

CLASS DESCRIPTIONS

FALL 2019

MOMMY AND ME/DADDY AND ME DANCE CLASS

Our youngest students will discover the excitement of dance and share a special time between parent and child. This program introduces our youngest students to dance in a fun and exciting way. The classes focus on fun movement activities, stretches, songs, games, and basic dance techniques that are great for early development.

**Ages 18 months
to 3 years**

Boys and Girls

CREATIVE MOVEMENT

This is not a ballet based program, but one designed to give the young child experience in movement and dance exploration, and to help facilitate coordination, creativity, flexibility, and strength. The class involves movement through rhythms, stories, props, and songs. It's fun, creative, and imaginative.

Ages 3 and 4

Boys and Girls

PRE-BALLET

These classes are designed as an introduction to ballet for the youngest dancers. The classes introduce children to the art of dance through movement discoveries and creative exercises, while building coordination and strength. The program is also designed to develop motor skills and musicality. An introduction to ballet vocabulary and technique begins at this level.

Ages 3-4

Boys and Girls

BALLET-TAP COMBINATION

This class is designed to give young students the opportunity to experience two styles of dance in one class. Students will have 30 minutes of basic ballet, followed by 30 minutes of basic tap.

Ballet/Tap 3-4: Boys and Girls Ages 3-4

Ballet/Tap 5-6: Boys and Girls Ages 5-6

BALLET

Our ballet courses are designed to incorporate students of all ages. Students are grouped by age and ability, and no previous experience is necessary for any numbered level. If a student is advanced for his/her age group, he/she will be placed in an appropriate class. Some levels take multiple years to complete.

Ballet 1/2: This class introduces basic classical ballet and terminology in a fun yet structured setting. Students build strength, coordination and self-discipline, while learning rhythm and the fundamentals of dance technique. Boys and girls ages 5-6 will be placed at this level.

Ballet 2/2 Adv.: At this level, we will be adding to the basics learned in Ballet 1, expanding on classical technique and musicality. Students will also be preparing for the challenges of Ballet 3. This level is designed for boys and girls ages 6 and up who have had a year of Ballet 1 with our studio and have been advised that they are ready for advancement to this level. All new 7 and 8 year old students will be placed at this level.

Ballet 3/4: Formal ballet training begins at this level, including barre work. Students work on ballet technique and terminology, musicality, and free movement. This level is designed for boys and girls age 7+ who have had a year of Ballet 2 and who have been advised that they are ready for advancement to this level. All new students age 9 will be placed at this level.

All other ballet levels for new students ages 10 and older are determined on a personal basis.

Pointe

Pointe is a specific type of ballet technique where the full weight of the body is supported on the tips of the toes in a specially designed hard ballet shoe. This form requires many years of ballet technique development, and students may enroll in these classes only by permission. All pre-pointe and pointe students must also be enrolled in a ballet class with our studio.

Pre-Pointe: This class involves strength-building exercises and is designed to prepare the more advanced ballet students for pointe class. Eligibility for pre-pointe includes being age 11 by October 31st of the dance year, taking at least 3 consecutive years of ballet training (with at least the previous year being at Twinkle Toes PAC), and being recommended by a teacher. All students will be tested prior to advancing to pointe.

Pointe class levels are determined on a personal basis after pre-pointe testing.

TAP

Tap is a rhythmic style of dance that uses the feet as percussive instruments.

Our tap courses are designed to incorporate students of all ages. Students are grouped by age and ability. No previous experience is necessary. If a student is advanced for his/her age group, he/she will be placed in the appropriate class.

The following levels of tap are more involved and will usually take at least two years to complete.

Primary/Beginning: Boys and girls ages 6 and up. All new tap students ages 7-9 will be placed at this level.

Intermediate: Boys and girls ages 9 and up who have had Beginning Tap and been advised that they are ready for advancement. All new students ages 10-13 will be placed at this level.

Advanced, Teen/Senior, and Senior Tap by placement

Jazz

Jazz is a fast-paced form of movement with the emphasis on technique, rhythm and style. Classes will begin with a warm-up using isolations and stretching exercises, and will continue with movements across the floor including turns, kicks, leaps and jumps.

Junior Jazz/Hip Hop: a very basic beginning level class for boys and girls ages 5 & 6 that will fuse jazz, hip hop, musicality and basic motor skills into one course.

Beginning: a beginning level jazz class for boys and girls ages 7 – 9.

Intermediate: boys and girls age 9+ who have had Beginning Jazz and been advised they are ready for advancement. All new students ages 10-12 will be placed at this level.

Advanced, Teen/Senior, and Senior Jazz by placement

HIP HOP

This style of dance teaches rhythm, musicality, coordination, and age-appropriate hip hop choreography. Although Hip Hop has developed as a “street” form of dance, there will be no suggestive music or movement incorporated. This is an excellent class for high-energy students who want to take a fast and fun dance class.

Junior Jazz/Hip Hop (full description under Jazz heading)
Boys and Girls ages 10-13 in Hip Hop 10-13

BOYS ONLY!

This exciting new class is designed to get the boys moving! Taught by an experienced male teacher, this class will feature many styles of dance, including Hip Hop, Jazz and Contemporary. Boys will learn how to show off their strength, while improving technique, stamina and flexibility in a class that’s just for the dudes.

Boys ages 7-12

Tumbling

Tumbling is a fun and energetic form of dance. Students will develop muscle strength, flexibility, and coordination through basic gymnastic movements on a mat, as well as through silly songs and games. Fundamental stretches, rolls, bridges, and balances are incorporated into each class.

Ages 3 - 5

Boys and Girls

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.

Ages 6-9

Boys and Girls

Lyrical

Lyrical is a style that blends ballet and jazz dance. Lyrical is generally smoother and a bit faster than ballet, but not quite as fast as jazz. A lyrical dancer uses movement to express strong emotions. Dancers usually perform to music with lyrics that serve as inspiration for movements and expressions. Movements in lyrical dance are characterized by fluidity and grace, with the dancer flowing seamlessly from one movement to another and finishing steps as long as possible. *Concurrent enrollment in ballet or jazz is required for all Lyrical students ages 8 – 14*

Boys and Girls ages 8 – 11

Boys and Girls ages 12 – 14

Teen/Senior and Senior Lyrical by teacher placement

CONTEMPORARY

Contemporary dance is a style that centers on the dancer's own interpretations instead of structured steps, as in traditional ballet dancing. It is a more relaxed form of dance, incorporating technique with improvisation and style. Contemporary combines a modern dance technique base with contemporary jazz choreography, which expresses emotion in a more powerful and abstract way than Lyrical or Jazz. Floor work, strengthening and full body movements are emphasized in this dance style.

Boys and Girls ages 10-13 in Contemp. 10-13

Boys and Girls ages 9 – 13 in Lyrical/Contemporary 9 – 13 with concurrent enrollment in ballet or jazz

Teen/Senior and Senior Contemporary by teacher placement

MUSICAL THEATRE

This class is an introduction to the musical theatre genre where students will learn songs and movement from current and classic Broadway and movie musicals. The class will provide students the opportunity to explore simple movements for musical theatre while building high self-esteem, as well as introducing students to acting through games and skits. Basic warm ups, dance technique, and stretching will be part of the class. Acting technique will include work on dialogue, projection, improvisation, scene and set building, and introductory stagecraft.

Boys and Girls ages 7-9 in Mus. Thea. 7-9

Boys and Girls ages 10 and over in Mus. Thea. 10+

Broadway Style – kicks, leaps and turns: by invitation only