



2020/21 CLASS DESCRIPTIONS & REQUIREMENTS

EARLY CHILDHOOD CLASSES

Intro to Dance I [Suggested Ages: 3-4 – must be potty-trained]

In this fun and exciting class, dancers will march, gallop and roll; jump, twirl, wiggle and giggle while using their minds to go on exciting adventures. Fine and gross motor skills are developed through class dances, props, and fun creative movement.

Intro to Dance II [Suggested Ages: 4-5, not enrolled in Kindergarten]

In this class dancers will skip, gallop and leap; stretch, crawl, wiggle and giggle. The dancers will learn basic tap dance, which is a wonderful activity to nurture a sense of rhythm and timing. We introduce and teach basic ballet positions and movements. A portion of this preschool class also allows the dancers to be able to freely experience their own moving body and find joy in dancing. This preschool dance class is a wonderful introduction for the young student to a basic classroom structure in a fun and nurturing environment.

Kinder-Combo [Suggested Ages: 5-6, enrolled in Kindergarten]

In this class, dancers are introduced to more formal dance technique. We will lay the foundation for correct, safe and successful dancing in years to follow. Students will expand on the basic steps and terminology from the Intro to Dance I and II levels and will continue to explore their own creative movement in a safe, positive environment. Along with the introduction of more skills and techniques, instructors continue to foster creativity and imagination in class through movement and imagination. This class will focus on ballet and tap techniques and periodically introduce dancers to jazz technique (at the instructor's discretion).

FUNDAMENTALS I & II [Suggested Ages for Fundamentals I: 6-9 and Fundamentals II: 7-10]

Students may choose Ballet, Tap, Jazz, and/or Hip Hop.

Ballet Fundamentals

This class will cover the fundamentals of classical ballet technique. It is a more formal setting that will give students the discipline to mature as dancers. The importance of strength, flexibility, rhythm, musicality, and memorization will be stressed.

Jazz Fundamentals

This energetic and fun class introduces jazz dance to the younger student. Dancers will combine technique fundamentals with the upbeat aesthetic of jazz dance and work in the center and across the floor to learn stretching, rhythm, and movement coordination.

Tap Fundamentals

This upbeat class covers the basics of tap while also teaching musicality and rhythm. Try tap fundamentals for fun and fitness.

Hip Hop Fundamentals

This high-energy class teaches rhythm, coordination, and balance through age-appropriate movements set to fun upbeat music. Hip Hop instills rhythm and helps young dancers develop muscle memory. This style is upbeat and great for girls and boys who like to move! In all hip hop levels, teachers may choose to introduce level-appropriate hip hop tricks.

ESSENTIALS I & II [Suggested Ages for Essentials I: 8-11 and Essentials II: 9-12]

Students may choose Ballet, Tap, Jazz, and/or Hip Hop.

In these classes, students will gain a more complete understanding of technique. Emphasis will be placed on proper technique, alignment, and increasing strength and flexibility. Students are expected to have prior experience in these genres and be more self-disciplined. In all hip hop levels, teachers may choose to introduce level-appropriate hip hop tricks.

INTERMEDIATE I & II [Students are placed in these levels based on teacher evaluations.]

Students may choose Ballet, Tap, Jazz, and/or Hip Hop.

In these classes, students will take the skills learned in Essentials Levels I & II and build upon them to strengthen their precision and ability. Students will advance to more difficult skills and utilize both barre and center floor work to improve their technique. In all hip hop levels, teachers may choose to introduce level-appropriate hip hop tricks. Dancers must show proficiency as well as keep excellent attendance to progress to, and remain in, these levels.

REQUIREMENTS: *Students taking Ballet Intermediate I & II must take both classes per week; and those taking Tap or Jazz Intermediate Levels I and Above must be enrolled in a ballet class.*

TEEN BALLET [Suggested ages: 12+]

This ballet class is designed for the older beginning student with little or no experience in ballet training. Dancers are introduced to the history and concepts of classical ballet. Barre work incorporates learning and mastering ballet alignment, core strength, muscle strength and stamina, flexibility and working with music. Exercises are built upon in center floor work, incorporating coordination and musicality. As students progress, moving combinations include turns and jumps across the floor, as well as increasing coordination between arms and legs and eventually head positions.

