

ACRO/TUMBLING

Beginner	<p>Overview:</p> <p>The Beginner Acro/Tumbling level is designed for students who are new to acrobatics and tumbling or have minimal experience. This level focuses on building a strong foundation, emphasizing basic skills, strength, and flexibility.</p> <p>Prerequisites:</p> <ul style="list-style-type: none">• No prior acro or tumbling experience required.• Basic understanding of body awareness and coordination. <p>Skills Taught:</p> <ul style="list-style-type: none">• Forward and backward rolls• Cartwheels and one-handed cartwheels• Handstands against a wall• Bridges and bridge kick-overs• Basic stretching and conditioning exercises
Intermediate	<p>Overview:</p> <p>The Intermediate Acro/Tumbling level is for students who have mastered the beginner skills and are ready to progress to more challenging techniques. This level focuses on refining skills and introducing more complex movements.</p> <p>Prerequisites:</p> <ul style="list-style-type: none">• Proficiency in all Beginner Level skills.

	<ul style="list-style-type: none"> ● Ability to hold a handstand for at least 5 seconds. ● Strong bridge with kick-over. <p>Skills Taught:</p> <ul style="list-style-type: none"> ● Round-offs ● Back walkovers and front walkovers ● Handstand forward rolls ● Back handsprings with a spot ● Aerial cartwheels ● Advanced flexibility and conditioning exercise
<p style="text-align: center;">Advanced</p>	<p>Overview:</p> <p>The Advanced Acro/Tumbling level is for students who have a solid acrobatic foundation and are ready to tackle high-level skills. This level emphasizes precision, strength, and performance quality.</p> <p>Prerequisites:</p> <ul style="list-style-type: none"> ● Proficiency in all Intermediate Level skills. ● Consistent back handspring without a spot. ● Solid aerial cartwheel. <p>Skills Taught:</p> <ul style="list-style-type: none"> ● Multiple back handsprings in a series ● Front handsprings ● Back tucks and layouts ● Aerial walkovers ● Advanced series passes (e.g., round-off back handspring back

	<p>tuck)</p> <ul style="list-style-type: none"> ● Elite level stretching and conditioning routines
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BALLET

Beginner	<p>Beginner: This class follows the traditional ballet class structure. It will focus on alignment, posture, stretching and strengthening at the barre. As the class progresses, we will add center movements, traveling steps, turns and jumps. Class etiquette is expected. No prior training is required for this class, but will still be beneficial for students with less than 3 years of formal dance training.</p>
Intermediate	<p>Intermediate: This class follows the traditional ballet format with barre, center, and across the floor movement with turns and jumps. Stretching, conditioning, and strengthening of the dancer’s muscles will continue. This class is for students who have completed beginner ballet, or have at least 3 years of prior ballet training, and are ready to commit to more serious training with emphasis on musicality, proper technique and ballet vocabulary. Students will learn to add more artistry to their technique by using more complex arm and head movements. A high work ethic, and class etiquette is expected at this level.</p> <p><u>Requirements to be in Intermediate class:</u></p> <ul style="list-style-type: none"> -Demonstrate the five ballet feet positions, and the basic port de bras positions. -Comfortable with <i>pas de bourrée</i>. -Single <i>en dehors pirouette</i> on a high <i>demi pointe</i>. -Demonstrate the 4 arabesques. -Hold straight leg to the front, 90° off the floor, unassisted, without bending the standing leg. -A solid retiré /passé single leg balance on flat, for 8 counts. (No leaning upper body, No wobbling the standing leg) - <i>Changement de pied</i> with legs turned out, landing in fifth position, heels down each time.
Advanced	<p>Advanced: This class follows traditional ballet technique format with increasingly challenging combinations. Barre work becomes more complex as we continue to add musicality, accuracy and strength into the combinations. Stretching, conditioning, and strengthening continue while adding musicality, choreography, and artistry to ballet technique in the center. Ballet vocabulary continues to be reinforced. Students are expected to memorize combinations and execute them without assistance from the teacher. Students will be aware of their training strengths and weaknesses and take an active role in</p>

	<p>working towards goals to help them progress. Students will learn advanced classical repertoire with little to no modifications. The highest work ethic, and class etiquette is expected at this level.</p> <p><u>Requirements to be in Advanced class:</u></p> <ul style="list-style-type: none"> -Memorize a ballet exercise and execute without assistance. -Demonstrate <i>grand port de bras</i> while maintaining correct alignment of legs and torso. -Hold straight leg to <i>devant</i> & <i>a la seconde</i>, above 90° unassisted, for 8 counts each, without bending the standing leg. Alternatively, a <i>grand rond de jambe en l'air</i> without bending the standing leg. -Single leg balance in <i>attitude derriere</i>, with high <i>demi pointe</i>, unassisted, for 6 counts. -Solid <i>fouetté</i> turns, at least 4, without faltering. -Maintain posture, poise, and correct port de bras even when executing difficult or tiring movements. -Able to reverse simple <i>petit allegro</i> combinations.
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TAP

