



# Class Descriptions

**NOTE \*\*** The following descriptions are to be used as a “general” guideline for the student’s class/level placement. However, as social development is truly important to one’s growth and advancement, the proper fit of class level is ultimately at the discretion of the instructor(s). Class levels are suggested depending upon age and years of dance experience as well as the student’s skill level & technical abilities. \*\*

**\*\* Dancers in Levels 1 thru 7 are strongly advised to attend classes two or more times per week! Committing to a more disciplined schedule & adhering to attendance policies will allow a more favorable learning environment, quicker progression of learned skills, and advancement. Students are placed in levels based on proper evaluations by the dance program director or qualified member of our dance staff. \*\***

**Me & My Shadow** - This special ‘Song & Dance’ class is designed for itty-bitties, ages 18 months to 3 (three) years old, and their “big people”! Music, movement, introductory dance steps, and basic tumbling skills are introduced in a fun, friendly and positive manner. Me & My Shadow **includes mom or dad or another loved one** participating in the class alongside their little dancer. All “big people” will take an active role in encouraging, supporting and moving & grooving with your little one during the entire class! (Wear any type of comfortable clothing that allows for easy movement)

**TGP** - Classes titled “TGP” are specifically designed for enrolled students of “The Growing Place” Childcare & Preschool Center. Students not enrolled in TGP are welcome with the understanding that part of this class time is used for picking up children from TGP, changing time, and returning children to their classes at TGP.

**Preschool Ballet/Tap/Tumbling I** - Open to beginner students ages 3 & 4. This one-hour class consists of approx. 25 minutes of ballet, 25 minutes of tap, and 10 minutes of tumbling. Students will learn the basics of dance, including the positions of the arms and feet, and a few basic introductory level steps, as well as the rules of the dance room/class. Class sometimes includes “fun dance games” and singing silly songs. During our tumbling portion, students will learn to become familiar with basic gymnastics equipment and practice fundamental tumbling skills.

**Preschool Ballet/Tap/Tumbling II** - Open to students ages 4 & 5 with previous dance experience. This one-hour class consists of approx. 25 minutes of ballet, 25 minutes of tap, and 10 minutes of tumbling. Students will review the basics of dance, including the positions of the arms and feet, and expand on their knowledge of fundamental steps. Class sometimes includes “fun dance games” and singing silly songs. During our tumbling portion, students will continue to become familiar with basic gym equipment and practice fundamental tumbling skills.

**Tiny Hip Hop** - This class is designed to give your 4 to 6-year olds the very basic foundation of Hip Hop with a bit of creative movement. Popping, locking, & basic breakin’ are all styles that will be touched upon in these classes. Each class will consist of warm up and working on core movements and muscle training that are important for a tiny hip hop dancer. The class will be followed up by combos as well as creative dance/games/basic tumbling.

**Kindergarten Ballet/Tap** \*Morning classes includes tumbling - Open to students who are 5-6 years of age. Among the basic skills of ballet and tap students will expand on their knowledge of proper body positions as well as develop upon the fundamental steps achieved in preschool classes. Students will also begin to increase their ability to memorize dance combinations and create their own combinations of creative dance movements. Class sometimes includes “fun dance games” and singing silly songs. \* During our tumbling portion, students will practice basic tumbling skills and use equipment such as hula-hoops and ribbons for creative movement activities.

**Elementary I Ballet/Tap** - Open to students between the ages of 6 and 8. This one-hour class consists of approx. 30 minutes of ballet and 30 minutes of tap. Students will expand on their knowledge of basic steps and continue to develop their ability to memorize and create dance combinations. Students will also find themselves beginning to adapt to a slightly more structured dance class. Class sometimes includes “fun dance games” and silly songs.



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**Elementary I Jazz** - Open to students between the ages of 6 and 8. This 45-minute class consists of lessons in stretching and strengthening as well as the basic movements of jazz dance. Students will learn isolation movements along with expanding their knowledge of basic jazz steps & choreography to today's popular music.

