

Fall 2019 Dancing Spirit/ Studio 2B Schedule

Monday:

Pre-Ballet

- 4- 7
- 4:00- 4:50pm

Ballet 1/2

- 7+
- 5:00 -6:00pm

Adult Ballet

- 12+
- 6:00- 7:00pm

Tuesday:

Pre- Tap/ Tap 1

- 4+
- 4:00 – 5:00pm

Friday:

Hip- Hop 1

- 7+
- 4:30-5:30pm

Modern/ Jazz

- 9+
- 5:30- 6:30pm

Saturday:

Competition Team

- 10+ (will except younger students if qualified)
- 9:00- 11:00am

Lyrical/Contemporary

- 7+
- 11:30- 12:30pm

Class Descriptions:

Ballet:

This class covers parts of both *Cecchetti* and *Vaganova* ballet technique. Students will learn about proper posture, balance, and self-discipline. Classes cover concepts including turn out, positions of the feet, and movement vocabulary. Students will also participate in barre and center exercises, among other level-appropriate skills.

Attire: Leotard (preferably black), tights, pink canvas ballet shoes preferred. *Can wear skirt or shorts over leotard.* Please put hair in a neatly secured bun.

Tap:

This class will focus on development of tap technique & terminology with an introduction to various styles of tap. Students will learn about rhythm and timing with a wide range of music. Classes will work on single time steps, beginning turns, and short combinations. Classes will warm-up, practice basic tap skills, and learn level-appropriate combinations.

Attire: Leotard (preferably black), tights or black leggings, and black tap shoes preferred. Please have hair pulled back.

Jazz/ Modern:

This mixed class will work on aspects of both Jazz and Modern dance.

Modern:

Classes are influenced by the techniques of *Cunningham*, *Horton*, and *Graham*. Students will walk away from this class with better understanding of modern technique, strength, coordination, and musicality. Classes will spend time exploring proper breathing techniques and feeling movements inside the body as well as outside. Dancers will learn about using the whole body, contraction and release, and proper floor work technique. This class will include a slow, relaxed warm-up, center and across the floor work, as well as a choreographic piece.

Jazz:

Classes focus on *Fosse* style jazz with a bit of a modern twist. This class will focus on proper jazz technique, improvisation, and musicality. Students will learn how to isolate parts of the body, move in syncopated rhythms, and find their unique dance style. Classes are based on traditional ballet technique layered with traditional jazz movements. This class will include a warm-up, dynamic stretches, isolations, floor work, across-the-floor progressions, and combinations.

Attire: Comfortable form-fit clothes. Hair pulled back. (Jazz shoes or lyrical foot undies preferred), or bare feet.

Hip-Hop:

Classes focus on elements of *B-boy/B-girl* technique, *Popping* and *Locking*, and *funk*. This class will encourage students to step outside the box by bringing their own individual style, and personality to movements. This style is an upbeat urban style of dance that is forever evolving. Students will learn basic hip-hop moves like; popping and locking, isolations, and top-rocks. This dance style requires strength, stamina, and using the body to show intricacies in the music. Each class will include upper and lower body conditioning as well as a rigorous warm-up to help prepare students for more intense movements.

Attire: Comfortable clothes (not baggy or oversized), sneakers, and hair pulled back.

Competition Team:

Students on the competition team practice once a week for two hours. It is recommended that each dancer take at least one additional dance class a week in either: ballet, jazz, modern, or hip-hop (*Private Lessons may also be arranged*). Dancers on the competition team are expected to go above and beyond when it comes to dance. They must be willing to practice at home, and work diligently to master the skills required to perform for a judge. Each rehearsal will consist of a warm-up, stretching, and center and across the floor work. Depending on upcoming events, dancers should be prepared to learn and perfect more than one dance at a time.

Attire: Comfortable form fit clothes, jazz or lyrical shoes preferred. Have hair pulled back.

Lyrical/Contemporary:

This mixed class will work on aspects of both Lyrical and Contemporary dance.

Lyrical:

Classes are influenced by the techniques of ballet and jazz. Students will learn how to express emotion through movement, and tell a story. Students will walk away from this class with a better understanding of musicality, artistic expression, and how to tell a story through dance. Dancers will learn about using the whole body, partnering, and proper floor work technique. This class will include a slow, relaxed warm-up, center and across the floor work, as well as a choreographic piece.

Contemporary:

Classes focus on modern and ballet technique. Contemporary encourages dancers to be versatile in their expression, while being able to portray a wide array of movement styles and emotion. Students will learn body awareness, use of body weight, floor work, and how safe body alignment can guide movement. This class will include a warm-up, dynamic stretches, floor work, across-the-floor progressions, and combinations.

Attire: Comfortable form- fit clothes. Hair pulled back. Lyrical foot undies or bare feet.

Adult Classes:

Adult classes focus on technique as well as a fun and exciting way to stay fit. These classes are suitable for those with no dance experience to those who just want to get back into the mix. Classes will work on basic movement vocabulary in Ballet, Tap, or Modern, safe stretching techniques, and choreography. These classes will adhere to the needs of the students from week to week.

Attire: Comfortable clothes to move in such as yoga pants and a t-shirt. Hair pulled back.

Ballet* canvas ballet shoes

Rules and Regulations:

- Please arrive on time, prepared for class
- Pay attention to the teacher
- NO horseplay
- Have a general respect for the teacher and your classmates
- Don't lean or pull on the ballet barres
- Stay in the studio while class is happening
- Water is allowed, but should be out of sight until scheduled break time

Attendance Policy:

- Please arrive on time, prepared for class.
- The door will be locked once class starts.
- In order to perform in any upcoming recital no more than **3** classes can be missed (*including preshow rehearsals*).
- No Refunds! However, you are welcome to come in another day & time to take class.
- There will be make-up classes scheduled to accommodate weather related cancellations and Holidays.
- If you are more than 30 minutes to pick up your child there will be a \$10 late fee.