

CLASS DESCRIPTIONS

Levels are intended to be a guide for enrollment. Teachers may assess and evaluate students and recommend a different level of placement in classes.

Baby Ballerina/Creative Movement/Pre-Ballet (2.5-5 yr) Young children learn to dance through exploration of movement and rhythm. In class we use props, imaginative and fun dances, practice locomotor skills, body awareness, and self expression. Must be potty trained, able to follow basic directions and separate from parent at the door.

Beginning Ballet/Tap/Jazz and Combo: Beginners need to learn proper foundational technique, learn vocabulary of dance, body alignment, and improve flexibility. Skills include center/barre work, traveling & locomotor skills, basic turns and combinations. *Tap*=sounds, clarity, execution, rhythm, combinations *Jazz*=warm-ups, isolations, combinations, progressions.

Pre-Ballet, Primary Ballet 1 & 2: (5-8 yr) Ballet technique, barre work and fundamental skill development.

Ballet: Artistic discipline that uses codified, precise and highly formalized set of steps, characterized by graceful, fluid movements. Classical ballet originated in 16th & 17th century French courts, and has evolved and is represented by many classical styles, such as Vaganova, Cecchetti, Royal Academy of Dance, and American Ballet Theater (Balanchine).

Jazz: A dynamic, ever changing dance genre that mirrors contemporary society. Roots of jazz dance borrow from a melting pot of cultures-folk dances from Africa, North and South America, and Europe, and theater dance evolving from modern, ballet, and ethnic dance.

Tap: Style of dance wherein you create rhythms and sounds with your feet. Tap has its beginnings in folk dancing, Irish step, English clog dancing, and African traditional dance, which over the past hundred years has merged and evolved into various performance styles of tap.

Hip Hop: Urban dance style, street funk, pop and lock movements. Experience or participation in ballet/jazz very helpful, but not required.

Ballet/Tap or Jazz combo: combination class of 2 disciplines

Level 1 classes: (*Beginner/Beginner Intermediate*) Continuation of fundamentals and technique development; increased dance movement vocabulary & terminology. Succeeding levels of classes will build on mastery of skills. (1-2 years experience)

Level 2,3,4 classes: (*Intermediate/Advanced*) For students with dance experience. Students should demonstrate skill achievement and have a strong dance & movement vocabulary. Level does not correspond with number of years of dance, but to mastery of skills and technique. Placement in levels may be determined by instructor.

Contemporary: Combines lyrical, jazz, modern and ballet technique while pushing boundaries and discovering new ways to move your body. Required-enrollment in ballet, jazz or lyrical.

Lyrical: Combines ballet, jazz, modern styles with emphasis on drama/emotion and telling a story through dance. Required-enrollment in ballet or jazz.

Modern: Explore abstract, expressive freedom of movement, and interpretive dance techniques characteristic of Martha Graham and Alvin Ailey. Required: enrollment in ballet or jazz

Pom: Dance style characterized by sharp arm movement with kicks, leaps, jumps, splits & use of poms. this style is popular with high school dance teams and professional cheerleaders. All levels will have the opportunity to perform at local events and parades. Enrollment in jazz or T,T,T is strongly recommended for technique.

Leaps & Turns or Turns, Tricks, Technique (T,T,T): Class is skill driven for students to learn challenging turns, leaps, jumps, strengthening and stretching activities, and core conditioning.

Acro/Tumbling: Learn acro/tumbling skills such as floor based gymnastics, balance holds, simple stunts. Acro dance combines dance with tumbling skills.

EPAC-Edge Performing Arts Company: Competition dance team; Required: Enrollment in ballet, jazz, tap. By audition and invitation. Inquire with Director for more information.