

# 2017-2018 Class Descriptions/Attire

## Dance Classes/Tumbling for Athletes Ages 3-9

**Baby Ballerina** - all the foundations of Ballet with barre, across the floor and center floor combinations with fun music for our littlest dancers! (Ages 3-4)

**Small People Dance** - usually known as "Creative Movement" class focuses on treating your dancers just like "the big kids". Movements and skills will focus on Hip Hop, Jazz, Pom and Ballet. (Ages 7-9)

**CLASS ATTIRE** - tight fitting athletic clothing (leotard or tank, tight fitting shorts or capris/leggings with tan tights and hair up and away from their face. Ballet shoes (pink) or Jazz shoes\* (tan) and flat bottom sneakers (no brand required). \*Velocity Dance recommends Bloch "Pulse" Jazz shoes

**Tiny Tots Dance** - introductory movements and skills of dance in the styles of Ballet, Jazz, Hip Hop and Tumbling. (Ages 4-6)

**Mini Tumble** - emphasis is on technique/body control including skill such as forward rolls, handstands, falling to bridge, kick overs, cartwheels, round-off and front/back walkovers, etc. (Ages 5-9)

## Dance/Technique Classes for Athletes Ages 9-18

**Yth/Jr/Sr Ballet Technique** - technical elements of Ballet working solely on hips, feet, flexibility, etc. Class shows all dancers that Ballet can assist them in all genres of dance and helps them become better athletes. (Yth/Jr Ages 10-15 and Jr/Sr Ages 13-18)

**CLASS ATTIRE** - dancers should wear black leotard or tight fitting tank, black tight fitting shorts and/or Ballet skirt (any color) with tan tights and hair in a bun. Dancers should have split sole Ballet shoes\* (pink) \*Velocity Dance recommends canvas shoes, but no specific brand

**Beginner Ballet** - all the technical elements of Ballet (feet, hips, extension, core, etc.) for older dancers with little experience to Ballet. Class is focused on teaching all of the foundational skills needed to transfer to dancing Jazz, Lyrical, Pom, etc. (Ages 12-18)

**Turns & Leaps (Beg/ Int)** - will work through leaps in second, Baryshnikovs, double/triple pirouettes, turns in a la seconde, jumps and more. Technical elements will be used in the areas of Jazz, Pom, Lyrical, etc. Dancers entering this class should have exposure to either Jazz, Lyrical, Ballet or Pom dancing (Ages 9-18)

**Turns & Leaps (Int/Adv)** - will work through switching leaps, triple/quad pirouettes, changing spot turns in a la seconde, jumps and more. Prerequisites to attend class include: consistent double pirouette and right/left straight and center leaps, three turns in a la seconde ending in a double pirouette. (Ages 12-18)

**Beginner Jazz** - focuses on elements of Jazz technique and choreography for dancers with minimal dance experience. No experience required! (Ages 10-11)

**Teen Jazz** - focuses on elements of Jazz technique and choreography for dancers with minimal dance experience. No experience required! (Ages 12-15)

**Beginner Lyrical** - focuses on the technical elements found in Jazz and Ballet, works on improv skills and choreography. Dancers must have at least two years of experience in Ballet and/or Jazz, or can enter class with studio approval. (Ages 10-18)

**Int/Adv Lyrical** - will cover turns, leaps, jumps, all other technical elements, but the main focus will be on choreography, improv skills, musicality and the emotion behind dancing. Must have at least 5 years of Jazz/Ballet (or may enter with studio evaluation) and Ballet Technique is STRONGLY encouraged to help dancers fully execute class correctly. (Ages 12-18)

**High School Dance Team Prep** - focuses on skills dancers will need to be placed on a high school dance team through Jazz and Pom technique and choreography. (Grades 7-10)

**Beginner Pom** - focuses on elements of Pom technique and choreography for dancers with minimal dance experience. (Ages 9-11)