TEEN CONTEMPORARY [Suggested ages: 12+]

This contemporary class is designed for the older beginning student with little or no experience in contemporary training. This class blends elements of Lyrical and Modern dance, such as freedom of expression, interpretation of music, principles of fall and recovery, control, breathing, balance and contraction/release. Contemporary dance allows students to explore their individual dance styles outside of the structure of traditional ballet and jazz classes.

REQUIREMENTS: *Must be enrolled in a Ballet class.*

INTER-ADVANCED & ADVANCED [Students are placed in these levels based on teacher evaluations.]

Students may choose from Jazz, Tap, and/or Hip Hop.

In these classes, students will work to perfect skills already learned, as well as build off prior knowledge and ability to develop the precision and accuracy needed for a more difficult skill set. Students will also work on advanced skill combinations, as well as multiple turn combinations and styles. In all hip hop levels, teachers may choose to introduce level-appropriate hip hop tricks.

Students should master Intermediate levels I and II in order to progress on to these levels. Dancers must show proficiency as well as keep excellent attendance to progress to and remain in these levels.

REQUIREMENTS: *Students taking Int/Adv & Adv Tap or Jazz must be enrolled in a ballet class.*

TECH/POINTE [Students are placed in these levels based on teacher evaluations.]

iDance instructors guarantee a slow, thorough, and careful approach when teaching Pointe to ensure a safe and solid foundation that will help students to be in control and at ease when dancing en pointe.

Pointe Prep

This class is created for students who want to transition to a higher level of ballet (pointe shoes). More difficult technique will be introduced with an emphasis on strength needed to safely transition to pointe shoes.

REQUIREMENTS: *Students must be enrolled in both weekly classes at this level.*

Beginning Pointe-Pointe I

Students will be placed in these classes by teacher recommendation only. Students will learn and practice pointe barre work with emphasis on correct foot and body alignment, as well as study of the proper technique for the execution of more difficult steps. These Pointe students will execute some exercises on demi-pointe and some on pointe, progressing to more exercises on pointe as their strength and technique improves. Exercises for all students will begin at the barre and progress to the center in order to master balance and increase strength.

REQUIREMENTS: *Students must be enrolled in both weekly classes at this level.*

Pointe II-III

Students placed in these classes are understood to be at an advanced level. Students should be disciplined, professional, and possess the desire to dance. Each class will include more complex and difficult technique, building on the skills mastered in the previous level. Advanced pointe work will be emphasized, and dancers must show proficiency as well as keep excellent attendance in order to progress to and remain in these levels.

REQUIREMENTS: *Must be enrolled in level-specific weekly class AND Open Tech/Pointe to take Pointe II and III.*

Open Tech/Pointe

This class is required by all students enrolled in Pointe II and III. This is a 1 ½-hour class designed to stress ballet technique including placement of the body, alignment of posture, and knowledge of ballet terminology.

REQUIREMENTS: *Must be enrolled in Pointe II or III*

VARIATIONS

Dancers will further increase their repertoire of steps, combinations, and turns by learning variations from both classical and contemporary ballets. The stamina required for this level takes a true love of ballet. The curriculum moves quick and this class is meant for the focused and dedicated ballet dancer.

Students must have been taking pointe classes at least two times a week for two or more years and have proven themselves through hard work and a dedication to ballet.

Trainees

To ensure the safety of each dancer and maintain the integrity of this class, the instructor may designate novice students as “trainees” at his or her discretion. A trainee is held to the same class requirements (below) but is not guaranteed a performance opportunity in the Annual Showcase for this class. However, if selected for performance, a lesser costume rental fee will be assessed instead of a full costume fee for this class.

REQUIREMENTS: *Students must be enrolled in Open Tech/Pointe AND Pointe II or III. Dancers must show proficiency and keep excellent attendance in this class, as well as BOTH weekly tech/pointe classes. Failure to do so will result in immediate removal from Variations.*

ACRO – NON-PERFORMING CLASS

This class will focus on developing flexibility and strength. Students will learn basic contortion and acrobatic tricks such as front and back walkovers, scorpions, chin stands and cartwheels. Dancers who need work on their flexibility should consider adding Acro to their class schedules.

Note: Due to COVID, acro mats will be thoroughly cleaned before and after each class, when used. In addition, hands-on spotting will only occur when absolutely necessary. The instructor will be masked when spotting and will sanitize her hands between students.

