



## CLASS DESCRIPTIONS – FALL 2020

All in-person classes are 45 minutes to adjust for social distancing/mask requirements and new cleaning procedures. If government or health regulations change throughout the year, classes might increase to a full hour and mask requirements, spatial reductions, and class sizes could change. Classes for dancers under age 7 are capped at 6 participants for now. Beginning through Senior-level classes are capped at 10 students. Dance with Me classes are limited to a total of 5 students and 5 caregivers per class.

### 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. Children will be exposed to the concepts of taking turns, following directions, and working together with classmates and caregivers. Masks required for caregivers, but not children. Class sizes extremely limited due to spatial requirements.

**Pre-Ballet with Me - ages 3 to 5:** for new students ages 3 to 5 and an adult/teen caregiver. This class will feature all the fun and creativity of our beginning ballet exploration with the help of a caregiver for learning social distancing. If we are able to establish the rules of social distancing successfully, a caregiver will not be required the whole year. Masks required for caregivers, but not children. Class sizes extremely limited due to spatial requirements.

**Pre-Ballet for returning students, ages 3-5:** a continuation of our Dance with Me and pre-ballet classes. This class is reserved for our dancers who are able to adjust to the new social distancing requirements without the presence of a caregiver. Please, understand that this will be a very difficult transition for young children who've danced in the studio previously, as we have to adjust spacing, pacing, and structure of classes. Class placement is up to the studio; if a student cannot follow the social distancing guidelines, he or she may be asked to attend Dance with Me to establish the basics. Masks are not required for dancers.

**\*All other in-person classes require masks for all dancers\***

**Ballet 1/2 Adv.** - a continuing level of ballet instruction for dancers over age 4 with studio experience and who can master social distancing guidelines, and new ballet students ages 5-7.

**Ballet 3/4** - a continuing level of ballet instruction for dancers over age 7 with mastery of basic technique and discipline, and new ballet students ages 8-10.

**Ballet, Sr./Adv. Ballet, and Elite Ballet** - all remaining levels are by placement only.

**Pre-pointe** - a year of strengthening and preparation for pointe work “on flat.” Dancers must be 11 by 10/31/2020 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.

**Pointe** - after a year of pre-pointe and passing a physical and vocabulary test, dancers will be promoted to Pointe. All pointe classes will be in-person only for the dancers’ safety. Any dancers who cannot participate in in-person pointe classes will participate in the virtual Pre-pointe class.

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

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

**-tights and ballet shoes:** pink or flesh-colored, but shoes and tights must match. Shoes must be leather or canvas.

**-hair pulled back:** Dance with Me, Pre-Ballet, and Ballet 1/2 Adv. Proper ballet buns required for Ballet 3/4 and higher.

-boys are asked to wear a plain white t-shirt, black gym shorts, and black ballet 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. For safety, only ballet/tap combo will offer tap classes virtually. Dancers need a strong, safe dance floor and the ability to hear their own feet for a functional tap foundation. In-person Ballet/Tap combo is for dancers ages 5-7, and virtual Ballet/Tap combo is for dancers ages 4-7. Primary/Beginning Tap is for new and continuing tap dancers ages 7-9. Int./Adv. and Sr./Adv. Tap are by placement only. **Tap classes require** a black leotard, black leggings or capri pants, and black tap shoes, with hair pulled back. Dancers in tap may wear a Twinkle Toes t-shirt over the leotard. Boys are asked to wear a plain t-shirt and black gym 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 is for all 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./Adv. Jazz by placement only. **Jazz classes require** a black leotard, black leggings or capri pants, and black jazz shoes, with hair pulled back. Dancers in Sr./Adv. Jazz may wear a coverup shirt. Boys are asked to wear a plain t-shirt and black gym 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 or capri pants, and tan “foot undies,” with hair pulled back. Dancers in Sr./Adv. Lyrical may wear a coverup shirt. Boys are asked to wear a plain t-shirt and black gym 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 or capri pants, and tan “foot undies,” with hair pulled back. Dancers in Sr./Adv. Contemporary may wear a coverup shirt and dance socks. Boys are asked to wear a plain t-shirt and black gym shorts.

## **HIP HOP**

**Hip Hop/Boys Only** - a fun-filled, fast-paced class for dancers ages 10 and over. “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 for girls, black leggings or capri pants, and black jazz shoes or tennis shoes, with hair pulled back. Boys are asked to wear a plain t-shirt and black gym shorts. A Twinkle Toes t-shirt may be worn as a coverup.

## **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 your child learn how 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. **Musical theater classes require** a black leotard, black leggings or capri pants, and black jazz shoes, with hair pulled back. Broadway placement is by invitation only. Dancers in Broadway may wear a coverup shirt. Boys are asked to wear a plain t-shirt and black gym shorts.