

# Class Descriptions

- Intro to Dance:** This class is designed to enhance the creative ability, coordination, and musicality in 3 and 4 years old and serve as an introduction to ballet and tap.
- Returning Intro to Dance:** This class, designed for 4 and 5 year olds who have already completed a full year of our Intro to Dance class, builds on previously learned ballet and tap skills. It will prepare students for Pre-Ballet and Tap/Jazz Combo.
- Pre-Ballet:** A one hour class introducing students to ballet basics. This class offered to all 5 and 6 years old
- Tap/Jazz Combo:** A one hour class broken into one half hour of tap and one half hour of jazz. It introduces students to the basics of both disciplines. This class is offered to all children 5 and 6 years old.
- Ballet 1-3:** A complete graded system offering ballet techniques in the Russian and Italian methods. Level appropriate elements of barre, adagio are given in each class. By participating in the first levels of traditional ballet training, students learn concentration and endurance and become proficient in fundamental dance movement and ballet technique.  
\*Ballet 2A students must attend two 1 hour classes per week  
\*Ballet 3 students must attend one 1 hour long class and one 1 ½ hour long class per week.
- Pre-Pointe:** A classical ballet technique class including barre and center work with an emphasis on strength building exercises to prepare students for dancing on pointe. Students will be evaluated on an individual basis throughout the year to assess their readiness for pointe shoes. Once approved, students must attend two 1 ½ hour classes per week.
- Pointe:** Pointe is an extension of ballet. It requires solid, consistent, and current ballet training coupled with strength in the legs and the core of the dancer's body. A barre warm-up strengthens deep muscles in the legs and feet, and the class progresses slowly to center work and across the floor combinations. Alignment and correct foot placement in the shoes are emphasized for a solid, healthy approach to pointe work. Pointe students must take two 1 ½ hour classes per week.
- Tap:** Classes offered use a graded system consisting of barre, center and floor exercises. Classes emphasize speed, clarity of sound, rhythm and training in combinations and routines.
- Jazz:** Jazz classes emphasize strong and proper body alignment and clean technique through placement stretch and stretch exercises during warm-up. The classes include jazz isolations and across the floor work on turns, kicks and jumps. The class culminates in a choreographed combination.
- Lyrical:** Lyrical requires excellent flexibility and fluidity. Students will learn lyrical technique along with how to express emotion through movement. This class blends the sustained controlled movement of ballet with the freedom, power, and the dynamics of jazz and modern dance.
- Modern:** Modern classes explore the techniques of Merce Cunningham, Martha Graham, Alvin Ailey and others, and require strong classical ballet technique.
- Hip Hop:** Hip Hop is a fusion of high-energy dance styles. Listen to the latest songs as you warm-up and learn an exciting, lively dance routine. Classes are age appropriate.

## *Specialty Classes*

- Choreography:** Students will be challenged to tap into their creative side to choreograph various pieces throughout the year. Choreography challenges will be guided and monitored by the I-Dance teachers. *Class available by invitation only. Please see the office for an application.*
- Teen Contemporary:** A unique blend of ballet, modern, and lyrical designed for the new teen student.
- Lil Character:** This class designed for 2 & 3 years old. Literary based curriculum. They will be exploring characters through interactive role playing. Discover props, puppets, and costumes! Our goal is to instill confidence and familiarity with studio environment. Experience theater performances and field trips.
- Community Performers:** Students will learn a variety of dance selections, character portrayals, and narrated performances to be performed in the community throughout the year. Dancers enrolled in this class must be taking 2 different styles of dance.

## *Specialty Programs (extra fee for these classes)*

- Strength Training:** This 8 week session is designed for dancers to help improve their stamina, strength, and overall physical fitness. Run by Todd Paul, (Boot Camp Mania), this class is a must for the serious dancer. Dancers enrolled in this class must be at an intermediate level or above. This is an 8 week session and it is an additional \$60.00. Session 1 runs October 1 through November 19.
- AP Tech/Pointe:** This program is designed for our students who love dance and committed to developing their ballet technique. This class will help students to deepen and expand their ballet expertise. **Guest faculty** will also contribute to the students total dance experience. Join other serious-minded ballet students in an intensive yet fun atmosphere of camaraderie and shared dance interests. The curriculum includes technique classes, classical variations, all augmented by subjects designed to develop a well-rounded dancer at an advanced level. **Students participating in this class must be enrolled in at least TWO additional ballet classes.** *\*AP classes are an additional \$25.00 per month*
- Teen/Adult Classes:** Classes are offered in ballet, tap and zumba and will cover the basics in all disciplines. *\*\$50.00 for a class card that includes 10 classes*
- \*\*Boot Camp Mania:** Todd Paul's Boot Camp Mania is unlike any other fitness program in town! You will notice the difference from day one. **You will not experience the "same ole" boring workouts like you got used to everyday at the gym.** That is why most women quit before the EVER see the results they want. It was boring, NO FUN and felt like a "waste of time". Boot Camp Mania is all about the FUN!! Even better, Todd Paul's Boot Camp Mania isn't outdoors like those other Fitness Boot Camps. The icing is on the cake!! You get to work with a Personal Trainer for a fraction of the cost!

**Having fun + getting = LOOKING FABULOUS!**

