

BALLET:

Ballet 1 MW 4:15-5:15 Ages 7+ 2 Units Red Studio
40 Week Performance, Max Limit = 20

This class is for students beginning their formal dance training who are ready to learn more of the technical aspects and skills associated with ballet. This class will teach the fundamentals of ballet with an emphasis in proper technique and discipline. Ballet vocabulary will be introduced. Students should be no younger than 7 years old. Most students spend a minimum of two years in this level.

Female Students: A LIGHT BLUE TCH Tank Leotard will be billed and collected when signing up for this class. Please indicate leotard size when enrolling. (Please see sizing chart.)

Ballet 1 (10+) T 4:15-5:45 Ages 10+ 3 Units Orange Studio
Th 5:15-6:45 Red Studio

40 Week Performance, Max Limit = 20

This class is for the older student ready for formal ballet training emphasizing technical aspects and skills, proper vocabulary, discipline and technique. Students should be no younger than 10 years old. The class will introduce students to some of the Ballet 2 curriculum. Most students will spend a minimum of two years at this level.

Female Students: A PLUM TCH Camisole Leotard will be billed and collected when signing up for this class. Please indicate leotard size when enrolling. (Please see sizing chart.)

Ballet 2 T 6:30-8:00 Ages 9+ 3 Units Blue Studio
Th 6:45-8:15 Orange Studio

40 Week Performance, Max Limit = 40

Prerequisite: Completed two years in Ballet 1 and approved to move up.

For the student who has spent at least two school years in Ballet 1 and has mastered all concepts of that class. Ballet 2 will build on the fundamentals of Ballet 1 while introducing more vocabulary and more complex movements and structure. Most students will spend a minimum of two years at this level.

Female Students: A VIOLET TCH Camisole Leotard will be billed and collected when signing up for this class. Please indicate leotard size when enrolling. (Please see sizing chart.)

Ballet 3 w/ Pre-Pointe M 5:15-6:45 Ages 9+ 5.5 Units Orange Studio
W 5:30-7:00 Orange Studio
W 7:15-8:15 (Pointe) Orange Studio
Th 5:15-6:45 Orange Studio

40 Week Performance, Max Limit = 30

Prerequisite: Completed at least one year in Ballet 2 and approved to move up.

For the student who has spent at least one year in Ballet 2. Ballet 3 is the student's first intermediate year of study and is full of new challenges. Class times are lengthened at this level. Students will be executing more complex combinations as well as being introduced to pointe work. Most students will spend a minimum of two years at this level. Pre Pointe/Pointe for Ballet 3 is mandatory (MUST be taken concurrently.)

Female Students: A CORAL TCH Camisole Leotard will be billed and collected when signing up for this class. Please indicate leotard size when enrolling. (Please see sizing chart.)

Ballet 4 w/ Pointe MT 4:00-5:30 Ages 9+ 9.5 Units Blue Studio
M 5:30-6:30 (Pointe) Blue Studio
W 4:00-6:00 Blue Studio
W 6:00-7:00 (Pointe) Blue Studio
Th 4:15-5:15 (Conditioning) Purple Studio
Th 5:15-6:45 Blue Studio
Sat 9:30-11:00 (optional) 1.5 Units Purple Studio

40 Week Performance, Max Limit = 25

Prerequisite: Completed at least one year in Ballet 3 and approved to move up.

Ballet 4 will continue building the student's vocabulary while allowing them to attempt more complex choreography. Emphasis will be placed on the carriage and proper use of the upper body in addition to refining the technique of the lower body. Class frequency is increased and pointe class is mandatory at this level. Most students will spend a minimum of two years at this level.

Female Students: A PEACOCK TCH Camisole Leotard will be billed and collected when signing up for this class. Please indicate leotard size when enrolling. (Please see sizing chart.)

