



## *Academy of Dance*

### **Class Descriptions**

#### ***Rhythm & Movement (2 yrs old):***

This delightfully fun class is a great introduction for the tiny dancer. This 30 minute class incorporates both singing and dancing which helps the very young child become familiar with body movement.

Dress: Pink leotard, no tights, and no shoes, hair neatly pulled back

#### ***Creative (3 & 4yrs old):***

This 45 minute class is the next step for the tiny dancer. This class offers a wonderful experience inviting young dancers to explore imagination and creativity through dance. An Introduction to Ballet and Tap are taught by focusing on rhythm and basic steps.

Dress: Pink leotard, pink tights, pink ballet slippers & black patent leather tap shoes, hair neatly pulled back or in bun.

#### ***Ballet & Tap (5 & 6yrs old):***

This 45 minute class is filled with Fun, Technique, and Teamwork. This is a combination class to help build timing and rhythm skills with poise and ballet technique.

Dress: Lt Blue leotard, pink tights, pink ballet slippers & black patent leather tap shoes, hair neatly pulled back.

#### ***Primary Ballet:***

This is a transition class from our combination (Ballet/Tap) classes to a full 45 minutes of Pre-Classical Ballet. Here they will start working on technique in the center to build strength and control. This level conditions and prepares them for barre work.

Dress: Lavender leotard, pink tights, pink ballet slippers, hair neatly pulled back.

#### ***Classical Ballet:***

We at the Academy of Dance urge all students to select ballet as their basic dance form. Whether the student has professional aspirations or is merely dancing for enjoyment, ballet offers the basic discipline and technique necessary to succeed in all other dance forms. We offer ballet classes from levels 1 to Advanced. Our Ballet Instructors will evaluate each dancer and place them where they are best suited.

Dress: Black leotard, pink tights, pink slippers, hair in a neat bun.

## ***Pre Pointe/Pointe:***

Pointe is for the more experienced ballet dancer. These dancers must be at least 11 to 12 years of age and have studied 3 to 4 years of intense ballet. Beginners will be placed into Pre Pointe to focus solely on strength and technique while wearing soft soled ballet slippers. Dancers will only go en Pointe when the instructor sees they are ready.

Dress: Black leotard, pink tights, pink slippers, hair in a neat bun.

## ***Tap:***

Tap dance is all about the rhythm. Dancers will use their feet like drumsticks to create rhythms and music as they dance. Beginners will learn the fundamental steps and basic movements, and intermediate and advanced dancers will transform these basics into complex rhythmic choreography. This program emphasizes accurate rhythms, clear sounds and a thorough knowledge of tap terminology.

Dress: Young Student – Leotard, tights, tan patent leather shoes, hair neatly pulled back.

Older Students – Leotard, tights, tan tap shoes, hair neatly pulled back.

## ***Jazz:***

Jazz is a form of dance that showcases a dancer's individual style and originality. This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, flexibility, big leaps and quick turns. To excel in jazz, dancers need a strong background in ballet, as it encourages grace and balance. Jazz has become one of the most popular dance styles in recent years, mainly due to its popularity on television, movies and Broadway.

Dress: Young Student - Black leotard, black jazz pants or Dance Shorts with Tights & tan jazz shoes, hair neatly pulled back.

Older Students – Leotard, tights, dance shorts or jazz pants/leggings, split sole jazz shoes, hair in neat bun.

## ***Theatre/Character Jazz:***

Is a form of Jazz that focuses on portraying a recognizable character through choreography. Theatre/Character Jazz is the study of Broadway dance and dance styles, learning the styles from such choreographers as Bob Fosse, Gene Kelly, Fred Astaire, Adam Shankman, and Kenny Ortega.

Dress: Leotard, tights, dance shorts or jazz pants/leggings, 2½ inch Bloch Splitflex T-Strap Character Heel, hair in neat bun.

## **Lyrical:**

Lyrical is a fusion of ballet and jazz dance techniques. A lyrical dancer's movements attempt to show the meaning of the music. Lyrical – meaning to have a poetic, expressive quality. Dancer must have at least 2 years of Ballet training in order to start at a beginning level Lyrical.

Dress: Older Students – Leotard, tights, dance shorts or jazz pants/leggings, Lyrical half shoe, hair in neat bun.

## **Modern:**

Modern is a style of theatrical dance that rejects the limitations of classical ballet and favors movement deriving from the expression of inner feeling. It focuses on creative self-expression and is a more relaxed, free style dance used to portray emotions and moods. Because of the common history between classical ballet and modern they both share a similar terminology and structure. Dancer must have at least 3 years of Ballet training in order to participate in our Inter/Adv Modern.

Dress: Older Students – Leotard, tights, dance shorts or jazz pants/leggings, barefoot, hair in neat bun.

## **Contemporary:**

This is a class designed for the advanced dancer. This very abstract style of dance requires the technique and discipline of classical ballet and the strength of jazz. Contemporary encourages natural, spontaneous movement and personal interpretation. It focuses on self-expression, awareness of space and body movement. Dancer must have at least 3 years of Ballet training in order to participate in our Inter/Adv Modern.

Dress: Leotard, tights, dance shorts or leggings, barefoot or any Contemporary style shoe, hair neatly pulled back

## **Hip Hop:**

Hip Hop is a form of dance that was once referred to as street dance and has now become mainstream. Students will learn rhythm and coordination through age-appropriate hip hop choreography.

Dress: Leotard or form fitting shirt, jazz pants or tights with dance shorts, black split sole hip hop shoes, hair neatly pulled back.

## **Vocal Technique**

Vocal instruction is a technique class we use to help improve vocal range, endurance, stamina, resonance, proper posture and breathing control (singing from the diaphragm), vocal strength and the use of dynamics, and vocal quality. Learning how to sing properly allows the singer to perform well without fatigue or damage to the voice.

Dress: Leotard, jazz pants or tights with dance shorts, tan split sole jazz shoes, hair neatly pulled back.

## ***Musical Theatre:***

Musical Theatre is a form of theatre combining music, songs, spoken dialogue and dance. This well rounded program emphasizes on the “triple threat” of the dance/theatre world. Students will work on the technique of all three aspects (voice, drama, and dance). This program stages a full length production in the spring, as well as performs a selected number in the studio wide spring show. This gives the students the opportunity to not only learn what is involved in staging a production from beginning to end, but also have the chance to perform on a big stage, in front of hundreds of people.

Dress: Leotard, jazz pants or tights with dance shorts, tan split sole jazz shoes or split sole character heels, hair neatly pulled back.

## ***Acro:***

Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context.

Dress: Leotard, jazz pants or footless tights with dance shorts, barefoot, hair neatly pulled back.