



CLASS DESCRIPTION & SYLLABUS

JAZZ CLASSES

INTRO JAZZ

Suitable for students ages 5-8 years old with little or no previous experience of ballet or jazz. This class introduces the basics of ballet and jazz technique with an emphasis on fun and enjoyment. The study of ballet and jazz improves posture, general health, and co-ordination whilst giving the opportunity to express and communicate through music and movement. Jazz shoes required.

- *Prerequisites: none*
- Skills to Master:
 - Single Pirouette
 - Right & Left leg Leaps
 - Center Leap
 - Surprise Leap
 - Right, Left & Center Splits
 - Front, Side and Back Battement
 - Chaines Turns

JAZZ LEVEL I

Suitable for students ages 9 years and older with little or no previous experience of ballet or jazz. This class introduces the basics of ballet and jazz technique with an emphasis on fun and enjoyment. The study of ballet and jazz improves posture, general health, and co-ordination whilst giving the opportunity to express and communicate through music and movement. Jazz shoes required.

- *Prerequisites: none*
- Skills to Master:
 - Single Pirouette
 - Right & Left leg Leaps
 - Center Leap
 - Surprise Leap
 - Right, Left & Center Splits
 - Front, Side and Back Battement
 - Fan Kicks
 - Chaines Turns



JAZZ LEVEL II

Suitable for students with intermediate experience of ballet or jazz. This class expands with the basics of ballet and jazz technique. Class will focus on continuing proper dance technique while learning more advanced skills, isolations of the body, as well as improving performance quality, and developing complex rhythms and patterns. Jazz shoes required.

- *Prerequisites: Single Pirouette, Right & Left leg Leaps, Center Leap, Surprise Leap, Right, Left & Center Splits, Front, Side and Back Battement, Chaines Turns*
- Skills to Master:
 - Double Pirouette
 - Coupé Pirouettes
 - Tilt kick
 - Leg holds
 - Needles
 - Leg Hold Turns
 - A la seconde Turns
 - Toe Rise
 - Calypso
 - Switch Leaps
 - Illusions

JAZZ LEVEL III

Suitable for students with advanced experience of ballet or jazz. This class moves past the basics of technique and focuses on more complex skills. Combinations are taught at a faster pace and include prerequisite as well as new and advanced skills. This is our highest technique level class. Stylistic level. Jazz shoes required.

- *Prerequisites: Double Pirouette, Coupé Pirouettes, Tilt kick, Leg holds, Needles, Leg Hold Turns, A la seconde Turns, Toe Rise, Calypso, Switch Leaps*
- Skills to Master:
 - Triple Pirouette
 - Float Turns
 - Turning Combinations
 - Split Arabesque Leap
 - Turning Second Jump
 - Oversplits



MUSICAL THEATRE CLASSES

MUSICAL THEATRE LEVEL I/II

Suitable for students ages 9 years and older with little or no previous experience of ballet or jazz. This class introduces the basics of jazz technique with an emphasis on fun and enjoyment in Broadway style. Dancers focus on applying and bringing together the disciplines of singing, acting, and dancing, to create an effective presentation.

- Skills to Master:
 - Character development and performance confidence
 - Knowledge of classic Broadway shows & songs
 - Single Pirouette
 - Right & Left leg Leaps
 - Center Leap
 - Surprise Leap
 - Right, Left & Center Splits
 - Front, Side and Back Battement
 - Chaines Turns

MUSICAL THEATRE LEVEL II/III

Suitable for students ages 9 years with intermediate or advanced experience of ballet or jazz. This class introduces the basics of jazz technique with an emphasis on fun and enjoyment in Broadway style. Dancers focus on applying and bringing together the disciplines of singing, acting, and dancing, to create an effective presentation.

