



# Class Descriptions & Requirements

Updated 7/4/2020

## Notes for All Classes:

- Dancers must meet the minimum age requirements by September 1<sup>st</sup>. Dancer age requirement and level placement can be overridden at studio owner's discretion, permitting the dancer's skill level and ability is ready for advancement. Dancers must be fully potty trained for all classes unless otherwise specified below. If your dancer is not able to wipe and clean fully / independently, please stay during class time to assist with toileting. Teaching assistants can help with pulling up tights and washing hands but will not be permitted to assist with cleaning private areas.
- Dancers are to ARRIVE with all hair and attire ready to START class on time. Although specific hair styles are not noted in the descriptions for male dancers, ALL dancers must have hair OUT of their faces and not interfering with class lessons. Dancers late, especially due to hair or clothing adjustments needed, will be required to observe class for that day. Distractions due to restyling hair will not be permitted. Dancers must be neat/clean, with all hair pulled back – loose or falling hair will NOT be permitted. Messy buns are not acceptable for class discipline. Should a female dancer not be able to style hair as listed below, please do your absolute best to have it up and out of the face, without anything falling or distracting the dancer from class activities. Underwear is allowed with tights, especially for younger dancers. Bras with clear straps are not required, but available for purchase to wear with costuming. Studio instructors will be trained in tactful ways to discuss undergarments and to assist dancers with clothing choices as needed. All required and recommended items can be appropriately fitted and purchased through the ASAO Boutique, but are not required to be purchased from us.
- All classes require footwear – bare feet or regular socks alone will NOT be permitted. Dancers without footwear will not be permitted to participate. Dancers may wear other shoes or tights colors if coming from another class on the same day but will need the appropriately listed color for class photos and performances. Dancers using foot paws/ foot undies will need to wash their feet before class. All required and recommended items can be appropriately fitted and purchased through the ASAO Boutique, but are not required to be purchased from us.
- For classes without specific required dance class wear: Responsible parties are asked to use respectful judgement in clothing choice - bare bellies, booties, and boobies showing will NOT be permitted. Dancers attending multiple classes on the same day do not have to change their clothes or tight color but will need the described items for Picture Day and Performance Day(s).
- Specialty weeks throughout the year will permit attendance without typical dress code (i.e. Halloween Week / Halloween Costumes). Check the ASAO Dance Calendar on our website for all these fun occasions! Dancers may dress in theme, permitted he/she can still complete the skills and activities taught in class. (Think about jumping, kicks, splits, cardio, etc.)
- COVID-19 Disclosure: Masks are not advised for cardiovascular activity. We will limit class sizes and require masks for activities with low levels of respiration. Dancers are asked to bring only items necessary to class, so we can keep each dancer's belongings adequately separated. Large freezer bags are provided for safe mask storage when cardio activity is heightened. Extensive cleaning training and schedules will be made readily available for those inquiring. Our studio has an active air conditioning system that will be used in all classes. Hand (and sometimes foot) sanitization will be mandatory with the no-contact dispensers provided. UV Light sanitization will be used overnight in the studio, boutique, and office; equipment is cleaned by the class using it or assistants and demonstrators teaching. Distancing will be encouraged; classes that permit close contact will include additional waivers. Storage areas for dancer belongings will be cleaned regularly.

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## COURSES THAT INCLUDE PERFORMANCE TRAINING

### **Age 3-4 Ballet**

Dancers at this age will learn fundamental body mechanics, common foot/arm positions, and basic terms with ballet-based curriculum, including a variety of introductory French terminology. Class includes imaginative-based learning to promote future choreography skills and keep dancers engaged, as well as action-based dances to promote rhythm and musicality.

Required attire for this class includes ballet pink tights, (any color) leotard, and (any color/style) skirt with pink ballet slippers for girls and solid colored athletic pants or shorts and solid colored t-shirt / athletic shirt with black ballet slippers for boys.

