance shorts, dance pants, non-baggy t-shirts and tank tops. Bare midriffs are not permitted. Half-sole turners are required for this class, and may be purchased through the studio.

# Lyrical

Lyrical dance is a combination of different styles of dance, including contemporary and ballet. Dancers will learn to emotionally connect to the music through their mind, body, and spirit. This class will involve floor work, and improvisational skills will be taught.

*Attire Requirements:* Acceptable clothing includes leotards, dance shorts, dance pants, non-baggy t-shirts and tank tops. Bare midriffs are not permitted. Half-sole turners are required for this class, and may be purchased through the studio.

## Modern

Modern is a class embracing free movement and expression, nurturing the individual style of the dancer. The techniques of Martha Graham and Lester Horton, among others, will be explored in this class. Vigorous stretching, across-the-floors, and choreography are all elements of our modern program.

*Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, non-baggy t-shirts and tank tops. Bare midriffs are not permitted. Half-sole toe sandals are required for this class, and may be purchased through the studio.*

## Open Acro

Open Acro is a self-paced, open mat course created to provide time for the acrobat to focus on his/her own skill set. There will not be a choreography component to this class, and it will not be a part of the recital. Students should have their backbend from the top, kick-over, and a cartwheel to enroll.

*Attire Requirements: Girls-Leotards, dance tights and dance shorts. Boys-Form-fitting t-shirt and pants. Students are barefoot for this class.*

## Tap

The tap program at Studio Seven focuses on syncopation, rhythm, fluidity, and individual expression. Students will learn how to use their feet as musical instruments, while developing control and lower body strength. We will be focusing on both classic tap dancing as well as 'hoofing,' a style of tap in which emphasis is placed on more intricate footwork and less formal movement of the upper body. Ages 7 and up.

*Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, non-baggy t-shirts and tank tops. Bare midriffs are not permitted. Black split-sole tap shoes are required for this class, and may be purchased through the studio.*

## Art

### Art

This course will introduce the student to fundamental art skills in a fun and unique learning environment! Classes will cover sketching, illustration, and cartooning. We will also address pen techniques, shading, coloring, and basic perspective. Ages 7 and up.

# ***Music***

## **Drums/Piano/Vocal Lessons**

This thirty-minute private class focuses on music theory and technique, with the opportunity to learn and play music tailored to the student's individual development. Ages 6 and up.