

# **Pre-Teen Program (14 yrs. Old & Up)**

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

## **Ballet**

- **Ballet Pre-Teen/Teens Advance Beginner:** This class will focus on increasing core strength and ballet techniques at the barre, center, and across-the-floor combinations. Beginner barre exercises will include core, balance, flexibility, and more. **HAIR MUST BE IN A BUN or securely pulled back off the face** for this class, or the dancer cannot participate.
- **Ballet Pre-Teen/Teens Intermediate:** This class is designed to work with the intermediate student with at least 2-4 years of ballet experience. This class will focus on increasing core strength and ballet techniques at the barre, center, and across-the-floor combinations, intermediate barre exercises will include core, balance, flexibility, and so much more. **HAIR MUST BE IN A BUN or securely pulled back off the face** for this class, or the dancer cannot participate.
- **Ballet Teens Advance:** This class is designed to work with advanced-level students with at least four years of ballet experience. This class will focus on increasing the core strength and ballet techniques at the barre, center, and across-the-floor combinations, intermediate/advanced barre exercises will include core, balance, flexibility, and so much more. **HAIR MUST BE IN A BUN or securely pulled back off the face** for this class, or the dancer cannot participate.

## **Pre-Pointe & Pointe**

- **Pre-Pointe:** Dancers will be introduced to prep work for pointe work. Dancing en pointe makes the dancer appear weightless and sylph-like; this is done by wearing special box-toed pointe shoes, so with this class, they will build the strength they need to do so correctly.
- **Beginner/Intermediate Pointe:** Dancers will begin or continue developing their pointe work & learn how to support their body weight on the tips of fully extended feet. Dancing en pointe makes the dancer appear weightless and sylph-like; this is done by wearing special box-toed pointe shoes.

***\* For both Pre-Pointe & Pointe classes, students must be at least ten years old & up and must also be assessed to gain teacher approval before enrolling in Pointe or Pre-Pointe. Students **MUST** take ballet in addition to this class.***

***Email [admin@nfernodance.com](mailto:admin@nfernodance.com) to set up an assessment. \****

## Modern

- **Modern / Contemporary Pre-Teen/Teens Advance Beginner/Intermediate:** Modern class is meant to increase flexibility and bring a sense of connection between your mind and body. Dancers will learn Modern through such techniques as Horton, Limon, and Graham trending styles and techniques. Exploring their Balance, Flexibility, Discipline, Center, and other beginner to intermediate modern dance fundamentals. This class spends time breaking down the basics & moving into combinations. We **Highly** suggest accompanying this class with a Ballet class for the progression of dancers' skills and form.
- **Modern / Contemporary Teens Intermediate/Advance:** This class is designed to work with intermediate to advanced-level students with at least four or more years of modern experience. Modern class is meant to increase flexibility and bring a sense of connection between your mind and body. Dancers will learn Modern techniques such as Horton, Dunham, and Graham, trending styles and techniques, finding their Balance, Flexibility, Discipline, Center, and other intermediate/advanced modern dance fundamentals. This class breaks down the basics and moves into combinations, moving into intermediate to advanced-level work. We **Highly** suggest accompanying this class with a Ballet class to improve dancers' skills and form.

## Hip Hop

- **Hip Hop Pre-Teen/Teens:** 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 of Rhythm, Level changes, and incorporating Trending Dances locally and abroad. Beginner techniques and disciplines are being taught.

## Tap

- **Tap (Open Age Level):** This class introduces the basic tap techniques through syncopation to create rhythm and sound. Tap teaches Rhythm and Musicality.

## Technique & Conditioning

- **Jumps & Turns Level 1, 2, & 3:** Jumps & Turns class is a technique class designed to strengthen and improve dancers' skills and knowledge of different leaps, jumps, and turns that dancers perform in Ballet, Jazz, and Contemporary dance. We **Highly** suggest accompanying this class with a Ballet or Modern class to improve dancers' skills and form.

## Jazz

- **Musical Theater:** This class is focused on offering dance styles (mostly jazz & lyrical based) that are presented in Broadway musicals. Students will learn fundamental dance techniques, acting skills, and how to perform with emotion, drama, & theatrical stage presence. We **Highly** suggest accompanying this class with a Jazz or Ballet class for the progression of dancers' skills and form.
- **Jazz Beginner (Open Age Level)**
- **Jazz Intermediate (Open Age Level):** ***\*Must do a skills assessment before enrolling in the intermediate level\*:*** Jazz is a style of dance that is structured technique while taking many shapes and forms. It meshes both Modern and Ballet techniques. It can be performed to various music from Broadway to pop. We **Highly** suggest accompanying this class with a Ballet or Modern class to improve dancers' skills and form.

## Acro/Tumble

- **Acro/Tumble Beginners (Open Age Level)**
- **Acro/Tumble Intermediate (Open Age Level)** ***\*Must do a skills assessment before enrolling in the intermediate level\*:*** ***This acrobatic style class*** teaches floor gymnastics. Acro class progresses from forward rolls and cartwheels to advanced tumbling, including aerial work. Teachers work with each student on their 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 the recital due to tricks and partner work.