<p>Beginner</p>	<p><u>Students Will be Learning the Following:</u></p> <p>PHYSICAL TECHNIQUE: Simple Rudiments, Shuffle/Flap, Basic Weight Changes, Small Traveling Steps</p> <p>RHYTHM PATTERNS: Execution of 1/4 note & 1/8 note, Exposure to 1/16 - triplet - & swing 1/8 note</p> <p>INDEPENDENT EXECUTION: Small intervals of rudiments & shuffles in 1/4 & 1/8 note (more for older students)</p> <p>TAP HISTORY: Basic understanding of tap origins, Bojangles & Jeni LeGon & John Bubbles & Sally Mack & Lois Bright Biographies</p> <p>IMPROV: Structured ABC game, Free 4 Bars, Counting 4 Bars</p>
<p>Intermediate</p>	<p><u>Pre-Requisites:</u></p> <p>PHYSICAL TECHNIQUE: Intermediate Rudiments, More Weight Changes (a la classic steps), Travel and Turn steps, Jumping steps</p> <p>RHYTHM PATTERNS: Execution of 1/16 - triplet - & swing 1/8 note, Exposure to & execution of syncopation.</p> <p>INDEPENDENT EXECUTION: Execution of footwork expressed in swing - triplet- 1/16th note - & basic syncopation</p> <p>TAP HISTORY: Complete understanding of</p>

	Origins and Initial Figures, Nicholas Bros & Ann Miller & Buster Brown & Copasetics, IMPROV: Structure Improv for swing & triplet, trades & steals
Advanced	<p><u>Pre-Requisites:</u></p> <p>PHYSICAL TECHNIQUE: Training to add more complex sounds & weight management challenges, more jumping/turning steps, nerve taps, relax/loose technique</p> <p>RHYTHM PATTERNS: Challenging syncopation, 16th note, and double-time triplets</p> <p>STUDENT LEARNING: Recognition all basic rhythm patterns with ease, pick up syncopated rhythms, ability to dissect and pick up footwork, can count and dance at the same time</p> <p>INDEPENDENT EXECUTION: Ability to execute with minimal demonstration or support across rhythm patterns - tempos - etc.</p> <p>TAP HISTORY: Jimmy Slyde, Henry LeTang, Key Films and shows (Singin in the Rain, Black & Blue, Jelly's Last Jam, 42nd Street)</p> <p>IMPROV: Longer form improv, can execute musical structures (AABA, AAAB), can execute rhythm patterns as called out to them</p>

HIP HOP

Beginner	<p>Traditional Hip Hop is a freestyle style of dance. Dancers will be expected to start exploring their own freestyle, which will be practiced at the start of every class. They will learn about the history and origins of the style as well as foundational branch styles:</p> <ul style="list-style-type: none"> - Waving - Popping - Gliding - Waacking - Breaking - House <p>Working on Beginner classic steps</p> <ul style="list-style-type: none"> - Biz Marquee - Bart Simpson - East Coast Stomp - Uprock <p>Dancers will learn important foundations like the 4 types of bounces</p>
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	<ul style="list-style-type: none"> - Up, down, side, and rock <p>Dancers will be introduced to breaking/floorwork with steps like the “6 step”</p>
<p>Intermediate</p>	<p>Dancers must be willing to explore and practice their own freestyle, which will be practiced every class. They should have a basic understanding of the history and origins of the style and should be familiar with the following:</p> <ul style="list-style-type: none"> - Waving - Popping - Gliding - Waacking - Breaking - House <p>They must be familiar with these classic steps</p> <ul style="list-style-type: none"> - Biz Marquee - Bart Simpson - East Coast Stomp - Uprock - 6 step - Fila <p>Dancers must know important foundations like the 4 types of bounces</p> <ul style="list-style-type: none"> - Up, down, side, and rock <p>Dancers will be introduced to breaking/floorwork with steps like the freezing</p> <p>All of these styles and movements will be explored in depth at this level. Dancers will be expected to have enough knowledge of each foundational style to confidently begin freestyling within each genre</p> <p>Dancers must wear Hip Hop appropriate attire (baggy clothing, sweatpants, sneakers)</p>
<p>Advanced</p>	<p>Dancers must be willing to practice their own freestyle confidently and FULL OUT, which will be practiced every class. They should have a great understanding of the history and origins of the style.</p> <p>Dancers must be able to dance/freestyle for whole songs in the following genres:</p> <ul style="list-style-type: none"> - Waving - Popping - Gliding - Waacking - Breaking - House - *some* Locking

