



## FIRST STEPS Program

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At The Dance Studio, we offer classes to children as young as two years old.

### The class structure in the First Steps Program is:

**Small Stars**...2-3 years old...first introduction to basic Ballet & Tap through music, movement, and storylines

**Tiny Tappers**...2 1/2 - 3 1/2 years old...progress further into the fundamentals of Ballet & Tap

**Mini Movers**...3-4 years old...build onto progressions of Ballet & Tap, with an introduction to Jazz & Highland

**Petite Performers**...4-5 years old...prepares students to transition from the First Steps Program into the Fundamentals Program

Students in the First Steps Program will perform in the annual recital at the end of the year, but do not participate in competition.

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## Progressions Program

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The **Progressions Program** offers students performance-based evaluations where students execute the steps/exercises they have learned in class for a trained and certified dance examiner who will award the students with feedback to help them progress in their dancing. Upon taking at least **one Progression** per season (1 discipline), dancers will continue to progress through the levels with their dance team.

Evaluation in the **Progressions Program** is based on several key components:

- **Dancer's memory** – the ability to retain the memory of each set step/exercise and perform their best for feedback. Memory is gained through the repetition of practicing in class and at home.
- **Musicality** – the ability to dance in-time and in-rhythm to the music. Dance is a visual art that is enhanced by music. In training, students learn their steps/exercises to set music to help with the performance, style, and dynamics of the movements. Musicality is a very important part of each Progression and practicing at home to the set music not only improves a dancer's skill and performance, but it helps to trigger memory.
- **Performance** – the ability to show expression and performance through the face, body, and movements to fit the mood of each step/exercise.
- **Technique** – the ability to correctly show the physical movement of each step/exercise to the best of the current ability of the student. Muscle memory comes from repetition and practice. In class, dancers are taught and guided on the proper technique, and then asked to practice at home to help retain the muscle memory.

Progressions are an important step in the growth of any dance student. At The Dance Studio, we train our dancers in high-quality, well-established professional dance syllabi. Each of these syllabi offers a different style & discipline of dance and Progressions at every level. Students have the opportunity to progress from the beginner level to Advanced levels, and then to Professional levels. Each time a student successfully completes a Progression level, they will move on to the next level the following season.

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## Ballet

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Ballet is the foundation of dance as it builds the fundamentals of posture, balance, coordination and ease of movement. Ballet is required for all TDS students to assist in their growth and training for all disciplines of dance.

CDTA Ballet classes are offered from Preliminary to Advanced levels with Progressions available to all students.

RAD Ballet classes are offered from Intermediate Foundation to Advanced II levels with Progressions Available to all levels.

Students who have completed their Advanced levels in Ballet will have the opportunity to study for their Associate and Licentiate teaching certification.

## Tap & Jazz

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Tap dance offers students the opportunity to make music with their feet. Tap is rhythm-based, and is great for the student who loves music.

Jazz dance offers students the opportunity to build strength in style, jumps, and turns. Jazz has many style options and allows the students to explore different sides of their personality while progressing in stamina & flexibility.

CDTA Tap & Jazz classes are offered from Preliminary to Advanced levels with Progressions available to all students.

ADAPT Tap & Jazz classes are offered from Preliminary to Advanced levels with Progressions available to all students.

Students who have completed their Advanced levels in Tap and/or Jazz will have the opportunity to study for their Associate and Licentiate teaching certification.

## Highland

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Highland dance offers students a taste of Scotland with traditional Scottish dances. Highland is for the student who loves jumping!!

SDTA Highland classes are offered from Preparatory to Scottish Award VI levels with Progressions Available to all students.

Students who have completed their Scottish Award VI levels in Highland will have the opportunity to study for their Associate and Licentiate teaching certification.

## Lyrical

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Lyrical Dance is a blending of Ballet and Jazz technique while the dancers interpret and communicate the lyrics of a song. Lyrical should portray a wide range of emotions and be supported by strong, classical technique.

Lyrical will only be offered to students in Core-Elite Ballet who are also taking Jazz, as technique and maturity must be strongly established before Lyrical dance quality can be developed.



## Musical Theatre

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Musical Theatre is a combination of dancing, singing and acting. Musical Theatre is taken from the original triple-threat celebrities who could all sing, dance and act. This class pulls out the performer in each dancer! ©

## Acro

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Acro Dance is a blending of dance and Acrobatic (or gymnastic) elements. Acro dancers need to be strong in their Classical and Jazz technique to seamlessly link the dance elements and gymnastic elements of a routine.

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## Recreational Program

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The Recreational Program is for students who would like to dance for short sessions throughout the season, with no commitment. Classes are held in 8-week sessions at different times in the dance year, and there are no commitments to competitions or recital. Students in the Recreational Program cannot also be part of the Progressions Program.

Recreational classes are offered in Ballet, Tap, Jazz, Highland, and Acro to students ages 6-13.

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## Adult Program

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Adult classes are open to anyone age 19 & over (who is not already enrolled in a competitive class). The adult classes will run in sessions during the regular dance season, and we will offer several types of dance throughout the year, including couples' dance.

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