

# **Youth Program (7 - 11 yrs. Old)**

***All students are placed in classes 1<sup>st</sup> by their skill level/knowledge then by age.***

## **Ballet (Vaganova based)**

- **Ballet Youth Beginners:** This class will focus on the increasing core strength, ballet techniques at the barre, center, and across the floor combinations, beginner barre exercises will include core, balance, flexibility and so much more. **HAIR MUST BE IN A BUN** for this class, or the dancer will be unable to participate in class.
- **Ballet Youth Intermediate:** This class designed with the advanced beginner/intermediate youth level student with 2 or more years of ballet experience. This class will focus on the increasing core strength, ballet techniques at the barre, center, and across the floor combinations, beginner barre exercises will include core, balance, flexibility and so much more. **HAIR MUST BE IN A BUN** for this class, or the dancer will be unable to participate in class.

## **Tap**

- **Tap Youth / Pre - Teen:** This class introduces the basic techniques of tap through the use of syncopation to create rhythm and sound. Tap teaches Rhythm and Musicality.

## **Modern (Horton Based)**

- **Modern Youth Beginners:** The class introduces Modern technique such as Horton & and Graham based movements, trending styles and techniques, that help them find their Balance, Flexibility, Discipline, Center, and other beginner modern dance fundamentals. This class really spends to time on breaking down the basics and is great for the beginner dancer.
- **Modern Youth Intermediate:** This class designed with the advanced beginner/intermediate youth level student with 2 or more years of modern experience. This class introduces Modern technique such as Horton & and Graham based movements, trending styles and techniques, that help them find their Balance, Flexibility, Discipline, Center, and other beginner modern dance fundamentals. This class really spends to time on breaking down the basics and is great for the beginner dancer & those who have some dance training.

## Hip Hop

- **Hip Hop Beginners:** Hip Hop is an upbeat style of dance performed to popular music. The class is a beginner Hip Hop level with a primary focus on the fundamental and intense Hip Hop combinations that strengthen Balance, understanding Rhythm, Level changes and incorporating Trending Dances local and abroad. Beginner techniques and disciplines are being taught.

## Musical Theater

- **Musical Theater:** This class is focused on offering dance styles (mostly jazz & lyrical based) that are presented in Broadway musicals. Students will learn dance technique, acting skills, and how to perform with emotion & theatrical stage presence.

## Jazz

- **Jazz Youth / Pre- Teen:** Jazz is a style of dance that is structured technique while taking many shapes and forms. It meshes both Modern and Ballet technique. It can be performed to a vast variety of music from Broadway to pop. This class is great for a beginner dancer.

## Acro/Tumble

- **Acro/Tumble Youth Beginners**
- **Acro/Tumble Intermediate (Open Age Level)** ***\*Must do a skills assessment prior to enrolling in the intermediate level\****: This is an acrobatic style class that teaches floor gymnastics. Acro is a class that progresses from forward rolls and cartwheels to advanced tumbling, including aerial work. Teachers work with each student on their individual level. This class also focuses on flexibility, agility, and teamwork. Building and increasing strength and limber movement. All students taking this class must participate in recital due to tricks and partner work.

## African

- **Afrobeats:** Afrobeat is a mix of African music blends West African musical styles with jazz, soul, funk and Western-pop music and the traditional African dance & club dance moves that go along with it.

## Technique & Conditioning

- **Jumps & Turns Level 1 & 2:** Jumps & Turns class is a technique class designed to strengthen and improve dancer's skills and knowledge of different leaps, jumps, and turns that dancers perform in Ballet, Jazz and Contemporary dance.