

## Spring 2025 Dance Class Descriptions

### **Beginner/Intermediate Tap**

Beginner/Intermediate Tap Ages 13 and up: An beginner/intermediate level tap class with instruction in basic tap techniques and combinations that will progress throughout the semester.

Attire: Basic dance wear, tap shoes

### **Technique Class**

Technique Class is to sharpen dance skills and is open to all levels for individual improvement. This class will work on placement, turns, jumps, flexibility and trouble spots. This is a non-performing class.

Attire: leotard & pink tights (optional warm ups, skirts etc.) appropriate shoes. Water bottles only.

### **Teen Competition Team**

Teen Intermediate Competition Dance - previous competitors or previous competition class experience

Class curriculum: Ballet technique, progressions, turns, flexibility, stretch, strength and competition routines with proper execution.

A Parents Forum will be announced before competition dates to answer questions and address activities during events.

Prerequisite: must have minimum of 5+ yrs of previous dance experience including Ballet Technique

Attire: leotard & pink tights (optional warm ups, skirts etc.) appropriate shoes for ballet or lyrical for competition. Water bottles only.

### **Advanced Tap Teen/Adult**

Intermediate/Advanced Tap Ages 13 and up: An advanced level tap technique class - previous tap experience required

Attire: Basic dance wear, tap shoes

### **Ballet/Tap Age 3-5**

Beginning Level Ballet and Tap: includes combination sequence steps and a quicker motor skill movement process.

Attire: Basic leotard (attached skirts only) pink tights with pink leather ballet shoes and black tap shoes. Hair secured away from face. No drinks please.

### **Senior Competition Team**

Class curriculum: Ballet technique, progressions, turns, flexibility, stretch, strength and competition routines with proper execution.

A Parents Forum will be announced before competition dates to answer questions and address activities during events. Prerequisite: 5+ years of dance with Ballet Pointe Technique experience

Attire: leotard & pink tights (optional warm ups, skirts etc.) appropriate shoes for ballet or lyrical for competition. Water bottles only.

### **Teen Elite Competition Team**

Teen Intermediate Competition Dance - previous competitors or previous competition class experience

Class curriculum: Ballet technique, progressions, turns, flexibility, stretch, strength and competition routines with proper execution.

A Parents Forum will be announced before competition dates to answer questions and address activities during events.

Prerequisite: must have minimum of 5+ yrs of previous dance experience including Ballet Technique

Attire: leotard & pink tights (optional warm ups, skirts etc.) appropriate shoes for ballet or lyrical for competition. Water bottles only.

### **Ballet/Tap 5-7**

Ballet & Tap: includes combination sequence steps and a quicker motor skill movement process.

Attire: Basic leotard (attached skirts only) pink tights with pink leather ballet shoes and black tap shoes. Hair secured away from face. No drinks please.

### **Ballet/Tap/Jazz 8-12**

Ballet, Tap and Jazz: dance forms are more traditional classical ballet, tap rhythm and beginning level of hip hop.

Attire: leotard, skirts or booty shorts, pink tights. Pink leather ballet shoes, black tap shoes and black slip on jazz shoes.

### **Prep for Pointe & Pointe 8-15**

Prep for Pointe/Pointe Work: Intense work including ballet/pointe technique and strengthening to prepare dancers for work in pointe shoes.

Attire: Leotards, skirts, booty shorts or warmers. Pink leather or canvas ballet shoes. Pointe shoes if applicable and approved.

### **Adult Ballet & Stretch**

Adult Stretch & Strengthening/Dance Workout: Stretch and strengthening, exercise and cardio dance, Ballet barre, center and floor.

Attire: Comfortable exercise wear, ballet or dance shoes

\*\*\*Recreational only - no final June recital

### **Ballet & Lyrical 11-15**

Ballet & Lyrical Intermediate - Ballet: classical Cecchetti technique syllabus

Lyrical: freestyle dance incorporating ballet and jazz movements

Attire: leotard, skirt or booty shorts, pink tights. Pink leather or canvas ballet shoes and tan lyrical shoes.

Hair secured in a bun or away from face

### **Ballet/Tap (Monday) 6-8**

Ballet/ Tap: dance forms are more traditional classical ballet and tap rhythms

Attire: leotard, skirts or booty shorts, pink tights. Pink leather ballet shoes / black tap shoes.

### **Jr. Prelim Comp Dance – Int Level 10-13**

Junior Preliminary / Intermediate level

Class curriculum: Ballet technique, progressions, turns, flexibility, stretch, strength and competition routines with proper execution.

This level is to introduce ages 10-13 to dance competition for the Spring Semester.

A Parents Forum will be announced before competition dates to answer questions and address activities during events.

Attire: leotard & pink tights (optional warm ups, skirts etc.) appropriate shoes for ballet or lyrical for competition.

Water bottles only.

### **Pro Elite Comp Dance 14-18**

Admission to class is by audition only

Senior Level Advanced Competition Dance: Audition required

Class curriculum: Ballet technique, progressions, turns, flexibility, stretch, strength and competition routines with proper execution.

A Parents Forum will be announced before competition dates to answer questions and address activities during events.

Prerequisite: 7+ years of dance experience including 3 years of Ballet with Prep for Pointe and Pointe along with 5 years of Junior/Teen competition team. AUDITION required at 1st class. Student must have 1 minute choreographed piece to present and demonstrate at audition. (Music optional)

Registration for this class will happen after the class list is posted.

Attire: leotard & pink tights (optional warm ups, skirts etc.) appropriate shoes for ballet or lyrical for competition. Water bottles only.

### **Choreography Comp Team 13-18**

(class designed for ages 13 - 18) Individual Solo, Duo or Trio pieces. Specialized choreography to submit for video auditions or talent and showcase programs.

Pre-requisite: Must be enrolled in another competition class.

Attire: Comfortable exercise wear, ballet or dance shoes

### **Ballet/ Lyrical Choreography Introduction**

Intermediate Level, Ages 14-18

This class is developed for students to understand choreography and incorporate Ballet technique with the freedom and movement of lyrical technique. This is a great class for students wanting to learn more from dance and movement.

### **Pro-Elite Competition Team and Choreography**

Advanced Level, Ages 16-18

Prerequisite: By Audition only on first class meeting. Must be correct age level. A conflict schedule is required along with a 60 second routine of choice will be required for audition. Student must have previous Teen Elite or Senior Competition experience.

### **Core and Stretching**

Teen and Adult, All Levels

Class is designed for non dancers and dancers focusing on correct body alignment. This class is non-impact and designed to use resistance with less stress on the body.