ADVANCED BALLET TECHNIQUE – NON-PERFORMING CLASS

In this class dancers will focus on training and developing a solid ballet technique with emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body (*epaulement*), and use of arms (*port de bras*). This class is a necessary addition to all upper level pointe students and can be used by upper level dancers (not on pointe) as their primary ballet class.

REQUIREMENTS: *Students must have progressed beyond Ballet Essentials II or above.*

Note: This class is STRONGLY recommended for any students taking Pointe II or Pointe III.

BALLET CONDITIONING – NON-PERFORMING CLASS

In this class students will focus on strength, flexibility, stamina, and kinesthetic support necessary for correct ballet technique.

Note: *This class is designed for Ballet Levels Essentials I through Advanced.*

CHARACTER

Character dance is an important component of training for a possible career in classical ballet. It is taught at esteemed preparatory and pre-professional ballet programs throughout the country. It is high energy, fun, and is enjoyed by both students and audiences alike!

REQUIREMENTS: *Must be enrolled in Intermediate Ballet I or above. Teen Ballet students may be approved for this class based on assessment.*

COMMUNITY PERFORMERS

The Community Performers are a group of young dancers ages 9-18 who train in both ballet and jazz classes at the studio. The dancers perform at events in and around our community.

REQUIREMENTS: *Students must be enrolled in Ballet Essentials I or above AND Jazz Essentials I or above.*

CONTEMPORARY

[Suggested ages for Intro: 7-10, Level I: 8-11, Level II: 9-12, Level III-Adv: Must be placed by instructor]

From basics to advanced, this class blends elements of Lyrical and Modern dance, such as freedom of expression, interpretation of music, principles of fall and recovery, control, breathing, balance and contraction/release. Contemporary dance allows students to explore their individual dance styles outside of the structure of traditional ballet and jazz classes. All upper level (1 ½ hour) contemporary classes include a portion of time dedicated to **Improv** – a time when students will be directed to move in ways that broaden their creative horizons. They will learn to use images, words, and the manipulation of specific movements/poses which will shape and build their own choreographic ideas. Students will be urged to find and focus on what propels them into their unique creative voice. Lower level (1 hour) contemporary classes may include Improv at the teacher's discretion.

Note: Intro to Cont. must be enrolled in Ballet Fund. II and above; Cont. I must be enrolled in Ballet Ess. I or above; Cont. II must be enrolled in Ballet Ess. II or above; Cont. III must be enrolled in Int. Ballet I or above; Int. Cont. must be enrolled in Int. Ballet II or above; Int/Adv Cont. must be enrolled in Beginning Pointe or above, OR Advanced Ballet Technique; Adv. Contemporary must be enrolled in Pointe II or III OR Advanced Ballet Technique.

DANCE CONDITIONING – NON-PERFORMING CLASS

In this class students will learn specific exercises that will promote a healthy approach to stretching where each individual works with their limitations instead of forcing the body into unhealthy places. Students will also learn strengthening exercises that will improve stamina and technique. Each body is different, and the goal of this class is to build strength and flexibility that is individualized to each student.

REQUIREMENTS: Students must be enrolled in Essentials II or above classes.

DANCE FUSION – NON-PERFORMING CLASS

In this class dancers will “sample” a different style of dance each week! Students will work on fine-tuning their performance skills, challenging their ability to pick up choreography, and preparing for future auditions.

REQUIREMENTS: Students must be enrolled in Intermediate I or above classes.

INSPIRATIONS [Suggested ages: 4-7] – NON-PERFORMING CLASS

This adaptive dance class is designed specifically for children with special needs to aid in boosting their confidence through dance. Dancers are welcome to bring support in the form of family or staff to aid their participation. This is a class for students of all abilities/disabilities and please note that no one-on-one supervision will be provided.

PLACEMENT DISCLAIMER

The above-listed age ranges are SUGGESTED and used only as a place to start. The instructors will do their best to place students into appropriate classes based on their ages and levels. Our suggestions are made with the students’ development and progress in mind. Our goal is to properly place all students in classes that will maximize their opportunities at improving. Please be aware that the ages/levels listed are approximate and the students’ ages in each class may vary slightly. Any student may be moved to a different class based on the teachers’ recommendations.