



## **Melissa's Dance Academy Dance Class Descriptions:**

Dancer's class placement is decided by the director/teacher. Students will be placed in the class that best suits that student's abilities. This is to ensure the proper training for each individual.

**Preschool Tumbling class** – This class is for the younger preschool age dancer (ages 3-5). They will learn and fine tune their creative motor skills.

**Primary Class** –Classes are for those who are learning the early stages of ballet and tap. Dancers start at the age of 5. Each Primary class is geared towards a certain age and motor skill progression. There are 3 levels of Primary classes. Primary One (ages 5-6), Primary Two (ages 7-8) and Primary Three (ages 8 and up).

**Graded Ballet Class** – Melissa's Dance Academy teaches Cecchetti Method of Ballet. These classes are a continuation of the Primary classes for the older student. The graded ballet classes start at Grade I and go up to Advance professional levels. Dancers are encouraged (not mandatory) to take the ballet exams for each grade. Ballet is the base of all dance techniques.

"Cecchetti training is a rigorous method which pays careful attention to the laws of anatomy. It develops all of the qualities essential to the dancer: balance, poise, strength, elevation, elasticity, "ballone", etc. It is classic in its purity and clear-cut style." – [www.cecchetti.org](http://www.cecchetti.org)

**Prepointe** – A ballet class done in flat ballet shoes with specific exercises geared towards strengthening the feet, ankles and legs for pointe work. Students must have at least 2 or more years of flat class to be considered for prepointe. Students may be in this class for a couple years before graduating to pointe shoes.

**Pointe** – Dancers that have taken the prepointe classes will be notified by the director/teacher if they meet the requirements for pointe. Dancers will need to make an appointment with a doctor/specialist to have their feet examined. A doctor's note is required for pointe class.

**Tap** – Class is great for motor skills, coordination and learning rhythm with music. It is a great way to help the dancer with foot work and musicality.

**Jazz** – A technique class that focuses on rhythm and movements to today's jazz style music. Movements include isolations, full body movement with arms, turns, jumps and leaps that work the body in both parallel and turned-out positions. This class works well with all disciplines.

**Core** – Class is for the older more experienced student. Dancers will work on stamina, conditioning, stretching, balance and strengthening. Each class will focus on different aspects of the use of the body in dance to enhance the advanced dancer.