

# TDA Class Descriptions

Classes for age 2-5

## Mommy and Me – Ages 2-3 & One Parent (Summer Class)

This class is for 2-3 year olds. One parent must attend class each week with their child. Dancers and parents will get a jump start on learning class structure, ballet & jazz dance movement and creative movements. Instructors will guide parents on ways to dance alongside & partner with their child. We will dance to sing-a-long songs and Disney favorites. This class does not perform the recital.

## Intro to Dance Age 3 & 4

This class is designed for 3 & 4 year olds to introduce proper ballet, jazz & tap technique, dance vocabulary and dance rhythms & movements. Students are taught 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. This class performs 3 dances in the recital.

## Intro to Dance Age 5

This class is designed for 5 year olds to further introduce proper ballet, jazz & tap technique, dance vocabulary and dance rhythms & movements. The longer class allows for more attention to detail. The students' coordination is better because of age, and attention-span is also longer so children can better focus. Choreography is more challenging with more complex movements. Intro III classes perform 3 dances in the recital.

\*Summer Intro to Dance classes combine ages 3, 4 & 5 and concentrate on Jazz and Ballet movements only.

Classes for age 6 & up

## Ballet Levels 1 & 2

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. Center work will include arm work, leaps and 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

This class will focus on Ballet technique combined with Lyrical dance movements. Lyrical movements are interpretive to music. Proper turn, leap and jump techniques will be a main focus of this class.

This class will perform 1 dance in the recital.

### 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 1 at age 6 and are advanced according to ability. Tap classes perform 1 dance in the recital.

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

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 & 4

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. Each Hip-Hop class performs 1 dance in the recital.

### Acrobatic Dance 1 (age 6 & up)

This class is for beginner acrobatic students. This class will work on acrobatic skills such as rolls, cartwheels, round-offs, back bends, walk overs and other acrobatic dance tricks. Dance skills include turns, leaps, pivots, etc. Back and leg flexibility will be a must for this class, so the student must be dedicated to stretching.

The Acrobatic Dance class will perform 1 dance in the recital.

### Acrobatic Dance 2 (age 8 & up)

This class is for students with at least 2 years previous tumbling & dance experience. They should have already mastered cartwheels, round-offs, standing back bends & walkovers. This class will work on furthering acrobatic skills such as handsprings and aerials and other acrobatic dance tricks. Dance skills include turns, leaps, pivots, etc. Back and leg flexibility will be a must for this class, so the student must be dedicated to stretching.

The Acrobatic Dance class will perform 1 dance in the recital.

## Dance Technique

To truly improve as a dancer, students should be enrolled in a dance technique class, in addition to regular dance classes. This class includes barre work, stretching, across the floor combinations, turns, leaps, jumps, to improve overall Ballet & Jazz dance technique.

## Drill Team Preparation (Grade 8 & up)

This class was designed as a preparation for Tex-Anns or Chiefettes dance team tryouts. Learn dance technique, turns, leaps, stretching techniques, and proper kicking techniques, to gain an advantage during actual dance team tryouts.

This class was designed by ex Tex-Ann officers, and was started at TDA back in 2008.

The Drill Team class performs 1 dance in the recital!

## Dance Fitness Classes for Adults, Poise members & dancers age 14 & up

- Dance Strength, Conditioning & Stretching
- Ballet Fitness

These classes are a great addition to your fitness program. They are both designed to improve total body strength and cardiovascular conditioning while using movements that enhance overall fitness. While they are beneficial to dancers, they are not ONLY for dancers.

\*Bring your own yoga mat, towel & water.