**CLASS ATTIRE** - black leotard tight fitting tank, black tight fitting shorts or capris/leggings with tan tights and hair up and away from their face. Jazz shoes\* (tan) \*Velocity Dance recommends Bloch "Pulse" Jazz shoes

# 2017-2018 Class Descriptions/Attire

## Dance/Technique Classes for Athletes Ages 9-18 (cont.)

**Beginner Tap** - meant for dancers with up to three years experience in Tap with a focus on all technical elements and choreography. (Ages 9-15)

**Intermediate Tap** - meant for dancers with at least five years experience in Tap. Class will focus on all technical elements and choreography associated with Tap dancing. (Ages 12-18)

**CLASS ATTIRE** - black leotard tight fitting tank, black tight fitting shorts or capris/leggings with tan tights and hair up and away from their face. Tap shoes (black) any style, but non-high heels

**Beginner Hip Hop** - all of the elements and genres of Hip Hop technique, floor work, tricks and choreography. Dancers with up to four years experience in Hip Hop can still attend! (Ages 9-15)

**Boys Only Hip Hop** - Hip Hop instruction for male athletes only with a focus on Hip Hop styles and choreography with an emphasis on how boys learn and move their bodies differently. (Ages 9-15)

**CLASS ATTIRE** - any style top (t-shirt or tank), any style bottoms (athletic shorts, capris/leggings or sweatpants). Flat bottomed sneakers (any brand, but please reserve for dance only).

## Tumbling and Tricks Classes for Athletes Ages 9-18

**Beginner Tumble** - class is designed as introduction to tumbling for athletes slightly older. Focus of class is all foundational elements of tumbling leading through front/back walkovers. Emphasis on appropriate technique/body control and overall strength. Class will include forward/backward rolls, handstands, bridges, falling to bridge and kicking over, cartwheels, round-offs and front/back walkovers. (Ages 10-18)

**Beg/Int Tumble** - emphasis on appropriate technique/body control and overall strength. Class will include forward/backward rolls, headstands, bridges, falling to bridge and kicking over, cartwheels, round-offs and front/back walkovers and will include an introduction to side aerials and combining running tumbling skills (Ages 9-18) \*\*Prerequisites - athletes must be able to do a cartwheel, round-off, handstand fall to bridge and kick over independently\*\*

**Intermediate Tumble** - athletes in this class have already mastered their basic tumbling technique/skills including handstands, cartwheels, round-offs, front and back walkovers. Class will focus on introducing front and back handsprings, running tumbling as well as side aerials. (Ages 10-18) \*\*Prerequisites - athletes must be able to do front and back walkovers independently\*\*

**Int/Adv Tumble** - focus of class is all previous foundational elements of tumbling listed up through Intermediate Tumble leading through front aerials, front/back tucks and combined running tumbling skills at this level. (Ages 10-18) \*\*Prerequisites - athletes must be able to do all skills from Int Tumble including standing front/back handsprings and side aerials

**Hip Hop Tricks (All Levels)** - designed to teach the freezes, stalls, tricks and more at all levels and skills sets. This class is great in combination with a tumble class at the athlete's level! (Ages 10-18)

**CLASS ATTIRE** - tighter fitting athletic top, any style bottoms (athletic shorts, capris/leggings). Sneakers, Jazz shoes or Socks are allowed as footwear

## Adult Dance/Fitness Classes Ages 18+

**Adult Hip Hop** - This SUPER popular class is just for our Adults! Class is run just like our regular classes with a focus on cardio fitness and great choreography! Please join us each week for tons of fun!

**Adult Tap** - Class will focus on all elements of tap dancing and technique. Class does not require any prior experience, but dancers with experience are also welcome to attend!

**CLASS ATTIRE** - any style top (t-shirt or tank), any style bottoms (athletic shorts, capris/leggings or pants). Flat bottomed sneakers and/or Tap shoes for Tap (any brand)