

TDA Class Descriptions

At TDA, dancers will be placed with other dancers around the same age **and/or** skill level, so that all dancers are getting the most benefit out of her/his time attending TDA dance classes.

Ms. Stacia, TDA's Owner and Director, received her Bachelor's in Dance with a minor in Health and also received her secondary Teacher Certification from Texas Tech University. She also received her personal trainer certification from the Cooper Institute and worked as a certified Fitness instructor for over twenty years.

All TDA instructors have extensive backgrounds in dance.

You can be confident that your child is receiving the best instruction in San Angelo!

Classes for ages 3-5

Intro Ages 3, 4, 5 Jazz & Ballet

This 45-minute class is designed for, 3-, 4- & 5-year-olds. Jazz & Ballet techniques are introduced along with proper dance vocabulary, dance rhythms, and movements. Students are taught the differences between the two genres of dance, as well as how to listen to instruction, how to stay in line, and how to wait their turn. They also work on remembering choreography and counting with music. Dancers will learn proper names of ALL dance steps. This class performs two dances in the recital.

Intro Ages 3, 4, 5 Jazz, Ballet & Tap

This 1-hour class is the same as the Intro Jazz & Ballet class with the addition of Tap. Dancers learn how to properly strike the floor and use their foot movements to make tap sounds and execute tap steps. Learning the proper names of all steps and experimenting using different rhythms with the feet. As always, proper names of all tap steps will be taught. This class performs three dances in the recital.

Intro to Tumbling/Dance Ages 4 & 5

This 45-minute class is for dancers ages 4 & 5. Dancers will work on basic acrobatic skills such as forward and backwards rolls, cartwheels, roundoffs, bridges and backbends, possible kickovers. Some basic dance movements and rhythms will be introduced. This class performs one dance in the recital.

Classes for age 6 & up

Classes are 45 minutes or 1 hour in length.

Ballet Levels 1 & 2

Strong ballet technique is an important foundation of dance. Ballet Focus is on proper classical ballet technique and lyrical dance movement. Students will work on traditional Ballet warm-up and technique. They will learn how to properly extend their legs and toes and work on turn-out. Ballet 2 includes some Lyrical dance movements. Center work will include arm work, leaps, jumps, turns, etc. Students

enter level I at age 6 and are advanced according to ability and previous dance experience. Ballet classes perform 1 dance in the recital.

Ballet/Lyrical 3, 4 & 5

Focus on classic Ballet technique combined with Lyrical dance movements. Lyrical movements are interpretive to music. Proper turn, leap and jump techniques will be a focus of this class. This class will perform 1 dance in the recital.

Contemporary 3, 4 & 5

Contemporary dance does not follow any specific technique guidelines. It is closest to Lyrical dance and is normally interpretive of music. Dancers may flex feet or round back. Dancing with emotion is essential in Contemporary.

Tap, Levels 1, 2, 3 & 4

Focus is on tap steps and rhythms. Students work on required foot strength for clear tap sounds and learn tap vocabulary. Students enter Level I at age 6 and are advanced according to ability. Tap classes perform 1 dance in the recital.

Jazz, Levels 1, 2, 3, 4 & 5

Strong jazz technique is an important foundation of dance. Focus is on proper jazz technique which includes dance movements, turns, leaps and jumps. Students will also work on strength and flexibility which is very important for dance. Students will dance to some of their favorite songs. Students enter at age 6 and are advanced according to ability. Each Jazz class performs 1 dance in the recital.

Hip-Hop 1, 2 & 3

These are fun classes! Learn Hip Hop movements and stunts and explore styles and rhythms. Students will dance to fun, energetic music that will inspire them. Minimum age 6 years old. All new students are placed in Hip Hop I and are advanced according to ability. As Level goes up so does speed, complexity of choreography and more difficult tricks. Each Hip-Hop class performs 1 dance in the recital.

Dance Technique

This class focuses on enhancing dance techniques needed to perform ballet, jazz and contemporary skills. Some days the focus will be ballet, some days jazz. All turns, leaps & jumps will be improved.

Dancer Strength & Conditioning

This is a strength and conditioning class designed especially with the dancer in mind to improve specific dance skills and increase endurance. Dancers will also learn about the muscles of the body and exactly which muscles are responsible for executing certain dance skills.