- *Prerequisites: Single Pirouette, Right & Left leg Leaps, Center Leap, Surprise Leap, Right, Left & Center Splits, Front, Side and Back Battement, Chaines Turns*
- Skills to Master:
 - Character development and performance confidence
 - Knowledge of classic Broadway shows & songs
 - Dancing with props
 - Double Pirouette
 - Coupé Pirouettes
 - Tilt kick
 - Leg holds
 - Needles



- Leg Hold Turns
- A la seconde Turns

CONTEMPORARY CLASSES

CONTEMPORARY LEVEL I

Suitable for students ages 9 years and older with little or no previous experience of ballet. This class will incorporate choreography that is a fusion of modern, jazz, lyrical and classical ballet. Students will learn to express themselves, discover movement quality, and have performance opportunities in an encouraging environment. Half sole or jazz shoes required.

- *Prerequisites: none*
- Skills to Master:
 - Single Pirouette
 - Right & Left leg Leaps
 - Pique Turns
 - Right, Left & Center Splits
 - Front, Side and Back Battement
 - Fan Kicks
 - Chaines Turns
 - Calypso
 - Layouts

CONTEMPORARY LEVEL II

Suitable for students ages 9 years and older with intermediate experience of ballet and contemporary. This class will incorporate choreography that is a fusion of modern, jazz, lyrical and classical ballet. Students will learn to express themselves, discover movement quality, and have performance opportunities in an encouraging environment. Half sole or jazz shoes required.

- *Prerequisite: Single Pirouette, Right & Left leg Leaps, Pique Turns, Right, Left & Center Splits, Front, Side and Back Battement, Fan Kicks, Chaines Turns, Calypso, Layouts*
- Skills to Master:
 - Double Pirouette
 - Coupé Pirouettes
 - Leg holds
 - Needles



- Leg Hold Turns
- Fouette Turns
- Toe Rise
- Calypso
- Illusions
- Strengthening exercises
- Perform at stylistic level
- Floorwork: Fish flops, Shoulder rolls, Split roll

CONTEMPORARY LEVEL III

Suitable for students ages 11 years and older with advanced/strong experience in ballet. This class is designed to help each dancer discover movement quality. Students will be expected to incorporate movement as well as strength and skill. This class will allow students a place for individual expression, combos that challenge the student's ability to stylize their movement and perform in front of the class in order to watch and learn from their classmates as well. Half sole or jazz shoes required.

- *Prerequisite: Double Pirouette, Coupé Pirouettes, Leg holds, Needles , Leg Hold Turns, Fouette Turns, Toe Rise, Calypso, Illusions, Strengthening exercises, Perform at stylistic level*
- Skills to Master:
 - Triple Pirouette
 - Float Turns
 - Turning Combinations
 - Split Arabesque Leap
 - Oversplits
 - Partner/group lifts
 - Penche roll to floor with no hands
 - Floorwork: Fish flops, Shoulder rolls, Split roll



BALLET CLASSES

Required Attire: Black leotard, pink tights, pink ballet shoes, hair pulled back into bun

INTRO BALLET

Suitable for students ages 5 to 8 years old with little or no previous experience in classical ballet, this class introduces the basics of ballet technique with an emphasis on fun and enjoyment. The study of ballet improves posture, general health and coordination whilst giving the opportunity to express and communicate through music and movement. **Required Attire:** Black leotard, pink tights, pink ballet shoes, hair pulled back into bun

- Skills to Master:
 - Demi & Grande plie
 - Tendu & Degage
 - Passe
 - Releve
 - Chaine
 - Saute in 1st & 2nd position
 - Changements
 - Ballet runs

BALLET LEVEL I

Suitable for students ages 8 and older with little or no previous experience in classical ballet, this class introduces the basics of ballet technique with an emphasis on fun and enjoyment. The study of ballet improves posture, general health and coordination whilst giving the opportunity to express and communicate through music and movement.

Required Attire: Black leotard, pink tights, pink ballet shoes, hair pulled back into bun.