### **Age 3-4 Tumbling**

Tumbling is not a gymnastics class; it is a dance class. This curriculum focuses on increased flexibility, balance, strength, muscle control, taking turns, and self-awareness; lessons are completed at each student's individual level of experience. Dancers will be



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## COURSES THAT INCLUDE PERFORMANCE TRAINING CONTINUED

### **CONTINUED: Age 3-4 Tumbling**

learning the foundations of Acrobatic Dance art through the Acrobatic Arts Preschool Program. Class includes imaginative-based learning to promote future choreography skills and keep dancers engaged, as well as action-based dances to promote rhythm and musicality.

Required attire for this class includes tan tights, (any solid colored) leotard, and optional (any color) shorts for girls and solid colored athletic pants or shorts with solid colored t-shirt for boys. Dancers may wear black ballet slippers, black acro shoes, or black jazz shoes.

### **Age 5-6 Ballet**

Dancers at this age will learn fundamental body mechanics, basic steps, and introductory French terms, with a review of basic positions through ballet-based curriculum. This curriculum introduces barre exercises and a combination of center floor work and across-the-floor activities. Class also includes imaginative-based learning to promote future choreography skills and keep dancers engaged, as well as action-based dances to promote rhythm and musicality.

Required attire for this class includes ballet pink tights, (any solid color) leotard, and (any color/style) skirt with pink ballet slippers for girls; and solid colored athletic pants or shorts and solid colored t-shirt or athletic shirt with black ballet slippers for boys.

### **Age 5-6 Jazz**

Jazz curriculum will focus on learning proper dance technique, improving performance quality and developing complex choreography to various rhythms. Dancers will be exposed to various styles of jazz to help develop a well-rounded dancer. Skills are based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, across-the-floor progressions, and combinations. This class focuses largely on footwork coordination and skills such as turns, leaps, jumps, kicks, and other dance accents.

Required attire for this class includes tan tights, (any solid colored) leotard, and (any color/style) skirt or shorts for girls, and solid colored athletic pants or shorts and solid colored t-shirt for boys. Required footwear is the black gore jazz boot.

### **Age 5-9 Tumbling/Acrobatic Dance**

This is not a gymnastics class; it is a dance class. This curriculum focuses on increased flexibility, balance, strength, muscle control, discipline, and self-awareness; lessons are completed at each student's individual level of experience. Dancers will be learning the foundations of Acrobatic Dance art through the Acrobatic Arts Syllabus. Class includes imaginative-based learning to promote future choreography skills and keep dancers engaged, as well as action-based dances to promote rhythm and musicality.

Required attire for this class includes tan tights, (any solid colored) leotard, and optional (any color) shorts for girls and solid colored athletic pants or shorts with solid colored t-shirt for boys. Dancers may wear black ballet slippers, black acro shoes, or black jazz shoes.

### **Age 5-9 Tap**

Tap class is designed to develop rhythm, style, and sound. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement to integrate musicality and percussion. Dancers will learn terminology from a variety of tap styles as well as how to combine them to make musical patterns. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes tan tights, (any solid colored) leotard, and optional (any solid colored) shorts or skirt for girls and solid colored athletic pants or shorts with solid colored t-shirt for boys. Ladies may alternatively wear pants and an athletic top,



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## COURSES THAT INCLUDE PERFORMANCE TRAINING CONTINUED

### **CONTINUED: Age 5-9 Tap**

both solid coloreds only; you will need tights for performances. Shoes may be shiny or flat black; laces, buttons, or slip on are welcome. Dancers may wear bows to accent shoes if they do not distract from lessons during class time.

### **Age 7-9 Ballet**

This course will review fundamental body mechanics, basic steps, and body positions. Skills and combinations will be taught in French, with English translations, following mainly the Cecchetti Method. Curriculum utilizes barre exercises and a combination of center floor work and across-the-floor activities; while emphasizing that Ballet is a highly technical form which requires hard work, dedication, and discipline. Dancers will focus on building the strength, flexibility and control needed to execute Ballet moves. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes ballet pink tights, a black leotard, and (any solid color/style) skirt (above the knee) with pink ballet slippers for girls and solid colored athletic pants or shorts and black t-shirt with black ballet slippers for boys. Dancers must wear their hair in a bun for this class.

