

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

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

## **Ballet (Vaganova based)**

- **Ballet Pre-Teen/Teen Beginner:** 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 Teen Intermediate/Advance:** This class is designed to work with the intermediate student with at least 4 years of ballet experience. This class will focus on increasing the core strength, ballet techniques at the barre, center, and across the floor combinations, intermediate/advance 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.

## **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 in order to properly do so.
- **Beginner/Intermediate Pointe:** Dancers will begin and/or continue work the development of 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 10 years old & up and must also be assessed in order to gain teacher approval prior to 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 (Horton, Graham, & Dunham based)**

- **Modern / Contemporary Pre-Teen/Teen Beginner:** Modern class is meant to increase flexibility and bring a sense of connection between your mind and body. Dancers will learn Modern technique such as Horton, Dunham and Graham, trending styles and techniques, finding their Balance, Flexibility, Discipline, Center, and other beginner/intermediate modern dance fundamentals. This class

really spends to time on breaking down the basics and moves into the combinations. We Highly suggest accompanying this class with a Ballet class for progression of dancer's skills and form.

- **Modern / Contemporary Teen Intermediate/Advance:** This class is designed to work with the intermediate/advance student with at least 4 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 technique such as Horton, Dunham and Graham, trending styles and techniques, finding their Balance, Flexibility, Discipline, Center, and other beginner/intermediate modern dance fundamentals. This class really spends to time on breaking down the basics and moves into the combinations moving into intermediate to advance level work. We Highly suggest accompanying this class with a Ballet class for progression of dancer's skills and form.

## Hip Hop

- **Hip Hop Teen:** 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 strengthens Balance, understanding Rhythm, Level changes and incorporating Trending Dances local and abroad. Beginner techniques and disciplines are being taught.

## Jazz

- **Jazz:** 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.

## 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.

## Acro/Tumble

- **Acro/Tumble Beginners (Open Age Level)**
- **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.

## Technique & Conditioning

- **Jumps & Turns Level 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.