Ballet 5 w/ Pointe & Classical Variations	MT	4:00-5:30	Ages 9+	12 Units	Purple Studio
	MT	5:30-6:30 (Pointe)			Pur/Bl Studio
	W	4:00-6:00			Purple Studio
	W	6:00-7:00 (Pointe)			Blue Studio
	W	6:00-7:00 (Pointe Variations)			Purple Studio
	Th	4:15-5:15 (Conditioning)			Purple Studio
	Th	5:15-6:45			Purple Studio
	Sat	9:30-11:00			Purple Studio

40 Week Performance, Max Limit = 25

Prerequisite: Completed at least one year in Ballet 4 and approved to move up.

This class is designed for the advanced- intermediate student. Ballet 5 dancers will be challenged to handle more difficult combinations at a faster pace. Center work will include more advanced turning and jumping exercises. At this level, pointe class is mandatory. Young men at this level begin to perform steps and combinations that are specially designed for the male dancer. Most students will spend a minimum of two years at this level.

Female Students: A TEAL TCH Camisole Leotard will be billed and collected when signing up for this class. Please indicate leotard size when enrolling. (Please see sizing chart.)

Ballet 6 w/ Pointe & Classical Variations	MT	4:00-5:30	Ages 9+	12 Units	Purple Studio
	MT	5:30-6:30 (Pointe)			Purple Studio
	W	4:00-6:00			Purple Studio
	W	6:00-7:00 (Pointe)			Blue Studio
	W	6:00-7:00 (Pointe Variations)			Purple Studio
	Th	4:15-5:15 (Conditioning)			Purple Studio
	Th	5:15-6:45			Purple Studio
	Sat	9:30-11:00			Purple Studio

40 Week Performance, Max Limit = 25

Prerequisite: Completed at least one year in Ballet 5 and approved to move up.

Ballet 6 is our most advanced level of ballet offered. Students at this level must demonstrate technical proficiency and should be able to execute any and all movements asked of them. Dancers in this class refine their technique and begin mastering the performing skills and artistry required for professional companies. At this level, pointe class is mandatory. Classical variations are studied extensively, and dancers begin the study of partnering. Most students will spend a minimum of two years at this level.

Female Students: An EGGPLANT TCH Camisole Leotard will be billed and collected when signing up for this class. Please indicate leotard size when enrolling. (Please see sizing chart.)

Pilates/Dance Conditioning

for Ballet 4, 5, 6 and Adults	Th	4:15-5:15	Ages 9-18	1 Unit	Purple Studio
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40 Week Non Performance, Max Limit = 30

***Those over age 18 register in the same class but in adult age grouping.**

Prerequisite: Must be Ballet 4 or higher OR an adult over the age of 18

Students begin with the basic elements, primary steps, shuffles, flap, ball change, buffalo, waltz clog and cramp roll. A fun and challenging class preparing the student for more complex combinations, Simple combinations will help students apply and retain material.

Tap 2 **M** **8:00-9:00** **Ages 8+** **1 Unit** **Blue Studio**
40 Week Performance, Max Limit = 20

Prerequisite: Successfully passed Tap 1 or by teacher approval.

Includes and continues comprehension of Tap 1 elements and adds compound steps and combinations. Steps include Essence, Time Step, Maxi Ford, Front Irish and more. It is likely that students will spend a minimum of two years at this level.

Tap 3 **M** **8:15-9:15** **Ages 10+** **1 Unit** **Orange Studio**
40 Week Performance, Max Limit = 20

Prerequisite: Successfully passed Tap 2 or by teacher approval.

Students will continue perfecting material from Tap 1 and Tap 2 as they concentrate on tonal quality, accenting, shading and clustering, syncopation, and picking up by sight. Steps covered will include Flash steps, Wings, Double Pull Backs, Cincinnati and Time steps. It is likely that students will spend a minimum of two years at this level.