### **Age 7-9 Jazz**

Jazz class will focus on learning proper dance technique, improving performance quality and developing complex choreography to various rhythms. Dancers will be exposed to various styles of jazz to help develop a well-rounded dancer. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, across-the-floor progressions, and combinations. This class focuses largely on skills such as turns, leaps, jumps, kicks, footwork, and smoothly transitioning them to the music rhythm.

Required attire for this class includes tan tights, a black leotard, and (any solid color/style) skirt/shorts for girls and solid colored athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear solid colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a bun for this class. Footwear is a black gore jazz boot.

### **Age 8-16 Lyrical Level 1**

*Ballet or Technique Class is Required in Addition to this Course*

Lyrical class curriculum is based on ballet technique layered with continuous movement, learning to express breath through movement and communicate emotion through dance moves. Dancers will learn to interpret song lyrics and apply them to real life experiences. Dancers are taught to then express the depth of meaning in songs through movement. Skill development (jumps, leaps, turns, kicks) will be a crucial part of the curriculum, to include seamless progressions between skills and through varying levels of space.

Required attire for this class includes tan tights, a black leotard, and (any solid color/style) skirt/shorts for girls and solid colored athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear solid colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a bun for this class. Footwear is a tan gore jazz boot.

### **Age 10-19 Ballet Level 1**

This course will review fundamental body mechanics, basic steps, and body positions. Skills and combinations will be taught in French, with English translations, primarily using Cecchetti method teachings. At this level, dancers will also be exposed to the Vaganova and Balanchine methods. Curriculum utilizes barre exercises and a combination of center floor work and across-the-floor activities; while emphasizing that Ballet is a highly technical form which requires hard work, dedication, and discipline. Dancers will



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## COURSES THAT INCLUDE PERFORMANCE TRAINING CONTINUED

### **CONTINUED: Age 10-19 Ballet Level 1**

focus on building the strength, flexibility and control needed to execute Ballet moves. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes ballet pink tights, a black leotard, and black skirt (above the knee) with split sole pink ballet shoes (canvas or leather) for girls and black shorts and black t-shirt with black ballet shoes (canvas or leather) for boys. Dancers must wear their hair in a bun for this class.

### **Age 10-19 Jazz Level 1**

*Ballet or Technique Class is Required in Addition to this Course*

Jazz class will focus on learning proper dance technique, improving performance quality and developing complex choreography to various rhythms. Dancers will be exposed to various styles of jazz to help develop a well-rounded dancer. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, across-the-floor progressions, and combinations. This class focuses on skills such as floorwork, turns, leaps, jumps, kicks, and complex footwork.

Required attire for this class includes tan tights, a black leotard, and black skirt/shorts for girls and black athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear black colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a bun for this class. Footwear is a black gore jazz boot.

### **Age 10-19 Acrobatic Dance Level 1**

*Ballet or Technique Class is Required in Addition to this Course*

Acro is not a gymnastics class; it is a dance class. Class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare dancers for intense skills. This curriculum focuses on increased flexibility, balance, strength, muscle control, musicality, rhythm, smooth transitions, discipline, and concentration. ASAO dance follows the Acrobatic Arts curriculum, with additional supportive materials from the Acro Dance Teacher's Association and CLI Studios; lessons are completed at each student's individual level of experience.

Required attire for this class includes tan tights, a black leotard, and black shorts for girls and black athletic shorts with a black t-shirt for boys. Ladies may alternatively wear black colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a bun for this class. Footwear is a black gore jazz boot.

### **Age 10-19 Tap Level 1**

Tap class is designed to develop rhythm, style, and sound. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement to integrate musicality and percussion. Dancers will learn terminology from a variety of tap styles as well as how to combine them to make musical patterns. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes tan tights, a black leotard, and black skirt/shorts for girls and black athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear black colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a bun for this class. Footwear is a flat black tap shoe; slip on or lace up is dancer's choice.



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## COURSES THAT INCLUDE PERFORMANCE TRAINING CONTINUED

### **Age 10+ Ballroom**

This course will provide dancers with an introduction to social dancing. Dancers will be exposed to the history, traditions, and etiquette of social dance in a variety of American and International styles. Additional dance styles and intensities may be covered based on interest and skill levels. Styles that may be included are Waltz, Rumba, Salsa, Tango, Foxtrot, Quickstep, Swing/Jive/Charleston/Shag, ChaCha, and Dips/Lifts/Tricks applicable to all styles.