- *Prerequisites: none*
- Skills to Master:
 - Demi & Grande plie
 - Tendu & Degage
 - Passe
 - Releve
 - Chaine
 - Saute in 1st & 2nd position



- Changements
- Ballet runs

BALLET LEVEL II

Suitable for students with previous experience in classical ballet, this class works off of the basics of ballet technique, and applying that to learning new movements. The study of ballet improves posture, general health and coordination whilst giving the opportunity to express and communicate through music and movement. Students in this class develop detail, excellent placement, discipline, and strength. Focus will mainly be on technique at barre and center. **Required Attire:** Black leotard, pink tights, pink ballet shoes, hair pulled back into bun

- *Prerequisites: Demi & Grande plie, Tendu & Degage, Passe, Releve, Chaine, Saute in 1st & 2nd position, Changements, Ballet runs*
- Skills to master:
 - Rond de jambe
 - Fondu
 - Grand battement
 - Develop
 - Frappe
 - Pique arabesque
 - Single en dehors pirouette
 - Pique turn
 - Glissade, Jete, Assemble, Pas de chat
 - Sodisha & Grand jete

BALLET LEVEL III

Suitable for students with previous experience in classical ballet, this class works off of the basics of ballet technique, while adding epaulement and character to one's dancing. The study of ballet improves posture, general health and coordination whilst giving the opportunity to express and communicate through music and movement.

Students in this class develop detail, excellent placement, discipline, and strength.

Focus will mainly be on technique at barre and center. **Required Attire:** Black leotard, pink tights, pink ballet shoes, hair pulled back into bun

- *Prerequisites: Rond de jambe, Fondu, Grand battement, Develop, Frappe, Pique arabesque, Single en dehors pirouette, Pique turn, Glissade, Jete, Assemble, Pas de chat, Sodisha & Grand jete*
- Skills to master:
 - Rond de jambe en l'air



- Grande rond de jambe
- Attitude & arabesque balance
- Double en dehors pirouette
- En dedans pirouette
- Attitude turn
- Entre quatre, royale, small jumps with beats
- Coupe jete turn
- Tour jete
- Fouette turns



HIP HOP CLASSES

HIP HOP LEVEL I/II

Suitable for students ages 8 years and older with little or no previous experience of hip hop. An introduction to Hip Hop with beginning development of hip hop concepts including rhythm, coordination, spatial awareness and a specific focus on class etiquette. Students will learn how to demonstrate isolations with quick tempo beats and keep their center of gravity down, instead of up. Students will learn the proper execution of popular dance fads and introductory movement vocabulary. Tennis shoes required.

- Skills to Master:
 - Eagerness to dance!
 - Learn to count/understand music
 - Rhythm
 - Use of plie
 - Current Dance Fads
 - Grapevines
 - Step Claps
 - Beginning Tricks

HIP HOP LEVEL II/III

Suitable for students ages 11 and older with previous experience in hip hop. Permission from the instructor to participate in the class is required. Focus is on the latest street styles of hip hop, including break-dancing, pop, & funk. Dancers are encouraged to push themselves to explore new movements and to understand the elements of choreography, music, and performance. Tennis shoes required.

- *Prerequisites: Count/understand music, Rhythm, Use of plie, Current Dance Fads, Grapevines, Step Claps, Beginning Tricks*
- Skills to Master:
 - Safely perform tricks
 - Must perform at stylistic level



TAP CLASSES

INTRO TAP

Suitable for students ages 5-8 years old with little or no previous experience of tap. This class introduces the basics of tap and rhythm. Tap is a traditional style of dance using the shoes with metal plates on the bottom striking the floor, creating rhythmic choreography. Tap focuses a lot on musicality and percussion. Tap Shoes are required.

- *Prerequisites: none*
- Skills to Master:
 - Execute and understand the difference between a flap, slap and shuffle
 - Execute and understand the difference between step, stamp and stomp
 - Execute and understand the difference between heel digs and heel drops, toe taps and toe drops
 - Cramp Rolls
 - Basic 4 Point Riff
 - Basic Paradiddle
 - Maxi-Ford & Buffalo

TAP LEVEL I

Suitable for students ages 8 years and older with little or no previous experience of tap. This class introduces the basics of tap and rhythm. Tap is a traditional style of dance using the shoes with metal plates on the bottom striking the floor, creating rhythmic choreography. Tap focuses a lot on musicality and percussion. Tap Shoes are required.