Teen/Adult Tap 1 **T** **7:00-8:00** **Ages 14-18** **1 Unit** **Red Studio**
40 Week Non Performance, Max Limit = 20

****Those over age 18 register in the same class but in adult age grouping.***

This class is for those that have little to no tap experience and for those that maybe tapped as a youth but haven't shuffled or flapped since. Students will focus on the fundamentals of tap technique and combinations while getting a great workout and having A LOT of fun! Come join us! (Some class participants MAY choose to participate in the production. This will be decided second semester.)

Teen/Adult Tap 2 **T** **8:00-9:00** **Ages 14-18** **1 Unit** **Blue Studio**
40 Week Non Performance, Max Limit = 20

****Those over age 18 register in the same class but in adult age grouping.***

Prerequisite: Successfully passed Adult Tap 1 or by teacher approval.

This class is for those that have successfully completed Adult Tap 1 or have a good knowledge of all beginning tap steps and combinations. Students will concentrate on tonal quality, accenting, shading and clustering, syncopation, and picking up by sight. Come expand your current knowledge while getting a great workout and having A LOT of fun! (Some class participants MAY choose to participate in the production. This will be decided second semester.)

HIP HOP:

BAD: Boys Athletic Dance **W** **5:30-6:30** **Ages 5-8** **1 B-unit** **Red Studio**
40 Week Performance, Max Limit = 20

In this boy's-only class, students will be introduced to the discipline and fundamentals of dance and hip hop. They will strengthen the muscles in the abdomen, legs and ankles while gaining rhythm, coordination and improving stamina. Led by one of our top male dancers, Boy's Athletic Dance will put young male dancers on sure footing as they learn to dance with a strong male style.

Hip Hop 1 **W** **6:30-7:30** **Ages 8+** **1 Unit** **Red Studio**
40 Week Performance, Max Limit = 20

The class format consists of a warm up / dance routine / cool-down. Through physical training, the Hip-Hop course will enhance student's physical health, increase their stamina, and coordination. Students will also learn to dance according to the trend of today's music.

Hip Hop 2 **W** **7:30-8:30** **Ages 8+** **1 Unit** **Blue Studio**

40 Week Performance, Max Limit = 20

Prerequisite: Successfully passed Hip Hop 1 or by teacher approval.

This class teaches rhythm, coordination, musicality, and hip hop choreography without suggestive music/movements. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. Our Hip Hop dancers develop focus, strength, and agility while having fun.

Hip Hop 3 **Sat** **12:00-1:30** **Ages 12+** **1.5 Units** **Orange Studio**

40 Week Performance, Max Limit = 30

Prerequisite: Successfully passed Hip Hop 2 or by teacher approval.

This class builds upon skills learned in Hip Hop 1 and Hip Hop 2 and continues to teach rhythm, coordination, musicality, and hip hop choreography without suggestive music/movements. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. Our Hip Hop dancers develop focus, strength, and agility while having fun. This class is an incredible workout and students will be pushed to the max!

BOYS ONLY:

BAD: Boys Athletic Dance **W** **5:30-6:30** **Ages 5-8** **1 B-unit** **Red Studio**

40 Week Performance, Max Limit = 20

In this boy's-only class, students will be introduced to the discipline and fundamentals of dance and hip hop. They will strengthen the muscles in the abdomen, legs and ankles while gaining rhythm, coordination and improving stamina. Led by one of our top male dancers, Boy's Athletic Dance will put young male dancers on sure footing as they learn to dance with a strong male style.

Boys Dance & Conditioning **Th** **7:45-9:15** **Ages 10-18** **1.5 Units** **Blue Studio**

40 Week Non Performance, Max Limit = 20

Strength training is essential for building a solid foundation for dance. This class will be a great introduction for the male dancer, actor, or athlete wanting to improve his flexibility, posture, fitness, musicality and precision of movement. Combining dance technique with physical conditioning, this class will provide formal dance training while building strength and stamina. The students will also have the opportunity to learn stunts and choreography.