**Elementary II Ballet/ Tap** - Open to students ages 7 - 9 who have completed Elementary I dance classes. This one-hour class consists of approx. 30 minutes of ballet and 30 minutes of tap. Students will continue to expand on their knowledge of dance material & terminology. Students at this level will begin to adapt to a more disciplined & advanced level of dance class. This class will also include more in-depth instruction on the art of dance performance.

**Elementary II Jazz** - Open to students ages 7 - 9 who have completed Level Elementary I. This 45-minute class consists of lessons in stretching and strengthening as well as more developed movements of jazz dance. Students will learn isolation movements along with expanding their knowledge of jazz steps to the fun & popular music of today. Students will also continue to develop their ability to memorize and create dance combinations. The class will also include more in-depth instruction on the art of dance performance.

**Elementary/Intermediate Lyrical Jr.**- Lyrical dance is a discipline of dance that mixes a dash of ballet with a sprinkle of jazz techniques. Lyrical dancing is choreographed to the lyrics of the music, inspiring movements with deep emotion & expressiveness. This class will introduce our younger dancers to "emotion" & how to present more "meaning" behind their movement & overall performance.

**Elementary/Intermediate Commercial Hip Hop**- Just like any other style of dance, hip hop has its roots and that is the most important place to begin. "Commercial" refers to dancing done in concerts, live shows, music videos, movies, industrials, and, obviously, commercials. There are many different styles of dance that can be worked into the commercial category, such as hip hop, jazz, locking, popping, breakdancing, krumping, and more. Sometimes, you'll find ballet and ballroom thrown into the mix, although "street dance" is more common. Generally speaking, commercial dance is super entertaining. The first half of each class will be spent warming up and working on core movements and muscle training that will make you a better hip hop dancer. The class will be followed up by combos to old and new school music. It is here that you will learn the intricacies you see on shows like America's Best Dance Crew & SYTYCD The Next Generation!

**Elementary/Intermediate Hip Hop/Breakin'** - Open to "B-Boys and B-Girls" ages 6 to 9. The popularity of break dancing is exploding! Many think that breakin' went out with the 80's, but if you participate in this class you will soon discover that's far from the truth. In this class basic footwork, freezes and style will be taught. This is a comfortable class for all levels to enter a dance studio and explore the world of breakin'.

**Elementary/Intermediate Theatre Jr.** - This class is open to all students who are in Elementary & Intermediate level classes. A Ballet/Tap combo and/or Jazz class is STRONGLY advised, as this is a supplemental arts class. This class creates a "TRIPLE THREAT"; including Acting, Singing, and Dancing! We build on the student's knowledge of Broadway Musicals & the Entertainment Industry in general and develop the student's understanding of integrating dance with theatre. We explore the arts through studying musicals, learn theatrical skills through games & improvisation, and continue to encourage the building of self-confidence & creative expression. Select musical pieces are taught & memorized.

**Intermediate Ballet/ Tap** - Open to students ages 8 -10 who have successfully completed Level Elementary II Ballet/Tap Classes. This one-hour class consists of approx. 30 minutes of ballet and 30 minutes of tap. Students will continue to expand on their knowledge of dance material. Students at this level will begin to adapt to a more disciplined & advanced level of dance class. This class will also include more in-depth instruction on terminology & definitions & the art of dance performance.

**Intermediate Jazz** - Open to students ages 8 -10 who have successfully completed Level Elementary II Classes. This 45-minute class consists of lessons in stretching and strengthening as well as more developed movements of jazz dance. Students will learn isolation movements along with expanding their knowledge of jazz steps to the fun & popular music of today. Students will also continue to develop their ability to memorize and create dance combinations. The class will also include more in-depth instruction on the art of dance performance.

**ACRO for Dancers** -This class is used as a supplemental class to enhance your dance choreography. Acro is a style of tumbling that adds a layer of gymnastic techniques on top of dance skills. Our Acro coaches will train and coach our dancers into gaining a new level of fitness and agility!

