



Summer 2019 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 half hour 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 their new friends!

Ballet/Tap Ages 3-6 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 footwork, isolations, floor work and center floor combinations, level appropriate.

Tap, all 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, all 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, all 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, 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.

'New!' Turn Challenge

In this online class, dancers will be challenging themselves to become more confident turning. Depending on their ability level, dancers will be working on perfecting a turn combination during the course of the summer. They will be required to submit at least 3 turn videos each week. These videos include the dancer successfully completing the turn 3 times in a row. The idea is that dancers will be confident about landing their turns going forward. This class will meet once in person initially, to outline procedures for submissions and critiques. Let's 'turn' up the confidence this summer!

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.