Required attire for this class includes tan tights, a black leotard, and black skirt (below the knee) with black character shoes for girls and black shorts or pants and black t-shirt with black dress shoes or jazz shoes for boys. Dancers must wear their hair in a bun for this class.

### **Age 13-26 Ballet Level 2**

*Placement in the Level 2 Course is Determined by Instructor Recommendation Only – Schedule a consultation to determine your dancer's skill level prior to registration. \*Dancers are expected to have an extensive understanding of ballet terminology and skills in the Cecchetti method.*

This course will focus on advancing body mechanics, intricate footwork, and elevating displays of body positions. Skills and combinations will be taught largely in French, with minimal English translations. Dancers will be exposed to the Cecchetti, Vaganova (Russian), Royal Academy, and Balanchine methods. Curriculum utilizes barre exercises and a combination of center floor work and across-the-floor activities; while emphasizing that Ballet is a highly technical form which requires hard work, dedication, and discipline. Dancers will focus on building the strength, flexibility and control needed to execute Ballet moves. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes ballet pink tights, a black leotard, and black wrap skirt with split sole pink ballet shoes (canvas or leather) for girls and black shorts and black t-shirt with black ballet shoes (canvas or leather) for boys. Dancers must wear their hair in a low bun with left part for this class.

### **Age 13-26 Pointe**

*Ballet is Required in Addition to this Course*

*Placement in the Level 2 Course is Determined by Instructor Recommendation Only – Schedule a consultation to determine your dancer's skill level prior to registration. \*Dancers are expected to pass a physical dance exam and provide a doctor's physical prior to joining this course, as well as be professionally fitted for appropriate shoes by an approved vendor.*

This course will focus on advancing body mechanics, intricate footwork, and elevating displays of body positions en pointe. Skills and combinations will be taught largely in French, with minimal English translations. Curriculum utilizes barre exercises and a combination of center floor work and across-the-floor activities. Dancers will focus on building the strength, flexibility and control needed to execute Ballet moves. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes ballet pink tights, a black leotard, and black wrap skirt with pointe shoes (they will be sewn during the first week of classes as we review footcare and complete shoe inspections). Dancers must wear their hair in a low bun for this class and are expected to sew their own shoes as part of the curriculum.

### **Age 13-26 Jazz Level 2**

*Ballet or Technique Class is Required in Addition to this Course*

*Placement in the Level 2 Course is Determined by Instructor Recommendation Only – Schedule a consultation to determine your dancer's skill level prior to registration. \*Dancers will be expected to implement advanced skills in choreography, of which adequate strength and flexibility are required to complete.*



# Class Descriptions & Requirements

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## COURSES THAT INCLUDE PERFORMANCE TRAINING CONTINUED

### **CONTINUED: Age 13-26 Jazz Level 2**

Jazz class will focus on improving performance quality and developing complex choreography to various rhythms. Dancers will be exposed to various styles of jazz throughout the decades, as well as specialized styles by well-known choreographers. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, across-the-floor progressions, and combinations. This class focuses on skills such as floorwork, turns, leaps, jumps, kicks, and complex footwork.

Required attire for this class includes tan tights, a black leotard, and black skirt/shorts for girls and black athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear black colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a low bun for this class. Footwear is a black gore jazz boot.

### **Age 13-26 Lyrical Level 2**

*Ballet or Technique Class is Required in Addition to this Course*

*Placement in the Level 2 Course is Determined by Instructor Recommendation Only – Schedule a consultation to determine your dancer's skill level prior to registration. \*Dancers will be expected to focus on serious subject matter and implement advanced skills in choreography, of which adequate strength and flexibility are required to complete.*

Lyrical class curriculum is based on ballet technique layered with continuous movement, learning to express breath through movement and communicate emotion through dance moves. Dancers are taught to then express the depth of meaning in songs through movement, with the intention to evoke emotion from viewers. Skill enhancement (jumps, leaps, turns, kicks) will be a crucial part of the curriculum, to include seamless transitions through varying levels and directions of space.

