



# 2023-2024 ~ Class Descriptions

r.8.7.23

**NOTE \*\*** The following descriptions are to be used as a “**general**” guideline for the student’s class/level placement. However, just 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 & years of dance experience as well as the student’s individual 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 student’s dance instructor & dance program director. \*\***

**TGP** – We welcome any and all enrolled students of “The Growing Place” Childcare & Preschool. We offer a courtesy pickup & drop off service before and after classes at the **Jennersville Studio** Location!

*If interested in utilizing the “TGP-PICKUP/DROP OFF Service”, please notate at the time of registration in the NOTES!*

## **Preschool Ballet/Tap/Tumbling I** - Open to 3 year olds

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. Classes sometimes include “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 4 year olds

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. Classes sometimes include “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.

## **Preschool Hip Hop** – Preschool students ages 3 & 4

This class is designed to give your 3-4-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 warming up and working on core movements and muscle training that are important for a preschool hip hop dancer. The class will be followed up by combos as well as creative dance/games/basic tumbling.

## **Kinder Ballet/Tap** – Ages 5-6, entering Kindergarten

*\*Morning classes include tumbling\**

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. Classes sometimes include “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.

## **Kinder Hip Hop** – Ages 5-6, entering Kindergarten

This class is designed to give your 5 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 warming up and working on core movements and muscle training that are important for a kinder hip hop dancer. The class will be followed up by combos as well as creative dance/games/basic tumbling.



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## **Elementary I Ballet/Tap** - Ages 6-8, entering 1st grade

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. Classes sometimes include "fun dance games" and silly songs.

## **Elementary I Jazz** – Ages 6-8 - Entering 1st grade

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** - Ages 7-9 - entering 2nd grade

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** - Ages 7-9 - entering 2nd grade

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-** Ages of 6-9

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-** Ages of 6-9

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, locking, popping, breakdancing, krumping, and other street dance styles. Generally speaking, commercial dance is super entertaining. The first portion of each class will be spent warming up and working on core movements, vocabulary, and muscle training that will allow you to better execute and understand the culture of the style. The class will then work on lessons centered around skills such as musicality, execution, and performance that will make you a better hip hop dancer. It is here that you will learn the intricacies you see on shows like America's Best Dance Crew & World of Dance!

## **Elementary/Intermediate Hip Hop/Breakin'** - Open to "B-Boys and B-Girls" ages 6-9

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'.



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## **Elementary/Intermediate Theatre** - Ages of 6-9

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 considered a supplemental arts class.

This class may touch on what creates a "TRIPLE THREAT"; including Acting, Singing, and Dancing! We build on the student's knowledge of Musicals & the Entertainment Industry in general and develop the student's understanding of integrating dance with theatre. We explore & learn theatrical skills through games & improvisation, and continue to encourage the building of self-confidence & creative expression.

## **Intermediate Ballet/ Tap** – Ages 8-9 -entering into 3rd grade

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** - Ages 8-9 - entering into 3rd grade

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 a dancer's 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:

**\*Ages/school grades are generalizations for placement.**

Students are ultimately placed in levels based on proper evaluations by the student's dance instructor/s & dance program director.

- **Level 7** – \*Age 9 - entering into 4th grade
- **Level 6** – \*Age 10 - entering into 5th grade
- **Level 5** – \*Age 11 - entering into 6th grade
- **Level 4** – \*Age 12 - entering into 7th grade
- **Level 3** – \*Ages 13/14 - entering into 8th/9th grades
- **Level 2** – \*Ages 15/16 - entering into 10th/11th grades
- **Level 1** – \*Ages 17/18 - entering into 12th grade

**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, as well as show determination, interest & maturity in wanting to move to the next level in their dance career.

**\*\* The decision of placing a student En Pointe 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/hoofting styles.

**Rhythm Tap** - Students will explore musicality, polyrhythms, and improvisation while learning the basic steps of tap dancing and adding a syncopated flare. Classes include developing a strong foundation in Tap Dancing with a focus on technique, across the floor, and a traditional Drillz and Skillz segment.

**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.

**Dance Theatre** - This class is open to all students who are in levels 1 thru 7.

**Dance Theatre students ARE STRONGLY ENCOURAGED to be enrolled in all core classes of Ballet, Tap, AND Jazz.** This fast paced class introduces the serious, artistic student to the world of the ARTS. This class may touch on what it takes to create 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 learning about musicals, achieve theatrical skills through games & improvisation, and continue to encourage the building of self-confidence & creative expression. Choreography is taught at a much faster pace.

**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.

**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.

**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, locking, popping, breakdancing, krumping, and other street dance styles. Generally speaking, commercial dance is super entertaining. The first portion of each class will be spent warming up and working on core movements, vocabulary, and muscle training that will allow you to better execute and understand the culture of the style. The class will then work on lessons centered around skills such as musicality, execution, and performance that will make you a better hip hop dancer. It is here that you will learn the intricacies you see on shows like America's Best Dance Crew & World of Dance!



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**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 adding more difficulty and expanding your knowledge of different street dance styles. Be prepared for more grueling conditioning, across the floors, and a greater focus on the execution of your movements. We'll be moving to some of the latest and hottest songs produced. This class will offer much more variety in movement than the previous class as we dive deeper and explore more of what this style has to offer. Get ready to dig deep and learn more about the styles dominating the commercial industry today!

**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'.

## **Flamenco:** Open to Levels 1/2/3

Flamenco is dance and music together with a lot of passion. It is a dance characterized by clapping, footwork and hand, body and arm movements. It is a mix of arabic, jewish, gypsy and christian culture.

## **Adult Classes:**

Our approach is to encouragingly introduce any & all forms of dance in a comfortable, non-pressured learning environment. Come join the fun and get that body moving!

## **Adult Ballet:**

A ballet class for all levels. If you previously took ballet or if you have never had ballet, all are welcomed!

Class will start off at the ballet barre. We will learn the proper ballet stance, body placement, and positions of the arms and feet. We will go through a number of foundational exercises at the barre. After barre work, we will do ballet stretches sitting on the floor, and then move into learning steps in the center and traveling across the floor.

Ballet is great for building strength, balance, rhythm, posture and flexibility. Adult ballet will be a fun class where everyone is accepted and everyone feels comfortable. Come and give it a try!!

**"Dancing Friends"** – **\*Our Dancing Friends 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.

"Dancing Friends" will be joined by volunteer" buddies"! (Current dancers 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 has the opportunity to perform at a local charity event called "DeLAWAREness" in April & also in our end of the year recital.



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### Baton:

**Baton Preschool thru intermediate-** In this 45 minute class students learn the basic twirls, elementary body movements and marching.

**Baton Level 4/5/6/7** - In this 60 minute class students learn or improve basic twirls with 1 and 2 batons including rolls, tosses and finger twirls, body movements and marching. Other equipment like hoop and flag may also be incorporated.

**Baton Level 1 thru 3** -In this 60 minute class students will twirl 1 and 2 batons including rolls, tosses and finger twirls, body movements and marching. Other equipment like hoop, flag and knives may also be incorporated.

## Did you know that KMC DANCE offers...

Private or semi-private lessons!?

& Customizable Birthday Parties!?

Contact Miss Tabby for more info! [tcolmary.dance@gmail.com](mailto:tcolmary.dance@gmail.com)