ADULTS:

Teen/Adult Beginning Ballet **M** **7:45-9:15** **Ages 18+** **1.5 B-units** **Purple Studio**

32 Week Non Performance, Max Limit = 12

This is a once a week ballet class for beginning students who have not had much training in the past but wish to learn or just want a class to stay in shape. This class is also perfect for jazz or musical theater students who need a solid ballet foundation on which to build their skills. This class proceeds at a more relaxed pace than our other ballet classes.

Teen/Adult Intermediate & Advanced Ballet & Ballet 4, 5, 6 **Sat** **9:30-11:00** **Ages 18+** **1.5 B-units** **Purple Studio**

32 Week Non Performance, Max Limit = 20

This class is geared toward students at a high-intermediate/advanced skill level who want a good ballet workout. It is perfect for high school or college age students who desire a once-a-week class or adults who have had extensive training in the past and would like to keep up their skill.

Teen/Adult Tap 1 T 7:00-8:00 Ages 18+ 1 B-unit Red Studio
40 Week Non Performance, Max Limit = 20

This class is for those that have little to no tap experience and for those that maybe tapped as a youth but haven't shuffled or flapped since. Students will focus on the fundamentals of tap technique and combinations while getting a great workout and having A LOT of fun! Come join us!

Teen/Adult Tap 2 T 8:00-9:00 Ages 18+ 1 B-unit Blue Studio
40 Week Non Performance, Max Limit = 20

Prerequisite: Successfully passed Adult Tap 1 or by teacher approval.

This class is for those that have successfully completed Adult Tap 1 or have a good knowledge of all beginning tap steps and combinations. Students will concentrate on tonal quality, accenting, shading and clustering, syncopation, and picking up by sight. Come expand your current knowledge while getting a great workout and having A LOT of fun!

Pilates/Dance Conditioning for Ballet 4, 5, 6 and Adults Th 4:15-5:15 Ages 18+ 1 B-unit Purple Studio
32 Week Non Performance, Max Limit = 30

Prerequisite: Must be Ballet 4 or higher OR an adult over the age of 18

A class perfect for dancers and non-dancers alike. Pilates conditions the body and helps it move efficiently with grace and ease. It is excellent for injury prevention and provides abdominal strength, flexibility, and balance, creating stronger, longer, leaner muscles.

DANCE FOR THEATRE:

Beginning Ballet for Broadway M 7:45-9:15 Ages 10-20 1.5 units Purple Studio
32 Week Non Performance, Max Limit = 20

Ballet for Broadway is a beginner level ballet technique class created specifically for the musical theatre student.

Ballet is foundational for all Broadway dance styles and students will benefit greatly from this training!

***This class is also offered as a part of Theatre Performance Package Level 1 or 2. ***

Beginning Broadway Tap T 8:00-9:00 Ages 9-20 1 unit Orange Studio
32 Week Non Performance, Max Limit = 20

Beginning Broadway Tap is an introductory tap class created specifically for the musical theatre student.

***This class is also offered as a part of Theatre Performance Package Level 1 or 2. ***

Musical Theatre Dance 1 Th 4:15-5:15 Ages 9-20 1 unit Blue Studio
16 Week Non Performance, Max Limit = 20

This course serves theatre students by providing them with the experience of learning many dance steps and routines commonly used in auditions and productions. Students will work on physical areas such as: their posture, coordination, and confidence related to developing and portraying unique and defined characters. If you want to be a successful musical theatre performer, dance training is a MUST!

***This class is also offered as a part of Theatre Performance Package Level 1. ***

Musical Theatre Dance 2 W 8:15-9:15 Ages 12-20 1 Unit Purple Studio
16 Week Non Performance, Max Limit = 20

Musical Theatre Dance Level 2 is for the experienced theatre student who has some dance training or experience. This class will teach a technical approach to dance, combining the skills of ballet and jazz with styles relevant to the musical theatre performer. In addition to the technical portion of class, students will learn

