



2022-2023 School Year

## INTRODUCTION TO DANCE

Intro to Dance A/B: 3-4 year olds Thursday 4:30-5:30 pm

Intro to Dance B/C: 4-6 year olds Monday 4:30- 5:30 pm

Intro to Dance A/ B /C combined: 3-6 year olds Wednesday 4:00-5:00 pm

This one-hour class meets once a week. You may take one, two or three classes weekly.

A combination of ballet, creative movement and tap. We introduce the fundamentals of dance to our youngest dancers in engaging, creative and imaginative ways.

**Leotard:** Eurotard 10527c in Lilac

**Footed Tights:** Bloch (Endura) T0981G in Pink

**Ballet Shoes:** So Danca SD16 in Light Pink

**BOYS:** White T-Shirt, tucked in, black shorts, white socks, black ballet shoes. Shorts should be replaced by black tights at the upper levels.

## BALLET 1 & 2 Combined

Monday 5:00- 6:00 pm

Wednesday 5:00-6:00 pm

7-8 year olds, and beginning 9-10 year olds

This one-hour class meets once a week. You may take one, or both classes weekly.

Age appropriate barre exercises are introduced, with the focus on proper posture, alignment, and technique. Stretching exercises help dancers continue to improve their flexibility. New steps in center are introduced. This class includes gentle stretching and ballet steps are put together to form choreography.

**Leotard:** Eurotard 10527c in Navy

**Footed Tights:** Bloch (Endura) T0981G in Pink

**Ballet Shoes:** So Danca SD16 in Light Pink

**BOYS:** White T-Shirt, tucked in, black shorts, white socks, black ballet shoes. Shorts should be replaced by black tights at the upper levels.

## BALLET 3

Monday and Wednesday 6:00-7:00 pm

9 year olds with ballet experience and beginning 10-12 year olds

Age appropriate barre exercises with the focus on proper posture, alignment, and technique. Stretching exercises help dancers continue to improve their flexibility. New steps in center are introduced. This class meets twice a week during the school year. Additional classes are available for more serious students.

**Leotard:** Eurotard 10527c in Forest

**Footed Tights:** Bloch (Endura) T0981G in Pink Child or T0920L in Pink Adult

**Ballet Shoes:** So Danca SD16 in Light Pink



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## BALLET 4

Monday 5:30-7:00 pm (combined with Ballet 5)

Tuesday 5:30-7:00 pm

Thursday 5:30-7:00 pm

An Intermediate level ballet class for 10-11 year olds with ballet experience and older beginners.

Enrollment in this class is by audition only. This class meets three times a week. Minimum enrollment is twice a week and participation in recital requires attendance in the Thursday class. Additional classes are available for more serious students.

**Leotard:** Eurotard 10527c in Burgundy

**Convertible Tights:** Bloch (Adaptatoo) T0935L in Pink

**Ballet Shoes:** So Danca SD16 in Light Pink

**BOYS:** White T-Shirt, tucked in, black shorts, white socks, black ballet shoes. Shorts should be replaced by black tights at the upper levels.

## Beginner Pointe

Tuesday and Thursday 7:00-7:30 pm

This class is by invitation only for those students deemed by the instructor as ready for pointe work.

## BALLET 5

Monday 5:30- 7:00 pm (combined with Ballet 4)

Tuesday 5:30- 7:30 pm

Thursday 5:30-7:30 pm

Saturday 9:00-10:30 am (combined with Ballet 6)

Enrollment in this class is by audition only. This Intermediate/ Advanced class for ages 12 and up meets three times a week. Minimum enrollment is twice a week and participation in recital requires attendance in the Tuesday class.

Additional classes are available for more serious students.

**Leotard:** Eurotard 10527c in Black

**Convertible Tights:** Bloch (Adaptatoo) T0935L in Pink

**Ballet Shoes:** So Danca SD16 in Light Pink

**BOYS:** White T-Shirt, tucked in, black shorts, white socks, black ballet shoes. Shorts should be replaced by black tights at the upper levels.



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## BALLET 6

Monday 7:00-9:00 pm

Wednesday 7:00-9:00 pm

Thursday 7:30-9:00 pm

Saturday 9:00-10:30 am (combined with Ballet 5)

Enrollment in this class is by audition only. This Intermediate/ Advanced/ Pre-Professional class for ages 14 and up meets three times a week. Minimum enrollment is twice a week. Additional classes are available for more serious students.

**Leotard:** any style or color BALLETT leotard.

**Convertible Tights:** Bloch (Adaptatoo) T0935L in Pink. Shoes at this level are pointe, or de-shanked pointe shoes.

**NO:** booty shorts, black tights, leg warmers (except over injuries). Warm-ups may only be worn until you are warmed up.

**Ballet 6 BOYS:** White T-Shirt, tucked in, black shorts, white socks, black ballet shoes. Shorts should be replaced by black tights at the upper levels.

## Progressing Ballet Technique

Tuesday 5:00- 5:30 pm

Required equipment: Exercise ball of appropriate size for height, Yoga mat, 7-10" diameter ball.

## CONTEMPORARY

Contemporary A: 7-10 yr Monday 7:00-8:00 pm

Contemporary B: 9-12 yr Thursday 7:30-8:30 pm

Contemporary C: 12 and up Wednesday 6:00-7:00 pm

ages 7 and up A fusion of modern/ lyrical/ jazz and ballet. Ages are guidelines only. Placement is by skill level as assessed by the instructor. Please consult with the teacher regarding her preferences on dress code.

## Jazz

Wednesday 6:00-7:00 pm

A class for ages 12 and up that will focus on jazz technique, style, and performance quality. This class teaches Jazz dance combining techniques of classical ballet and modern dance with current forms of popular dance. Classes include warm up, isolations, stretches, across the floor progressions, and choreography combinations. Please consult with the teacher regarding her preferences on dress code.