

# CLASS DESCRIPTIONS & DANCE ATTIRE

## *First Steps Music & Movement* ~ 3 to 4 years old (8 week Sessional)

This is where it all begins!! Skills are introduced in their most basic form, which helps build a solid foundation helpful in future dance study. Concentration is on developmental skills needed to execute primary dance steps. While this class is gently structured for the younger students, it focuses mainly on building gross and fine motor skills, coordination, while encouraging creativeness and imagination. Maintaining a structure of Basic Ballet, the class will also occasionally venture into the world of treasure box dress up. Children must be 3 yrs. old by the start of the class.

### **ATTIRE:**

- ~comfortable clothing the child can move in
- ~bare feet
- ~proper attire will be discussed at registration

## *Dance, Dream & Discover* ~ 4 to 5 years old (30 minute class)

This class is a continuation of First Steps Music & Movement with more emphasis on understanding the basic concepts of classical Ballet. Students are introduced to the positions of the feet and arms while touching on basic Ballet vocabulary. The instructor will introduce basic level combinations and exercises, while using simple props to promote creativity and artistic expression.

### **ATTIRE:**

- ~any color and style of bodysuit
- ~pink seamless tights
- ~pink leather Ballet slippers
- ~any color of Ballet skirt is allowed in class but not required

## *Tip-ity Tap-ity Toes* ~ 5 to 6 years old (30 minute class)

This is a very noisy class that any child will thoroughly enjoy!! Students will learn the basics of Tap dancing as the instructor introduces basic Tap terminology, steps and counting. This class is intended for learning rhythm, balance, and coordination; as well as learning simple, age appropriate dance combinations. This fun-filled class is great for both boys and girls.

### **ATTIRE:**

- ~any color or style, cotton/lycra bodysuit
- ~pink seamless tights
- ~black patent Tap shoes with elastic ties (not ribbon) & Tele-tone taps

## *Ballet* ~ 6 years old to adult

Ballet is the foundation of all dance styles and is recommended for all dancers. Ballet classes will utilize the Royal Academy of Dance's method of Ballet. The R.A.D. is a set syllabus of work based on classical technique and free movement; the structure and discipline in these classes allows students to develop in areas that are necessary for all dance forms. Students are educated throughout their lessons as to muscle strength, grace, posture, expression and the beauty of the art of dance. Some free movement and character will be introduced throughout the year.

### **ATTIRE:**

- ~black or navy tank-style, cotton/lycra bodysuit
- ~pink seamless tights
- ~pink split-sole Ballet slippers

## **JAZZ** ~ 6 years to adult

Jazz dance incorporates stylized dance moves and dynamic steps such as jumps, turns, and kicks. Jazz is a very high-energy class that teaches students essential dance skills including body coordination, flexibility and self-expression. As students emerge as dancers, Ballet technique becomes an important supplement to Jazz training.

### **ATTIRE:**

- ~any color or style cotton/lycra bodysuit
- ~form fitting athletic style pants
- ~black leather, seamless preferred, split-sole Jazz oxfords

## **TAP ~ 6 years old to adult**

This is a fun, popular class for dancers; boys, girls or adults!! It's like drumming with your feet. Tap dancing is an energetic dance style where students learn rhythm, style and technique through percussive footwork. Tap develops strong coordination and a sense of timing and musicality.

### **ATTIRE:**

- ~any color or style cotton/lycra bodysuit
- ~form fitting athletic style pants
- ~consult dance teacher before purchasing Tap shoes.

## **Hip Hop ~ 6 years & up**

A funky dance class filled with the latest popular dance steps and music. Hip Hop is an umbrella term as there are many styles and techniques of Hip Hop such as locking, funk, krump, house, and whacking. Students will get a taste of several styles and be able to use basic steps to create explosive Hip Hop moves and find their own unique style as a Hip Hop dancer. All these elements make the dance exciting, energetic and inspiring.

### **ATTIRE:**

- ~anything that is comfortable but not restricting
- ~sweats and baggy t-shirts are suitable
- ~absolutely no jeans are allowed
- ~clean indoor running shoes

## **Boys Only Hip Hop ~ 6 years & up (This class maybe sessional)**

B-Boy takes street moves to the dance floor with a positive influence and flavor. B-Boy is a style of dance commonly known as "break dancing" where most of the steps are done on the floor using a combination of upper body strength and lower body agility. This class will work on top rock and transitioning to the floor, as well as strengthening upper body and core to prepare students for down rock (floor work), freezes, and power moves.

### **ATTIRE:**

- ~anything that is comfortable but not restricting
- ~sweats and baggy t-shirts are suitable
- ~absolutely no jeans are allowed
- ~clean indoor running shoes

## *Lyrical* ~ 10 years & up

Lyrical combines the best of Ballet with the raw energy of Jazz and a dash of modern. It is one of the most expressive forms of dance. It requires excellent technique to perform, as the moves are often difficult and precise. The goal is to help dancers learn to convey the emotions of a song by making them aware of their facial expressions, and body movements. In order to take Lyrical, dancers must have at least one year of Ballet or Jazz experience and be concurrently enrolled in either.

### **ATTIRE:**

- ~any color or style cotton/lycra bodysuit
- ~form fitting athletic style pants
- ~black leather, seamless preferred, split-sole Jazz oxfords

## **Contemporary ~ 11 years & up**

Contemporary is a freer, more expressive and grounded style of movement that uses proper technique to its advantage. This class lifts the restriction from Ballet and has its own technique within it. Contemporary explores the possibilities of human movement and the use of space; up-down, left-right, contraction-release, fall-recover; strengthening the dancer both mentally and physically. The students will be taught to express emotion physically through dance.

### **ATTIRE:**

- ~any color or style cotton/lycra bodysuit
- ~form fitting athletic style pants
- ~bare feet

## **Song & Dance ~ 8 years & up (This class may be a sessional)**

Welcome to Broadway!! This class incorporates basic dance techniques, with the excitement of singing, acting and dancing. Song & Dance will enhance the stage presence of the dancers and contribute greatly to a well-rounded, multi-disciplined performer.

### **ATTIRE:**

~comfortable clothing that allows for free movement (no jeans or running shoes)

~Ballet, Jazz or gymnastics slipper

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### **Girls'/Ladies' Dance Attire:**

Proper dancewear is required every week. We have a dress code in place for each discipline. This enables your instructors to see bodylines and posture; therefore they can make proper corrections to all students. All dancers are expected to have the required attire by the 1<sup>st</sup> week in October. Inappropriate attire or hair may result in the student being asked to sit out of class.

### **Boys' Dance Attire:**

Black shorts or pants, white T-shirt or tank. Discuss footwear requirements with instructor.

### **Hair & Jewellery**

Hair must be up and away from the face., which allows the dancer to have a clear view of others in the room to ensure safe execution of movements. Ballet students must have a bun. Short hair must be kept off the face by a headband or barrettes. Longer hair must be in a ponytail. Jewellery is not permitted in class.

### **Behaviour Policy and Etiquette:**

- No cell phones in class
- No gum
- Zero tolerance for bullying.

**Move Yourself Dance instructors are passionate about maintaining positive attitudes and behaviour while encouraging healthy self-esteem. Negative comments and behaviour toward self, peers and instructors will not be tolerated.**