- *Prerequisites: none*
- Skills to Master:
 - Counting and Rhythm exercises
 - Single & Double Time Steps
 - Cramp rolls
 - Maxi-Ford & Buffalo
 - Basic 5, 6 and 7 point riffs
 - Single Pull Backs
 - Basic Paradiddle
 - Paddle
 - Front and Back Essence



TAP LEVEL II

Suitable for students ages 8 years and older with intermediate experience of tap. This class advances on the basics of tap and rhythm. Tap Shoes are required.

- *Prerequisites: Counting and Rhythm exercises, Single & Double Time Steps, Cramp rolls, Maxi-Ford & Buffalo, Basic 5, 6 and 7 point riffs, Single Pull Backs , Basic Paradiddle, Paddle, Front and Back Essence*
- Skills to Master:
 - Intricate Tap Combinations
 - Triple Time Steps
 - Wings
 - Double Pull Backs & Pick Ups
 - Toe Stands
 - Bombershay
 - Cramp Roll Turns
 - Maxi-Ford Turns
 - Paddle Turns



ACRO CLASSES

ACRO LEVEL I

This class is for students with basic or no previous knowledge/skill in acrobatics. Students will learn basic body awareness and build strength required for acrobatics. Along with learning basic skill concepts, the student will learn how to execute those skills safely and with good form. Required Attire: hair pulled back out of face, form fitting clothes that will remain in place when flipping upside down, clothes that have the ability to stretch, bare feet.

- *Prerequisites: none*
- Skills to Master:
 - Bridge
 - Cartwheel
 - Handstand
 - Round-off
 - Forward roll
 - Back-bend & kickover
 - Handstand bridge
 - Handstand roll
 - Head stand
 - Handstand walks
 - Front limber (handstand, stand up out of the bridge)
 - Basic partner and group stunts requiring core, arm, and leg strength, body awareness, and teamwork.

ACRO LEVEL II

This class is for students who have participated in level I Acro and/or are able to execute those skills safely. Students will learn the concept of and how to execute more advanced acrobatic skills along with proper technique. Required Attire: hair pulled back out of face, form fitting clothes that will remain in place when flipping upside down, clothes that have the ability to stretch, bare feet.

- *Prerequisites: Forward roll, Handstand, Cartwheel, Round-off, Bridge, Handstand roll, Handstand bridge, Backbend kickover*
- Skills to Master:
 - Front limber & front walkover



- Back walkover & back walkover variations (switch leg, to handstand, to splits, to stomach, etc.)
- Handstand pirouette
- Aerial/concept of an Aerial
- Back handspring & back handspring step out
- Front handspring
- Dive roll
- Handstand forward roll tuck up, straddle up, and pike up
- Headstand & headstand variations
- Intermediate partner and group stunts requiring flexibility, strength, body awareness, and the concept of skills such as handstand, back walkover, front walkover, and back tuck.

ACRO LEVEL III

This class is for students who have participated in level I/II Acro and/or are able to execute those skills safely. Students will learn how to do advanced acrobatic skills as well as proper technique and form. Required Attire: hair pulled back out of face, form fitting clothes that will remain in place when flipping upside down, clothes that have the ability to stretch, bare feet.

- *Prerequisites: Front limber, Back walkover, Aerial, Back handspring/back handspring step out with light spot, Concept of a front handspring*
- Skills to Master:
 - Aerial/aerial variations
 - Front aerial
 - Back handspring series
 - Round off back handspring
 - Cartwheel back handspring step out
 - Valdez
 - Advanced partner and group stunts requiring flexibility, balance, strength, and ability to execute Level I & II stunts safely.



LEAPS, EXTENSIONS, & TURNS

LET LEVEL I

Suitable for students ages 9 years and older with little or no previous experience of ballet or jazz. This class introduces the basics of ballet and jazz technique with an emphasis on fun and enjoyment. The study of ballet and jazz improves posture, general health, and co-ordination whilst giving the opportunity to express and communicate through music and movement. Jazz shoes required.

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 - Coupé Pirouettes
 - Tilt kick
 - Leg holds
 - Needles
 - Leg Hold Turns



- A la seconde Turns
- Toe Rise
- Calypso
- Switch Leaps
- Illusions

LET LEVEL III

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 - Turning Second Jump
 - Oversplits