Required attire for this class includes tan tights, a black leotard, and black skirt/shorts for girls and black athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear black jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a low bun for this class. Footwear is a tan gore jazz boot.

### **Age 13-26 Modern Level 2**

*Ballet or Technique Class is Required in Addition to this Course*

*Placement in the Level 2 Course is Determined by Instructor Recommendation Only – Schedule a consultation to determine your dancer's skill level prior to registration. \*Dancers will be expected to implement advanced skills in choreography, of which adequate strength and flexibility are required to complete.*

This class will incorporate many of the foundations of modern dance technique, including suspension and release, fall and recovery, the use of momentum and connecting breath with movement, as well as specialized styles by well-known choreographers. Dancers will explore new ways of moving in combinations, floor work and partnering, and in various methods of improvisation. Skill development will be a crucial part of the curriculum, to include turns, kicks, leaps, and jumps. Dancers are encouraged to learn expressing depth of meaning in songs through movement.

Required attire for this class includes tan tights, a black leotard, and black skirt/shorts for girls and black athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear black colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a low bun for this class. Footwear is a tan gore jazz boot or foot undies/half soles.



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## COURSES THAT INCLUDE PERFORMANCE TRAINING CONTINUED

### **Age 13-26 Acrobatic Dance Level 2**

*Ballet or Technique Class is Required in Addition to this Course*

*Placement in the Level 2 Course is Determined by Instructor Recommendation Only – Schedule a consultation to determine your dancer's skill level prior to registration. \*Dancers will be expected to have all 3 full splits, a clean handstand, as well as complete a backbend recover without assistance, all in proper technical form.*

Acro is not a gymnastics class; it is a dance class. This course requires dancers to have the strength and stamina to successfully perform moves. Therefore, class includes upper and lower body conditioning, with understanding that acro is a challenging dance style and takes a lot of strength and persistence to excel. This curriculum focuses on increased flexibility, balance, strength, muscle control, musicality, rhythm, smooth transitions, discipline, and concentration. ASAO dance follows the Acrobatic Arts curriculum, with additional supportive materials from the Acro Dance Teacher's Association and CLI Studios; lessons are completed at each student's individual level of experience.

Required attire for this class includes tan tights, a black leotard, and black shorts for girls and black athletic shorts with a black t-shirt for boys. Ladies may alternatively wear black colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a low bun for this class. Footwear is a black gore jazz boot.

### **Age 13-26 Tap Level 2**

*Placement in the Level 2 Course is Determined by Instructor Recommendation Only – Schedule a consultation to determine your dancer's skill level prior to registration.*

*\*Dancers are expected to know basic tap terminology and have an understanding of musicality/rhythm as needed to create tap combinations.*

This class is designed to advance a dancer's ability to create rhythm, style, and sound. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement to integrate musicality and percussion. Dancers will learn terminology from a variety of tap styles as well as how to combine them to make advanced musical patterns. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes tan tights, a black leotard, and black skirt/shorts for girls and black athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear black colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a bun for this class. Footwear is a flat black tap shoe; slip on or lace up is dancer's choice.

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## COURSES WITH ADDITIONAL COMMITMENTS

### **Community Performance Troupe \*Audition Required / Dancers Age 8-19**

*Ballet or Technique Class is Required in Addition to this Course*

Dancers will learn a variety of themed routines, combining elements of Ballet, Jazz, Lyrical, Modern, and Hip Hop. Dancers may also be partnered and learn a variety of ballroom styles and acrobatic skills. Routines are composed of traditional dance techniques as well as athletic acrobatic elements, seamlessly blending artistic dance movement and tricks together. The group will often be tasked with working together to develop routines with emotional involvement for area causes. Dancers are permitted absence of 3 events throughout the year. Class attendance must be 100% to remain on the team; ethics agreements will be enforced. Schedule is pending community events and invitations, and therefore varies year to year.



