



# Summer 2018 Dance Descriptions & Dress Code

## Teenie Twos

*Girls: Pink leotard, pink tights, pink ballet shoes*

*Boys: T-shirt, sweat pants or shorts, any color, black ballet shoes*

In this 45-minute class for boys and girls, children will be introduced to organized dance through music and learn how to follow directions and interact with other children all while having fun! First three weeks Mommy will participate in class, the remaining three weeks, we will see if your little one can participate with just her new friends!

## Ballet/Tap Ages 3-5 Years Old

*Same dress code as noted above with the addition of tap shoes, any color*

In this 45-minute class, children will learn the basic introduction skills for both ballet and tap, age appropriate for each level, while having fun.

## Hip Hop, both levels

*Clean soled sneakers, jazz pants and tank top*

A fun, aerobic and strengthening class, which will focus on foot-work, isolations, floor work and center floor combinations, level appropriate.

## Tap, both levels

*Leotard, tights, tap shorts and tap shoes, any color.*

This class will focus on timing, rhythm and combinations both center and across the floor, level appropriate.

## Jazz, both levels

*Black leotard, jazz pants or shorts, suntan tights jazz shoes (any color for summer)*

Class will consist of strong emphasis on technique and combinations, both center floor and across the floor, New York and California styles, level appropriate.

## Leap and Turn, both levels

*Black Leotard, jazz pants or jazz shorts, suntan tights and foot undies)*

Students will focus on learning and improving their technique with pirouettes and other turns, jumps, leaps, across the floor combinations and exercises to improve, condition and strengthen their overall flexibility and strength, level appropriate.

## Ballet Classes

*Black leotard, pink tights, ballet skirt any color (optional), pink elasto-split ballet shoes, hair in a bun*

"The hallmark for this classic dance form is its grace and fluidity. The study of ballet technique involves learning an organized syllabus of positions, steps and loco-motor patterns, all with French names".

All ballet levels will give students a basic understanding of ballet technique, terminology and proper alignment. Students will be introduced to the different parts of ballet class and gain confidence in their dance ability, age and level appropriate.

All ballet students should come prepared with a notebook and pen/pencil. Classes will focus on correcting alignment, understanding ballet terminology and furthering your knowledge of this art. Class will begin at the barre and end with either an adage or allegro combination.

## Contemporary

*Leotard and tights, barefoot*

Contemporary dance is a fusion of ballet, modern and jazz genres. In this class, dancers will strive to combine technical and artistic elements while strengthening storytelling skills.

## Improvisation

*Leotard, tights, or comfortable clothing, bare feet, jazz or ballet shoes*

This class gives students an opportunity to experience spontaneous movement through guided exercises, games, and journaling. Students will broaden self-awareness and physical and expressive skills in the movement aspects of time, space, energy, shape, and dynamics. Improvisation is a fun way to sharpen skills as a dancer, choreographer, and performer!

## Yoga

*Participants should wear comfortable but not baggy clothing. Please bring along a mat.*

Participants will work through postures (asanas) and stretches to encourage flexibility, strength, and awareness. This class will focus on flowing through sun salutations, dynamic breathing, and a healthy dose of relaxation at the end.