CLASSES & CURRICULUM

BALLET

We have a classical based ballet curriculum. Class assistants are on hand for all Creative Movement and Pre-Ballet classes to ensure special attention for these age groups.

Creative Movement Classes

Creative Movement is designed as an introduction to dance class with fun and imaginative activities thrown in! Emphasis is placed on working in a group, and then also individually. Spatial activities involve moving diagonally across the floor, straight across the floor, distinguishing and moving left and right, and reversing movements. Basic ballet arms and positions of the feet are introduced as well as limited barre work. For 3 & 4 year olds. Classes are 45-minutes with one instructor and one assistant.

Pre-Ballet Classes

Pre-Ballet is a continuation of Creative Movement with greater emphasis placed on ballet technique. Students will study limited barre work, center floor work and moving across the floor. Creative ideas are still used but in a more structured theme. Turning is introduced. For 5 & 6 year olds. Classes are 45-minutes with one instructor and one assistant.

Ballet I

Ballet I builds on the techniques introduced in Creative Movement and Pre-Ballet. All ballet positions of the feet are presented, as well as a complete basic barre. All of the elements of a traditional ballet class are represented, although on a limited basis:

1. Barre
2. Adage (slow controlled movement)
3. Pirouette (turning)
4. Allegro (quick movement)
5. Enchainements (chain of steps)

For 7 & 8 year olds. Classes are 45 minutes and class time is divided into three sections – barre, center, and across the floor.

Ballet II, III & IV

Ballet II, III, and IV successively build on the ballet techniques introduced in previous classes. Greater emphasis is now placed on turnout. Students continue to learn terminology and fundamentals of ballet technique while building muscular strength and flexibility. For ages 9 and up. Students must have successfully completed classes for previous skill level (Ballet I, II and III or equivalent). Classes are approximately 1 to 1 1/2 hours and class time is divided into three sections – barre, center, and across the floor.

Pre-Pointe & Pointe Classes

Approval required by Director.

JAZZ, LYRICAL & TAP

Jazz & Lyrical

Basic jazz and lyrical technique, terminology and quality of movement are emphasized in all age groups and levels of experience. Rhythmic awareness and individual expression are incorporated into each class. Classes are available for ages 6 and up. Classes are typically 45 minutes until students reach Senior skill level, then classes run 1 hour in length.

Tap

Classical Tap technique is taught with emphasis on fun and a focus on rhythm and timing. Our Tap curriculum is based on the Broadway Style (a traditional style that focuses on tap fundamentals) using a wide variety of music genres including the most current popular music.
For ages 3 and up. Classes are typically 45 minutes until students reach Senior skill level, then classes run 1 hour.