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## COURSES WITH ADDITIONAL COMMITMENTS CONTINUED

### **Competition Team \*Audition Required / Dancers Age 8-25**

*Ballet or Technique Class is Required in Addition to this Course*

Dancers will work to perfect technical elements in routines, in styles of dance determined based on competitive requirements and skills of the group that auditions. Routines are often composed of traditional dance techniques as well as athletic acrobatic elements. Class attendance must be 100% to remain on the team; ethics agreements will be enforced. Schedule is pending competition status, yet to be determined due to the COVID-19 Pandemic. Some competitions may be virtual for the upcoming dance season.

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## NON-PERFORMING COURSES

### **Creative Movement \*Special Needs Class – Physical Age 5-26**

This curriculum focuses on increased flexibility, balance, strength, muscle control, discipline, and concentration; lessons are completed at each student's individual level of experience. Class includes imaginative-based learning to keep dancers engaged, as well as action-based dances to promote rhythm and musicality.

Dancers must be neat/clean, with all hair pulled back. There is no required attire for class, however, athletic wear is strongly encouraged; responsible parties are asked to use respectful judgement in clothing choice. There is no required diagnosis for this class; parents must meet with studio owners to discuss class goals and dancer needs prior to the first class. The instructor may require a responsible party to attend class and partner with your dancer; there will not be an additional charge for the buddy dancer. If able to transition into a typical class, transfer will be encouraged and supported.

### **Under Age 3 - Tiny Tot Tumble**

Class includes imaginative-based learning to keep dancers engaged, as well as action-based dances to promote rhythm and musicality. This class promotes bonding and self-expression through music and play. Lessons focus on increased flexibility, balance, strength, muscle control, and coordination using acrobatic dance equipment.

This class is designed for dancers under age 3; it is mandatory that an adult attend to partner with each dancer. Dancers must be neat/clean, with all hair pulled back. There is no required attire for class, however athletic wear is strongly encouraged; responsible parties are asked to use respectful judgement in clothing choice. Independent toileting is not required for this class; however, the responsible adult will be tasked with diaper changes and potty-training assist. **ASAO staff WILL NOT change diapers or pull ups.**

### **Age 7-19 Intro to Acro/Tumble**

This is not a gymnastics class; it is a dance class. This curriculum focuses on increased flexibility, balance, strength, muscle control, discipline, and self-awareness; lessons are completed at each student's individual level of experience. Dancers will be learning the foundations of Acrobatic Dance art through the Acrobatic Arts Syllabus. Class includes imaginative-based learning to promote future choreography skills and keep dancers engaged, as well as action-based dances to promote rhythm and musicality.

Required attire for this class includes appropriately fitting athletic wear. Leotards are strongly encouraged to avoid bellies showing or dancer discomfort. Dancers may wear ballet slippers, acro shoes, or lyrical/modern/jazz shoes.





# Class Descriptions & Requirements

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## NON-PERFORMING COURSES CONTINUED

### **Age 7-12 Technique/PBT**

This course will review fundamental body mechanics, basic steps, and body positions. Curriculum utilizes barre exercises and a combination of center floor work and across-the-floor activities to develop coordination, strength, and flexibility. Dancers will focus on building the strength, flexibility and control needed to execute dance moves in all styles. This class also requires a 45-55cm exercise ball and 15-foot resistance band, supplied by the dancer for use in the Marie Walton-Mahon methods of Progressing Ballet Technique.

Required attire for this class includes tan tights, a black leotard, and (any solid color/style) skirt/shorts for girls and solid colored athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear solid colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a bun for this class. Any dance shoe (except a tap shoe or high heel) is permitted for this class.

### **Age 13+ Technique/PBT**

This course will review fundamental body mechanics, basic steps, and body positions. Curriculum utilizes barre exercises and a combination of center floor work and across-the-floor activities to develop coordination, strength, and flexibility. Dancers will focus on building the strength, flexibility and control needed to execute dance moves in all styles. This class also requires a 55cm exercise ball and 15-foot resistance band, supplied by the dancer for use in the Marie Walton-Mahon methods of Progressing Ballet Technique.

Required attire for this class includes tan tights, a black leotard, and (any solid color/style) skirt/shorts for girls and solid colored athletic pants or shorts with a black t-shirt for boys. Ladies may alternatively wear solid colored jazz pants, capris, or leggings but will still be expected to wear a leotard and have tan tights for performances. Dancers must wear their hair in a low bun for this class. Any dance shoe (except a tap shoe or high heel) is permitted for this class.