## Levels 1-7 CLASSES:

- **Level 7** - Open to students who have successfully completed Intermediate Level Classes.
- **Level 6** - Open to students who have successfully completed Level 7.
- **Level 5** - Open to students who have successfully completed Level 6.
- **Level 4** - Open to students who have successfully completed Level 5.
- **Level 3** - Open to students who have successfully completed Level 4.
- **Level 2** - Open to students who have successfully completed Level 3.
- **Level 1** - Open to students who have successfully completed Level 2.

**Ballet** - Our ballet class at these levels focus on the instruction of a more advanced dance class & structure. Through our ballet instruction students will gain an understanding of the commitment and dedication needed to obtain proper training in this beautiful art form. Classes will include conditioning and stretch, ballet barre technique, center and across the floor work. Students in this class will expand their knowledge of ballet movement; including body positions, steps, and ballet terminology. Students will also continue to develop their ability to memorize dance combinations and create choreography. The class will also include more in-depth instruction on the art of dance performance.

**Pre-Pointe** - Open to students currently studying Ballet in Level 6 & 7. This class is designed to focus on strengthening the legs & ankles in preparation for Pointe shoes! **In order for dance students to be considered for Pointe shoes, students are required to be at least 12 years old, taking TWO ballet technique classes per week, AND currently enrolled & studying in Pre-Pointe.** Students have the opportunity to be evaluated for Pointe shoes by the end of their 2<sup>nd</sup> year in Pre-Pointe. Students must show development in strength of the feet, ankles and legs, understand correct body placement, posture and aplomb, as well as show determination, interest & maturity in wanting to move to this next level in their dance career.

**\*\* The decision of placing a student on Pointe shoes will be made solely by the dance instructor(s) and based on careful evaluation of age, maturity, physical strength, and technical ability of the potential student. \*\***

**Beginner Pointe** - Open to students currently studying Ballet in Level 4/5 & above. This class is designed for those students who are close to beginning their Pointe training or have just started their Pointe training. Students in this class may be training in flat ballet shoes OR En Pointe. **Beginner Pointe students are required to attend two or more ballet classes a week, IN ADDITION TO, this class.**

**Pointe** - Open to students currently studying in Levels 1, 2, & 3 who are “en pointe”. These students are required to have completed two or more years of ballet instruction and are at least 13 years of age. **Pointe students are also required to attend 2 or more ballet classes per week.** This class is designed for the more serious student, focusing on proper technique & movement.



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**Tap** - These level classes focus on the instruction of a more advanced tap class and expand students' knowledge of tap skills at a quicker pace. Our classes are designed to define the use of tempo and rhythm in the art of tap dance as well as develop the ability to memorize & re-create choreography at a higher level. Tap classes will also include more in-depth instruction on the art of dance performance; including theatrical & rhythmic/hoofing styles.

**Rhythm Tap** - This class provides tap dancers with a more grounded approach to tap dance. Dancers will explore louder and more syncopated sound, as well as learn how to keep and create new and exciting rhythms and patterns with their feet!

**Jazz** - Classes will include stretching and strengthening, as well as fun hip hop, theatrical, traditional & lyrical jazz combinations to energetic, popular music. Students will also continue to develop their ability to memorize dance combinations and create choreography. The class will also include more in-depth instruction on the art of dance performance.

**Theatre Performance** - This class is open to all students who are in levels 1 thru 7. **Theatre Performance students MUST be enrolled in at least two of the three main disciplines of dance: Ballet, Tap, AND Jazz classes - PREFERABLY ALL THREE (3) disciplines!!**

This, fast paced class introduces the serious, artistic student to the world of the ARTS. This class creates a "TRIPLE THREAT"; including Acting, Singing, and Dancing! We continue to build on the student's knowledge of Broadway Musicals & the Entertainment Industry in general and develop the student's understanding of integrating dance with theatre. We explore the arts through studying musicals, learn theatrical skills through games & improvisation, and continue to encourage the building of self-confidence & creative expression. Select musical pieces are taught & memorized.

