



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. This class does not perform in our end of year *Spring Show*.

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. These classes do perform in our end of year *Spring Show*.

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. These classes do perform in our end of year *Spring Show*.

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. These classes do perform in our end of year *Spring Show*.

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. These classes do perform in our end of year *Spring Show*.

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. These classes do perform in our end of year *Spring Show*.

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. These classes do perform in our end of year *Spring Show*.

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. Please note: All intermediate and advanced level jazz students must be enrolled in a ballet class in order to participate in the intermediate and advanced level jazz classes. These classes do perform in our end of year *Spring Show*.

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. This class does not perform in our end of year *Spring Show*.

Dress: Leotard, tights, dance shorts or jazz pants/leggings, Character Heels or Jazz Shoes, 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. Please note: All intermediate and advanced level lyrical students must be enrolled in a ballet class in order to participate in the intermediate and advanced level lyrical classes. These classes do perform in our end of year *Spring Show*.

Dress: Older Students – Leotard, tights, dance shorts or jazz pants/leggings, Lyrical half shoe, 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 Contemporary. Please note: All intermediate and advanced level contemporary students must be enrolled in a ballet class in order to participate in the intermediate and advanced level contemporary classes. These classes do perform in our end of year *Spring Show*.

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. These classes do perform in our end of year *Spring Show*.

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. These classes do not perform in our end of year *Spring Show*.

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, which is separate from our end of year studio *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 acrobatic elements. Acrobatic elements include tumbling, contortion, and dance. Acro entails strength training and balance. Please note: All intermediate and advanced level acro students must be enrolled in a ballet class in order to participate in the intermediate and advanced level acro classes. *Certain elements/skills must be achieved in order to advance to the next level. Acro does not progress solely on age. These classes do perform in our end of year *Spring Show*.

Dress: Leotard or Biketard, footless tights with dance shorts, barefoot, hair neatly pulled back. NO pants or t-shirts.