### **Adult Ballet (Recommended Age 19+)**

This course will review fundamental body mechanics, basic steps, and body positions. Skills and combinations will be taught in French, with English translations, primarily using Cecchetti method teachings. At this level, dancers will also be exposed to the Vaganova and Balanchine methods. Curriculum utilizes barre exercises and a combination of center floor work and across-the-floor activities; while emphasizing that Ballet is a highly technical form which requires hard work, dedication, and discipline. Dancers will focus on building the strength, flexibility and control needed to execute Ballet moves. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes appropriately fitting athletic wear. Dancers may wear ballet slippers, acro shoes, or lyrical/modern/jazz shoes.

### **Adult Jazz (Recommended Age 19+)**

Jazz class will focus on learning proper dance technique, improving performance quality and developing complex choreography to various rhythms. Dancers will be exposed to various styles of jazz to help develop a well-rounded dancer. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, across-the-floor progressions, and combinations. This class focuses on skills such as floorwork, turns, leaps, jumps, kicks, and complex footwork.

Required attire for this class includes appropriately fitting athletic wear. Dancers may wear ballet slippers, acro shoes, or lyrical/modern/jazz shoes.



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## NON-PERFORMING COURSES CONTINUED

### **Adult Tap (Recommended Age 19+)**

Tap class is designed to develop rhythm, style, and sound. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement to integrate musicality and percussion. Dancers will learn terminology from a variety of tap styles as well as how to combine them to make musical patterns. As dancers progress through the year, curriculum will become increasingly intricate.

Required attire for this class includes appropriately fitting athletic wear and tap shoes.

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## VIRTUAL / ONLINE COURSES

### **Adventure Yoga (Recommended Age 4-7) \*Zoom Class with Cyber Tree Yoga**

Whether we are going on a trip to the bottom of the sea, to the top of a mountain or into a jungle, we are learning yoga poses, breath, and meditation basics and having lots of fun doing it! This is an interactive way to learn yoga poses that are kid-friendly using a storyline that is designed to keep them engaged. Let's go on an adventure together!

### **Musical Theater (Recommended Age 8-14) \*Zoom Class**

This class will be an immersive experience through a variety of historical performances! Dancers will learn about significant routines and styles in movies, musicals, and more! Come to class prepared to learn the choreography you've seen in various shows and create your own routines using acting principals and dance methods!

### **PBT /Progressing Ballet Technique (Recommended Age 8-Adult) \*Zoom Class**

Dancers will focus on building the strength, flexibility and control needed to execute dance moves in all styles. This class also requires a 55cm exercise ball, 15-foot resistance band, small inflatable ball (think of a kickball, volleyball, soccer ball), and palm sized hard ball (such as a racquetball, tennis ball, or bouncy ball). Curriculum follows the Marie Walton-Mahon methods of Progressing Ballet Technique.

### **Gentle Yoga (Recommended Age 8-Adult) \*Zoom Class with Cyber Tree Yoga**

Gentle yoga involves elements of softer flows, stretching, and meditation. Using Yin Yoga practices, we will hold poses for a longer period of time to focus on the body's soft tissues. Gentle yoga asks your body and mind to slow down, to be present, and to release tension. This class is calming and encourages a meditative state. You will feel very relaxed at the end of this class!

### **Power Yoga (Recommended Age 8-Adult) \*Zoom Class with Cyber Tree Yoga**

Power Yoga is a flowing, breath-to-movement class. We will move from one pose to the next with each breath. Your heart will be pumping as we build strength and heat in our muscles. These classes will not only be a full body workout but will also include poses that encourage flexibility improvement. Additionally, the action of breathing and moving is rhythmic and encourages focus. This class is a full mind and body experience!

### **Dance History (Recommended Age 12-19) \*Zoom Class**

This class will explore the historical perspectives of major styles of dance offered through our company. Dancers will learn how historical events have shaped dance styles throughout a variety of time periods. This course will also cover significant dancers, choreographers, and implementation of their teachings to the dancers' performances today. Come to class prepared for a video lesson, supplemental reading assignments, as well as trying some of the dances yourself!