



**TWINKLE TOES**  
PERFORMING ARTS COMPANY

## CLASS DESCRIPTIONS – FALL 2024

All in-person classes are 45 minutes for Dance with Me, Pre-ballet, and Pre-ballet/Tap, and 55 minutes for all other classes. Class enrollment limits are based on each class and space availability.

### DANCE WITH ME, PRE-BALLET, BALLET, and POINTE

**Dance with Me - ages 18 months to three years:** for our youngest dancers and an adult/teen caregiver. Join us for a fun-filled class of musical exploration, movement, stories, and games, with the comfort of a grown-up to accompany their journey. Children will be exposed to the concepts of taking turns, following directions, and working together with classmates and caregivers. Class sizes extremely limited.

**Pre-Ballet – ages 3-5:** a continuation of our Dance with Me and pre-ballet classes. This class is designed for dancers who are ready to fly without the presence of a caregiver. Over the three years of pre-ballet, dancers will be exposed to the fourteen basic dance and education concepts of: shape, energy, pathways, directions, patterns, space, tempo, size, levels, positional concepts, body shapes, weight, relationships, and sequencing. Concepts will be introduced through games, songs, and obstacle courses based on the Dance to Learn method.

**Ballet** – a classical form of dance that originated in the Renaissance courts of Italy and France, ballet is a dance style focusing on grace, elegance, posture, and fluidity. Characterized by its precise movements, graceful lines, and ethereal beauty, ballet embodies a unique blend of strength, discipline, and artistic expression. All levels of ballet are by placement to find the right fit for each dancer. Mini/Jr. company ballet must be taken in tandem with Mini/Jr. company jazz and is reserved for dancers who will be competing that season.

**Pre-pointe** - a year of strengthening and preparation for pointe work “on flat.” Dancers must be 12 by 10/31/2024 and must have at least three consecutive years of ballet training, or by recommendation only. Dancers will be required to pass a physical and vocabulary test before moving to Pointe. Pre-pointe students require a purple theraband for class.

**Pointe** - after at least a year of pre-pointe and a physical and vocabulary test, dancers will be promoted to Pointe, a traditional style executed on the tips of the toes in specialized shoes.

**All Dance with Me, Pre-Ballet, Ballet, and Pointe classes require:**

**-a leotard:** any color for Dance with Me, Pre-Ballet, and Elite Ballet; black for all other levels of ballet with no skirt attached.

**-tights and ballet shoes:** pink, black, or flesh-colored, but shoes and tights must match. Shoes must be leather or canvas. Flesh-toned shoes will be required for recital for all Ballet classes.

**-hair pulled back:** Dance with Me, Pre-Ballet, Ballet Tuesday at 6:00, and Ballet Saturday at

10:00 can have hair in a ponytail or braid. All hair shorter than chin-length should be held back with a headband or have the sides pulled back into a ponytail holder. Proper ballet buns are required for all other levels of ballet. Hair can be gathered in any kind of ponytail prior to bun formation, and any adjustments needed for textured hair are encouraged for the dancer's comfort. **-dress code options:** a single color t-shirt, black gym or knee-length biker shorts, and black ballet shoes. Ballet/Tap Combo students may follow the ballet or tap dress code, but will need both kinds of shoes.

## **TAP**

**Tap** - a percussive style of dance wearing tap shoes. Dancers will explore rhythm, music, composition, and dance history through this fun, physical form of dance. Tap enhances dancers' ability to count and relate to music in all forms of dance, as well as giving them the confidence to create their own sounds. Ballet/Tap Combo is for new and continuing tap dancers ages 3-5, 5-6, and 7-8. Intermediate, Advanced, and Sr. Tap are by placement only. **Tap classes require** a black leotard and black leggings, joggers, or capri pants; Ballet/Tap requires flesh-toned strap tap shoes, and Int. through Sr. Tap require black jazz-style tap shoes; hair pulled back. Dancers in tap may wear a Twinkle Toes t-shirt over the leotard. Dress code options: a plain t-shirt and black gym or knee-length biker shorts.

## **JAZZ**

**Jazz** - a fast-paced, upbeat class defined with leaps, turns, kicks, and body isolations while wearing jazz shoes. Beginning from the vernacular and social dances of the early 1900's, this type of dance has evolved into a fun performance style featured in many music videos, concerts, and movies. Young dancers' jazz classes will focus on gross motor skill improvement, stretching, strengthening, and musical exploration. Older students' classes will progress to more difficult jazz movements. Jr. Jazz/Hip Hop is for dancers ages 5-6. Beginning Jazz is a continuing level of jazz for experienced dancers and new dancers ages 7-9. Int./Adv. and Sr. Jazz are by placement only. **Jazz classes require** a black leotard, black leggings, joggers, or capri pants, and flesh-toned jazz shoes, with hair pulled back. Dancers in Sr. Jazz may wear a cover-up shirt. Dress code options: a plain t-shirt and black gym or knee-length biker shorts.

