

Rainier Dance Center Class Descriptions – 2018-2019

Acro (Ages 7 and up): Acro teaches flexibility, balance, strength, muscle control and concentration. This class will focus on fundamental acrobatic technique. Students will learn handstands, chin stands, elbow stands, cartwheels, back bends, walkovers, and balance. This class is great for students looking to enhance their agility, flexibility, & strength.

Ballet 1 (Ages 7 and up): Ballet is the foundation of all dance forms. Beginning Ballet body placement, flexibility, balance, alignment, strength and technique are taught through barre and center floor work.

Ballet 2 (Ages 8 and up): Ballet 2 continues with the fundamentals from Ballet 1, focusing on more complicated Ballet movement and vocabulary in addition to dynamics and musicality.

Ballet 3 (Ages 10 and up): Ballet 3 continues with the terminology and movement from Ballet 2, focusing on more complicated combinations.

Ballet 4 (Ages 12 and up): Ballet 4 is our most advanced Ballet class, challenging students with more complex movement vocabulary and choreography. This class may be taken on pointe.

Ballet/Tap Combo (Ages 4-7): This class consists of 30 minutes of beginning Ballet and 30 minutes of beginning Tap technique. It will teach basic rhythm and tap choreography and Ballet fundamentals. Based on the class age, students will learn beginning or more complex Ballet and Tap technique.

Contemporary 1 (Ages 7 and up): Contemporary introduces students to the basic principles of modern dance including body placement, coordination, flexibility and strength. Students learn and perform basic modern dance vocabulary and explore the elements of dance including time, space and energy.

Contemporary 2 (Ages 8 and up): This class continues to push and challenge students who have already had at least a year of Contemporary class. They will further their modern dance technique and explore more complex movement dynamics and choreography. Contemporary students in level 2 and above are strongly encouraged to take Ballet, in addition to Contemporary.

Contemporary 3 (Ages 10 and up): Contemporary 3 is our most advanced Contemporary class, challenging students with more complex modern movement vocabulary and choreography. Contemporary students in level 2 and above are strongly encouraged to take Ballet, in addition to Contemporary.

Creative Dance (Ages 3-4): This class is a breakdown of primary and secondary motor skill movement using fun and exciting activities. Through body science, imagery and play, the children learn cooperation, patience, basic motor skills, and self-esteem.

Creative Dance (Ages 5-7): This class is a further exploration of primary and secondary motor skill movement using fun activities. Through body science, imagery, play, and their own choreography, the children improve in cooperation, patience, motor skills, and self-esteem.

Hip Hop 6-8 years: This class explores very basic Hip Hop isolations, basic break dancing and pop n' lock. This classes will help dancers develop confidence and rhythm through age-appropriate choreography and music.

Hip Hop 1 (Ages 9 and up): Hip Hop explores isolations, basic break dancing and pop n' lock. This class will help dancers develop confidence and create their own personal movement and style, through age-appropriate choreography and music.

Hip Hop 2 (Ages 10 and up): This class builds on what was learned in Hip Hop 1. It challenges students to take musicality, choreography and their dynamic movement quality to the next level.

Hip Hop 3 (Ages 10 and up): This class builds on what was learned in Hip Hop 2 and is the most advanced Hip Hop class at RDC. It pushes students to take musicality, choreography and their dynamic movement quality to the highest level.

Hip Hop/Acro Combo (Ages 5-7): This class consists of 30 minutes of beginning Hip Hop and 30 minutes of beginning Acro skills. Hip Hop explores isolations, basic break dancing and pop n' lock. Acro teaches flexibility, balance, strength, muscle control and concentration. This class will focus on fundamental acrobatic technique.

Breakdance (Ages 7-10): This class teaches beginning breakdance movement including isolations, pop n' lock, rhythm and musicality.

Hip Hop/Cardio Funk (Adult): This class is a fun way to get your cardio exercise in using dance movement. Set to popular Hip Hop and dance music, this high energy, booty shakin' dance class will make you sweat!

Jazz/Tap combo (Ages 5-7): This class consists of 30 minutes of beginning Jazz and 30 minutes of beginning Tap technique. It will teach basic rhythm and tap choreography and Jazz fundamentals.

Jazz 1 (Ages 7 and up): This beginning class blends elements of Jazz and Lyrical dance. Students will learn basic coordination, musicality, flexibility, and expression. An ever-changing art form, Jazz reflects popular culture, while building grounded, versatile dancers. Lyrical combines technique from both the Jazz and Ballet genres.

Jazz 2 (Ages 7 and up): This class continues to explore and challenge dancers in the basic coordination, musicality, flexibility, and expression learned in Jazz 1.

Jazz 3 (Ages 10 and up): This class is designed for students who have had 2-3 years of Jazz class. It is designed to challenge dancers in Jazz vocabulary, musicality, flexibility, and expression learned in Jazz 1 and 2. Dancers also begin to work on their own choreography. Jazz students in level 3 and above are strongly encouraged to take Ballet, in addition to Jazz.

Jazz 4 (Ages 11 and up): This class is designed for students who have had 4-5 years of Jazz class. It is RDC's highest level of Jazz and is designed to push dancers in their Jazz vocabulary, musicality, flexibility, and expression, in addition to working a good deal on their own movement quality and choreography. Jazz students in level 3 and above are strongly encouraged to take Ballet, in addition to Jazz.

Musical Theater (Ages 7 and up): This class is an introduction to Musical Theatre. Students will learn basic Jazz/Stage movement, along with some acting and musical theatre performance techniques. They will learn and perform dances from Broadway shows. Students will also have the opportunity to build, decorate and use props onstage and incorporate some singing and lip synching.

Pre-Ballet (Ages 3-5): This class includes 30 minutes of Creative Dance concepts and 30 minutes of beginning Ballet technique. It is designed to be a bridge between Creative Dance and a full hour of technique class.

Pre-Pointe (Ages 10 and up): This class is designed to stretch and strengthen dancer's feet, legs and ankle's in preparation for pointe work. If dancers are on pointe, this class will introduce basic pointe and foot work.

Pointe (Ages 12 and up): This class is for students in pointe shoes for at least a year and is designed to strengthen and improve their pointe technique. Students must be in Ballet 3 or 4 to go on to pointe and participate in this class.

Tap 1 (Ages 7 and up): Tap involves detailed footwork and articulation of sound. This class will teach basic rhythm, coordination, basic tap terminology and choreography.

Tap 2 (Ages 8 and up): Tap involves detailed footwork and articulation of sound. This class is a continuation of Tap 1 and Tap 2, where students will learn more complex footwork and step combinations and work on articulation of sound.

Tap 3 (Ages 11 and up): Tap involves detailed footwork and articulation of sound. This class is a continuation of Tap 2, where students will learn even more complex footwork, articulation of sound and choreography.

Tap 4 (Ages 11 and up): Tap 4 is the most advanced Tap class at RDC. This class is a continuation of Tap3, where students will learn very complex footwork, articulation of sound and choreography.

Toddler/Caregiver Creative Dance (ages 1.5-3): This class is a breakdown of primary motor skill movement using fun and exciting activities for young children partnered with their parents. Through imagery and play, the children learn cooperation, patience and basic motor skills.