**Lyrical** - Lyrical is a fusion of ballet & jazz dance techniques. This class will challenge our students to use dance movement to interpret music and express emotion. We will encourage our dancers to use dance in an attempt to show the meaning of the music. Lyrical is a very passionate and emotional dance style. It portrays certain emotions and tells a story through every movement made.

**Latin Jazz** – (Open to Levels 1/2/3/4/5) This class is for dancers who have taken jazz and ballet. It is a fusion of movements and rhythms from across Latin America, combined with the techniques of jazz and the skills of ballet, and a bit from Hip Hop, tap, swing & Latin. The class begins with a warm-up in "center zone" in that will work the entire body through isolations, stretching, and elongation, and will build strength, flexibility and coordination. Next in "center/across the floor zone" we work with sequences that help the dancer respond to different rhythms, and finally go into "the diagonal/across the floor/center zone," where we apply and reaffirm what we've learned about musicality, space, timing, and projection of movement. Don't miss out on this upbeat and fun class.

\* Tan Jazz shoes are required for Level 4/5 classes.

\* Heels per instructor's request for Level 2/3 & Level 1 classes.

**Contemporary** – Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical, and ballet. In contemporary classes, we strive to connect the mind and the body through fluid, abstract, textured, & dynamic dance movements. Contemporary dance stresses versatility and improvisation, using weightless and gravity driven movements alike.



# Class Descriptions

**Commercial Hip Hop Levels 4/5 & 6/7-** Just like any other style of dance, hip hop has its roots and that is the most important place to begin. "Commercial" refers to dancing done in concerts, live shows, music videos, movies, industrials, and, obviously, commercials. There are many different styles of dance that can be worked into the commercial category, such as hip hop, jazz, locking, popping, breakdancing, krumping, and more. Sometimes, you'll find ballet and ballroom thrown into the mix, although "street dance" is more common. Generally speaking, commercial dance is super entertaining. The first half of each class will be spent warming up and working on core movements and muscle training that will make you a better hip hop dancer. The class will be followed up by combos to old and new school music. It is here that you will learn the intricacies you see on shows like America's Best Dance Crew & SYTYCD The Next Generation!

**Commercial Hip Hop Levels 1, 2, 3** - Once you reach these levels, foundation will still play a key role in your curriculum but it is time to start building up and adding more difficulty. Be prepared for more grueling workouts, across the floors, and sweat dripping down your forehead as we move to some of the hottest beats produced to this day. This class will offer much more variety in movement than the previous class as we also incorporate lyrical hip-hop and R&B into the curriculum. Get low and stay loose as hip hop is here and ready to take over.

**Hip Hop/ Breakers-** Open to "B-Boys and B-Girls" with experience in dance. The popularity of break dancing is exploding! Many think that breakin' went out with the 80's, but if you participate in this class you will soon discover that's far from the truth. In this class basic footwork, freezes and style will be taught. This is a comfortable class for all levels to enter a dance studio and explore the world of breakin'.

## Adult Classes:

All Adult classes are designed for teen and adult students. Our approach is to encouragingly introduce any & all forms of dance in a comfortable, non-pressured learning environment. Come join the fun!

**"Dancing Friends"** - *\*our class is designed and created for free-standing children who experience developmental challenges such as autism, downs syndrome, auditory processing delays, and those children with emotional/psychological disabilities.*

Classes will remain small in size so that we can offer the most personalized attention.

Each "Dancing Friend" will be paired with a volunteer dancer from our dance program!

Class Size MAX: 8

Our goal is to provide an atmosphere where all students will feel relaxed and nurtured as well as inspired to develop increasing strength, mobility, and use of fine motor-skills as we explore creative movement and play thru song and dance!

This class MAY perform in the end of the year recital - based on the interest of the students and families of this program.

**Don't forget that KMC DANCE offers...**

**Dance Birthday Parties!**

**&**

**private or semi-private lessons!**