

## **DEVELOPMENTAL PROGRAM CLASS DESCRIPTIONS**

### **Tap**

Tap dance is a percussive form of dance characterized by using the sounds made as tap shoes strike the floor. Students will work on building fundamental tap movements that will progress into more challenging steps as they work through our graded curriculum. Focus will be on rhythm, timing, balance, weight shift, musicality and creating clear, crisp sounds.

### **Jazz**

Jazz is one of the most fun and classic styles of dance! Jazz is performed with attack, technique and usually a lot of attitude! Using its upbeat movement, jazz dance emphasizes rhythm, style, lines, and a strong low center of gravity. Classes will include a proper warm up and stretch along with center floor work and across the floor combinations.

### **Lyrical**

Lyrical dance is a blend of ballet and jazz focusing on strong emotional connection to the music, soft fluid movements, long expansive motions and technique.

### **Hip Hop**

Hip Hop is a high-energy class that uses the latest sounds in R&B and pop music together with movements influenced by some of today's hottest choreographers. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style. Hip hop is urban, it's street, it's diverse and forever changing.

### **Ballet**

Ballet is the backbone to all dance styles. Dancers will develop the fundamentals of dance through control, poise, precision, fluency and grace using the technique and style of ballet. With ballet barré, center work and progressions, this class improves fundamentals including body alignment, vocabulary and correct positions of the legs, feet and arms.

### **Ballet Technique**

This class is a requirement for any of our dancers enrolled in our pointe class. Focus will be on fine tuning ballet fundamentals in which the dancer can not only strengthen the feet and ankles, but also gain the confidence and balance needed for pointe. Turnout and proper body alignment will continue to be emphasized. This class does not perform in the recital.

### **Pointe**

Pointe is one of the most advanced classes offered at our studio and is an extension of ballet. It requires solid, consistent and current ballet training coupled with strength in the legs and the core of the dancer's body. This class will continue to focus proper alignment while continuing to learn more advanced technique and terminology. Dancers must receive approval from our instructors before enrolling in this class. A Ballet class (level 3-5) is required in addition to Ballet Technique.

### **Musical Theater**

In Musical Theater, students will gain an understanding of how to perform and fully express themselves through their face, as well as their entire body. They will learn original choreography, as well as furthering their studies in the classical and contemporary styles of Jazz seen in major musical productions. They will also learn how to access their emotions, portraying a range of characters.

### **Poms**

Poms is a movement-based class that focuses on sharp arm movements, execution of choreographic visuals and dance team/cheer skills. Dancers will learn fundamentals of pom arm positions and performance skills while pushing themselves to expand on their high energy, entertainment skills.

### **Stretch & Flex**

In Stretch & Flex, students will learn specific exercises that will promote a healthy approach to stretching where each individual works with their limitations instead of forcing the body into unhealthy places. Stretches will focus on 10 different muscle groups. Each body is different and the goal of this class is to build flexibility that is individualized to each student. This class does not perform in our annual recital.

### **Improvisation**

In Improvisation, students will be directed to move in ways that broaden their creative horizons. They will learn to use images, words, and the manipulation of specific movements/poses which will shape and build their own choreographic ideas. Students will be urged to hone in on what propels them into their unique creative voice. This class does not perform in our annual recital.

### **Prince & Princess Dance**

This class will be an introduction to dance for our youngest dancers and will incorporate creative movement along with ballet and jazz basics. Course work will be themed around prince and princesses using fun music and props. This class is offered in six-week sessions and does not perform in our annual recital.

### **Cardio Dance**

Cardio Dance is a one stop, high energy and efficient full body workout. This class creatively blends elements of various dance styles for a fun workout that everyone can do. The dances are broken down in a way that is accessible and fun for the absolute beginner or the life-long dancer. Bring a friend and have twice as much fun! This class is offered in six-week sessions and does not perform in our annual recital.

### **Choreography & Composition**

This class will give dancers an opportunity to explore their own creativity while learning the basics of choreographing a routine. Great choreography comes from the manipulation of the most basic elements of dance: time, space, and energy. Choreography & Composition will give dancers hands on experience exploring different methods to create their own works of art. This class does not perform in our annual recital.

### **Turns & Leaps**

This class will teach students how to execute jumps, spotting and turning with precision, giving the dancer the advantage of core strength as they learn to spring through the air. We will focus on improving more basic and existing skills and progress to more advanced and difficult turns, leaps and jumps throughout the year. This class does not perform in our annual recital.

### **Stay Strong**

This class is our version of a strength and conditioning class that focuses on building muscle strength, coordination and balance while increasing endurance through a variety of exercises. This class will incorporate the use of resistance bands, yoga blocks and more as dancers work to build a strong foundation for all forms of dance. This class does not perform in our annual recital.