CLASS DESCRIPTION

In order to take DANCE DISCOVERY, JAZZ, CONTEMPORARY/MODERN ALL Students MUST take ONE BALLET/week minimum. Students who aspire to dance in pointe shoes MUST take a minimum of TWO Ballet Classes per week.

DANCE DISCOVERY
This is a FUN! Dance Education class that offers an open window for your Child to discover and explore Dance styles! At the discretion of Artistic Director: Tap ~ Contemporary ~ Moving the Gospel & Psalms ~ Gospel Groove (hip-hop, jazz) ~ Lyrical ~ Musical Theater ~ Stretch & Strength ~ Jumps & Turns ~ Liturgical ~ Messianic & African Praise ~ Modern ~ Pointe & Pre-Pointe ~ Choreography ~ Improvisation ~ Neo-Classical ~ Character & National Dance.
We will include TAP on a regular basis at least once a month.

ADULT BEGINNER BALLET
Always wanted to try ballet? Now is your chance! Beginning ballet technique for the adult student. No prior experience required! Build the grace, strength, and flexibility of a dancer!

Amazing Grace HOLY YOGA
Explore how breath and movement can deepen your relationship with Jesus! Stretch and release tension while reflecting on Scripture passages. All ages and levels welcome!

ADULT “BARRE FITNESS “~ FIT-for-JESUS
A combination of dance, pilates, and yoga-based fitness exercises combine to give a cardio-based workout! We use worship music and have fun in this fast-paced class. Sure to leave sweating!
CCoD Traditional Classical Ballet Curriculum As Described in HANDBOOK

**Lower School**
Creative Movement / Beginner Ballet; Foundations, I, II

**Upper School**
Intermediate, I, II; Advanced, I, II

**BEGINNER BALLET** (8-14 yrs old)
Learn the tradition, grace and discipline of Classical Ballet!
(for students who have never taken ballet to 2 years ballet training)
~ Assessment by Artistic Director ~

**ELEMENTARY BALLET** (14-17 yrs old)
Classical Ballet Tradition.
Minimum 2 years ballet training.
~ Assessment by Artistic Director ~

**INTERMEDIATE BALLET** (14-17 yrs old)
Classical Ballet Tradition.
Minimum 4 years ballet training.

**ADVANCED BALLET**
Classical Ballet Tradition.
Minimum 5 years ballet training.
~ Assessment by Artistic Director ~

**BEGINNER JAZZ** (8-14 yrs old)
Jazz technique for the beginner student! Jazz walks, box steps, pirouettes, and combinations are all a part of this class.

**BEGINNER MODERN/CONTEMPORARY** (8-14 yrs old)
Modern/contemporary movement for the 8-14 year old student! Learn how to suspend and fall, push and pull, contract and release, and so much more! The last 15 minutes of class is reserved for worshipful movement! We will explore modern/contemporary movement as prayer!

~ All Classes are subject to change at the discretion of the Artistic Director ~