

Fall 2010 Class Descriptions and Levels

Class & Program Descriptions

Ballet Basics

A foundation in ballet principles for our youngest dancers. This class will focus on rhythm, balance, posture and more.

Ballet

A study of ballet movement, technique and theory to build a foundation for continued dance training.

Creative Movement

An introduction to movement and music through a variety of fun activities. Children learn basic dance concepts such as rhythm, balance, shape, improvisation and more.

Introduction to Ballet and Modern

Teaches the student beginning dance skills such as rhythm, musicality and improvisation by focusing on ballet and modern techniques.

Hip Hop

An exciting exploration of contemporary dance styles. Students will use isolated movements, rhythmic techniques and explosive stage presence to express themselves through great music.

Modern & Choreography

This class uses basic elements of modern dance to focus on creating new dance compositions. The emphasis is on creativity and collaboration in a positive environment.

Modern

Modern dance techniques develop the mind, body and spirit to create dancers who are expressive communicators. These classes include structured exercises that condition the body for strength, coordination and flexibility.

Gentle Modern

A modern dance technique class designed for adults of any age with rehabilitation in mind. Steps will be modified to work for people who have limited flexibility but still want to express themselves through movement.

Stretch & Strength

The class focuses on creating long and lean bodies using Pilates techniques. It's a great class for dancers and non-dancers alike.

Physically Integrated Dance

Students of all physical abilities explore the unlimited possibilities of creative expression through dance. Dancers using wheelchairs or other physical assistance are welcome.

Adult Levels

Beginning

The perfect class for dance novices or people who haven't danced in a while. This class is also ideal for people who are looking for a way to get some exercise and have a whole lot of fun!

Intermediate

An ideal class for dancers who are working to gain stronger technique, musicality, artistry and endurance. Utilizing the skills learned from previous dance classes, this class will continue to broaden the students' knowledge of dance and give them the confidence to step outside their comfort zones.

Advanced

This class builds on the strength, technique, musicality and artistry of experienced and disciplined dancers. Great for those who have been taking classes consistently and have an extensive understanding of the body. This class will give dancers the opportunity to be challenged on a myriad of levels in a safe and positive environment.

DANCELAB

For kids ages 9-14 with a strong interest in dance, but who aren't ready for the serious commitment of our Pre-Professional program. Meeting twice a week, the program curriculum provides three different technique classes: ballet, modern and jazz, plus a choreography workshop to create your own pieces.