	<p>**they should be able to demonstrate various steps and sequences within each genre** They must be familiar with classic steps and important foundations like the 4 types of bounces. All of these styles and movements will be explored very in depth at this level. Dancers will be expected to have enough knowledge of each foundational style to confidently freestyle and learn choreography within the genre</p> <p>It is important that these advanced dancers have enough knowledge to learn choreography quickly without breakdown of movement or review of foundational knowledge. At this level we work on PERFORMING and executing what we have learned at previous levels.</p> <p>Dancers must wear Hip Hop appropriate attire (baggy clothing, sweatpants, sneakers)</p>
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URNS & LEAPS

<p>Beginner</p>	<p>Working on foundations of turns, leaps, and jumps - dancers will engage in workouts related to building strength for desired skills on top of working on the fundamental skills.</p> <p>Skills we will work on (and more):</p> <ul style="list-style-type: none"> - Single pirouettes (working towards doubles) - Right, left, and center leaps - Surprise leaps/firebird jumps, calypsos, etc - Fundamental preps + muscle engagement for skills
<p>Intermediate</p>	<p>We will work on the secondary level of turns, leaps, and jumps. Dancers will engage in workouts related to building strength for desired skills on top of working on the next level of skills.</p> <p>Skills required to be in the class:</p> <ul style="list-style-type: none"> - Double Pirouette - Right, left, and center leaps - Tilt jumps <p>Dancers in this class will begin working on turns in second, more difficult leaps, etc.</p>

Advanced	<p>Advanced skills - dancers are required to have the following skills to be in the class:</p> <ul style="list-style-type: none"> - Solid double pirouette - almost confident triple pirouettes - Solid Turns in Second - Switch leaps (all variations) - Working towards four or five pirouettes, difficult turn sequences, etc.
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CONTEMPORARY/LYRICAL

Beginner	<p>Working on foundations of Contemporary/Lyrical Technique</p> <ul style="list-style-type: none"> - Learning body awareness/isolations - Starting to understand Ballet technique that translates into Contemporary/Lyrical genre - Working on piecing together movement and retaining it - Increasing musicality - Learning how to tell a story/evoke an emotion through movement <p><u><i>Designed for dancers who are not taking Ballet or secondary supplemental courses.</i></u></p>
Intermediate	<p>Mastered foundations of Contemporary/Lyrical Technique, and ready for the challenge and working on the more specific details</p> <ul style="list-style-type: none"> - Mastered single pirouette + fundamental leaps - Has awareness of textures, dynamics, musicality - Working towards more depth in body awareness/understanding - Can learn a quick combination + apply it - Can tell a story through movement <p><u><i>Dancers are required to take a minimum of one Ballet class per week to attend this class. Dancers will need fundamental Ballet understanding to successfully complete this course.</i></u></p>
Advanced	<p>Mastered all foundations of Jazz Technique + are very aware of musicality, body</p>

	<p>engagement, dynamics, textures, levels, etc.</p> <p>These dancers will learn very quick combinations and will be expected to master them in a class period. These dancers will do athletic, detailed, and dynamic choreography. This class is tailored for dancers who are on our competitive program or training 8+ hours per week.</p> <p><u><i>Dancers are required to take a minimum of two Ballet classes to attend this class.</i></u></p>
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JAZZ

<p>Beginner</p>	<p>Working on foundations of Jazz technique</p> <ul style="list-style-type: none"> - Beginner body isolation technique - New to fundamental jazz technique: pirouettes, leaps, jazz walks - Learning about dynamics, textures, and levels - Still learning how to comprehend choreography faster, piecing movement together <p><u><i>Designed for dancers who are not taking Ballet or secondary supplemental courses.</i></u></p>
<p>Intermediate</p>	<p>Mastered foundations of Jazz Technique, and ready for the challenge and working on the more specific details</p> <ul style="list-style-type: none"> - Mastered single pirouette + fundamental leaps - Has awareness of textures, dynamics, musicality - Working towards more depth in body awareness/understanding - Can learn a quick combination + apply it <p><u><i>Dancers are required to take a minimum of one Ballet class per week to attend this class.</i></u> <u><i>Dancers will need fundamental Ballet understanding to successfully complete this course.</i></u></p>
<p>Advanced</p>	<p>Mastered all foundations of Jazz Technique + are very aware of musicality, body engagement, dynamics, textures, levels, etc.</p>

These dancers will learn very quick combinations and will be expected to master them in a class period. These dancers will do athletic, detailed, and dynamic choreography. This class is tailored for dancers who are on our competitive program or training 8+ hours per week.

Dancers are required to take a minimum of two Ballet classes to attend this class.