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Dance Company & Performing Arts

DANCE · MUSICAL THEATER · MUSIC

250 East Dry Creek Unit 105
Littleton, CO 80122

DANCE CLASS DESCRIPTIONS - FALL 2010-SPRING 2011

COMBO CLASSES

PRESCHOOL DANCE 1: This introductory dance class focuses on the basic dance techniques of ballet and tumbling. It is a creative movement class with the skills of ballet and tumbling. Class is 45 minutes once a week. Ages 2-3 is appropriate for this class.

Attire Requirements: Black or Pink Leotard, Pink or white tights, pink leather ballet shoes

PRESCHOOL DANCE 2: This introductory dance class focuses on the basic dance techniques of ballet, tap and tumbling. It is a creative movement class with the skills of ballet, tap and tumbling. Class is 1 hour once a week. Ages 3-4 ½ is appropriate for this class. Birthdays between October 1, 2007-September 30, 2005 may enroll in this class.

Attire Requirements: Black or Pink Leotard, Pink or White tights, pink leather ballet shoes and tan tap shoes

Kindergarten Dance: This introductory dance class focuses on the basic dance techniques of ballet, tap and tumbling. This class will consist of the basics of tap, ballet and tumbling. This class meets for 1 hour once a week. Dancer must be enrolled/attending Pre-K or Kindergarten.

Attire Requirements: Black or Pink Leotard, Pink Tights, Black or Pink skirt (optional), Pink leather ballet shoes and Tan Tap Shoes

Combo Dance: This introductory dance class focuses on the basic dance techniques of ballet, tap and tumbling. This class will consist of the basics of tap, ballet and jazz. This class meets for 1.5 hours once a week. Dancer must be enrolled/attending 1st or 3rd Grade.

Attire Requirements: Black or Pink Leotard, Pink tights, Pink leather ballet shoes, Tan Tap shoes

Sing and Dance: Does your child sing to herself in the mirror and pretend she is a rock star? Well this class is for him/her. This introductory class has the basics of voice while learning the technique and style of jazz. Offered for ages 3-5 years, and 6-9 years.

Attire Requirements: Comfortable clothing, tan slip on jazz shoes. No denim, skirts or dresses allowed.

Lyrical/Jazz Combo: Jazz: Students will learn the technique of jazz dance through turns, leaps, rolls, jumps, and runs. The class includes a warm-up with stretching, isolations, strengthening exercises. The class will then move on to across the floor and fast paced combinations. **Lyrical:** Modern dance explores movement, space, rhythm and the dancers own creativity with emphasizes on momentum, shapes and patterns. This form of dance is inspired by music and human emotions. This style is highly influenced by ballet, jazz, and modern dance.

Attire Requirements: Leotard, black booty shorts, tan footless tights, tan slip on jazz shoes, foot undeez for lyrical.

Ballet



BALLET LEVELS 1-2 AGES 5 AND UP: In this class, students will be introduced to basic ballet fundamentals, including body alignment, vocabulary, and basic positions of the feet & arms.

Attire Requirements: Black, Pink, Purple or Lt. Blue Leotard, Pink Tights, Skirt (optional), Pink leather split sole ballet shoes

TEEN BALLET 1- AGES 10 AND UP: This class will include students with little to no ballet training. Students will advance their ballet knowledge by incorporating intermediate barre, center work, & progressions.

Attire Requirements: Black Leotard, Pink Tights, Skirt (optional), Pink leather split sole ballet shoes

BALLET LEVELS 3-4 *: Ballet is the core of dance. This class will be centered on more intermediate dance technique. Students will move through barre, center work, & progressions, which include basic turns, jumps, & leaps. *Based on ability and completion of Ballet 2.

Attire Requirements: Black Leotard, Pink Tights, Skirt (optional), Pink leather split sole ballet shoes

BALLET LEVELS 5-6 *: This is an advanced class for the ballet student who is disciplined, professional, and posses the desire to dance. *Based on ability and completion of Ballet 3-4.

Attire Requirements: Black Leotard, Pink Tights, Skirt (optional), Pink leather split sole ballet shoes

TAP

TAP 1- AGES 5-8: Students will learn the fundamentals of tap. Styles of tap offered are street and rhythm tap and Broadway styles. This is a beginner class. Dancer must be 5 by October 1, 2010

Tap 2- Ages 5-8: Students will learn more advanced steps than Tap 1. Street, rhythm and Broadway tap styles are taught. Completion of 2 years or more of tap required. Teacher decides proper placement in a trial class.

Tap 3-4 : Intermediate-Advanced Tap. 3 or more years of training in the style of tap. Teacher decides proper placement in a trial class.

Tap 5-6: Advanced Tap. Teacher decides proper placement in a trial class.

HIP HOP: This high energy dance class will go in depth with hip-hop training, including the latest dance trends and break-dancing moves. This class is great for the student who just wants to come & get funky as well as the serious dancer looking to improve their hip hop skills. Breakdancing is also offered.

JAZZ

JAZZ LEVELS 1-3: Students will learn the technique of jazz dance through turns, leaps, rolls, jumps, and runs. The class includes a warm-up with stretching, isolations, strengthening exercises. The class will then move on to across the floor and fast paced combinations. This class is great if you are trying out for your high school poms/dance team.



Inspirations

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LYRICAL: Modern dance explores movement, space, rhythm and the dancers own creativity with emphasizes on momentum, shapes and patterns. This form of dance is inspired by music and human emotions. This style is highly influenced by ballet, jazz, and modern dance.

TUMBLING AND JAZZ: Students will learn gymnastic skills done on the floor mats. Students will learn proper technique and will build overall body strength. Jazz technique is incorporated into this class.

Levels offered. Check our schedule for times and days.

STRETCH AND STRENGTH: This class will focus on strengthening the dancers to become more flexible and strong. This class will ensure improvements in other areas of dance.

JUMPS AND TURNS: This class is designed to specifically work on jumps and turns that will be used in all other dance classes. From the simple to the complex, beginner classes will focus on basic technique while more advanced classes will work on perfection and skill combinations. Recommended for any dancers taking beginner through advanced classes.