## **Lyrical**

**Lyrical** - a softer, storytelling style of dance incorporating technique from ballet and jazz. Lyrical contains basic technique and gentleness of ballet, with the turns and leaps from jazz, along with the performance techniques of musical theater and contemporary to express the lyrics of music. Placement is by age and recommendation only. Enrollment in lyrical requires dual enrollment of the proper level of ballet or jazz. **Lyrical classes require** a black leotard, black leggings, joggers, or capri pants, and flesh-toned "foot undies," with hair pulled back. Dancers in Sr./Adv. Lyrical may wear a coverup shirt. Dress code options: a plain t-shirt and black gym or knee-length biker shorts.

## Contemporary

**Contemporary** - a faster-paced, more physical form of dance incorporating influences from jazz and modern dance. Contemporary features jumps, turns, and floorwork, along with concepts of breath, expansion, improvisation, and flow through movement. Contemporary also features a strong storytelling aspect, not necessarily driven by the lyrics of a song, but sometimes by more abstract concepts. **Contemporary classes require** a black leotard, black leggings, joggers, or capri pants, and flesh-toned “foot undies,” with hair pulled back. Dancers in Sr./Adv. Contemporary may wear a coverup shirt and dance socks. Dress code options: a plain t-shirt and black gym or knee-length biker shorts.

## HIP HOP

**Hip Hop** - a fun-filled, fast-paced class for dancers ages 8+. “Hip hop” is an umbrella term for a wide range of movement styles, developing from deejaying and the basic principles of street-based movement. Hip hop training includes elements of popping, locking, whacking, tipping, and breaking, along with strengthening and musical exploration. **Hip hop classes require** a black leotard, black leggings, joggers, or capri pants, and flesh-toned jazz shoes or tennis shoes, with hair pulled back. A Twinkle Toes t-shirt may be worn as a cover-up. Dress code options: a plain t-shirt and black gym or knee-length biker shorts.

## MUSICAL THEATER AND BROADWAY

**Musical Theater** - a combination of basic jazz dance technique along with acting exercises to explore the world of dance and storytelling presented in Broadway and off-Broadway theater. Vocal exercises, skits, and creative speaking roles will help children learn to construct stories and inform audiences, all while having fun in a safe environment. Dance movement will build on the foundations of Jr. and Beginning Jazz. Each weekly class is spent acting about half of the time and executing jazz dancing the other half. **Musical theater classes require** a black leotard, black leggings, joggers, or capri pants, and flesh-toned jazz shoes, with hair pulled back. Broadway classes are by invitation only and will not include acting training, focusing more on performance quality, along with kicks, leaps, and turns. Dress code options: a plain t-shirt and black gym or knee-length biker shorts.

## ACROBATICS

Acrobatics is an agile dance form focusing on the student's flexibility and strength. Classes will include basic mat exercises, including bridges, head and handstands, rolls and cartwheels, along with coordination and strengthening exercises. Dancers will enhance their abdominal and upper body strength while improving flexibility throughout the entire body. Basic jazz dance movements, jumps and isolations will be incorporated into this class. **Acrobatics classes require** any color leotard, black leggings or knee-length biker shorts, and bare feet, with hair pulled back. No headpieces or bows should be worn to class, and hair is recommended to be in a low ponytail.

## COMPANY CLASSES

Company classes are for dancers ages 7+ who will be competing in the winter/spring of that year. No audition is required to participate. Each company will learn one dance that will become their competition dance, and an additional dance for the recital in the opposite style. One costume will be needed for each class, and no extra costuming fee will be assessed for competitions. There will be an approximately \$350 yearly fee for competing to cover competition and rehearsal costs. The exact total will be distributed before the school year starts. All company classes require a yoga block and a theraband that should be brought weekly.

Competition team members ages 11+ may be invited to join the optional Ballet for Competition Team and Technique for Competition Team classes. These classes will focus on technique to support their rehearsal schedule and performance requirements, particularly on posture, strengthening, stretching, and improvisation. These classes will follow a different payment schedule, as they will not require the dancers to participate in recital.