



• CLASS DESCRIPTIONS •

CHILDREN'S PROGRAM

BUSY BEE's (Pre-Dance; 2 – 3yrs):

This class is built on the idea of creative movement with basic ballet, tap, or jazz moves introduced in "fun way". Students will learn the discipline of staying in line and working together as groups, as well as developing the patience for "take your turn time" each week. Dancers will also begin to learn correct terminology of the steps and be encouraged to practice at home. Classes focus on building the students attention span and motor skills as we begin to practice new steps and combinations! Skills for balance and coordination will be our focus while building self-esteem and confidence.

* *Busy Bee* evaluations will depend upon the child's age, ability, and attention span.

BORN TO DANCE (4 - 6yrs):

Classes combine the basics: Ballet, Tap, Creative Movement and Music all into one. Young dancers between the ages of 4 and 6 years may be new to the dance world and are usually placed into this level of dance to give them a taste for different types of movement, music, and dance. Born To Dance classes involve imaginary scenarios, dance games and props to keep the attention of young students while supplying them with the necessary tools to love dance for a lifetime.

* *Born To Dance* evaluations will depend upon the child's age, ability and attention span.

B BOOGIE: (4 – 6yrs.)

Beginning Jazz & Hip-Hop Combo Class! This class is for the youngest of dancers who enjoy moving and grooving to the sound of the beat! Students are introduced to rhythm, energy, & the fundamentals of Jazz as well as fundamental Hip Hop moves including basic body isolations, precision, footwork, performance quality and creative choreography. for the first time! Your little B Boogie Dancer will amaze you with their newfound confidence and fancy dance moves!

DANCIN' FEET (6 – 8yrs.):

"Dancin' Feet" further instructs student's in stretching techniques, positions and terminology of ballet through the use of music and choreography. Dancers between the ages of 6 and 8 years old are taught to refine coordination and practice motor skills, body control and gain self confidence while preparing for the next level. They begin to think of themselves as dancers...and they near burst with the pride of it! These students blossom right before your eyes and they have fun along the way. This class is a prerequisite to Ballet 1 and Tap 1.

* *Dancin' Feet* evaluations will depend upon the child's age, ability and attention span.

B JAZZY (6 – 8yrs.):

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Beginning Jazz! "B Jazzy" students are introduced to rhythm, energy, & the fundamentals of Jazz for the first time! Students love the freedom, creativity, & sass that Strut's B Jazzy program offers. No doubt about it... your little dancer will be STRUTTING their stuff home after every class!

B BOP (6 - 8yrs):

Beginning Hip-Hop! "B Bop" students get their groove on through this popular urban style of dance! "B Boppers" learn fundamental Hip Hop moves including basic body isolations, precision, footwork, performance quality and creative choreography. Your little B Bopper will amaze you with their new innovative movement, confidence, and dance moves to today's most popular and age appropriate tunes!



RECREATIONAL CURRICULUM

BALLET:

A strong foundation in Ballet is important in the growth and development of other forms of dance such as Tap, Jazz and Hip Hop. Beginning levels teach discipline and exercises of Ballet with a fun and light approach. Dancers will be taught the appropriate positions, exercises and combinations for the barre and the center floor. Beautiful posture, flexibility, strength and grace are just a few of the wonderful benefits of Ballet.

Intermediate classes move in the direction of a more formal ballet class by adding such classical elements as adagio, petit allegro, pirouettes, grand allegro, and advanced port de bras and epaulement. Emphasizing the importance of form, musicality, and presence makes this class both challenging and rewarding. The feminine technique of Pointe work is introduced and intensified in each progressive level. The emphasis for young men is placed on jumps, "beats," and turns.

Building on concepts practiced in the Intermediate levels, the Advanced levels elevate experienced young dancers into a technically more demanding level that prepares them for professional training. Emphasis is placed on coordination, musicality, and technical proficiency as dancers learn how to execute ballet combinations and choreography both in the center and across the floor. Previous experience is necessary for admittance to this level. *While it is not required, Advanced students are encouraged to take class two or three times per week to achieve optimum results in their advancement.*

POINTE:

Pointe class may be taken by students who are not yet on Pointe to further develop and strengthen the muscles necessary to go on Pointe. Students who are on Pointe are encouraged to take at least two additional ballet classes per week. Readiness for Pointe work is determined by each student's strength and physical development, not by their age. The instructor will advise parents when a student has the necessary strength and maturity to go on Pointe. Pointe class may be taken only with the permission of the instructor.

TAP:

A stimulating rhythmic class, Tap teaches basic to advanced steps, turns, across the floor, choreography and combinations. Tap Dance, style of American theatrical dance, is distinguished by percussive footwork that marks out precise rhythmic patterns on the floor. Some descriptive step names are brush, flap, shuffle, ball change, and cramp roll. This is a fun class that promotes coordination and concentration.

JAZZ:

Jazz is a more free-formed style of dance than Ballet; Jazz will often include stretches, barre work and center floor combinations. Choreography will be taught throughout class as well as a more modernized style of movement. This class allows the student to explore an innovative side of dance development. Classes explore body isolations of the head, shoulders, ribcage, feet and arms and encourage individual expression and the development of personal style. Jazz can be powerful and percussive or expressive and lyrical. Ever evolving, Jazz dance is taught with the music of today together with the classical Jazz of yesterday.

HIP HOP:

Hip Hop is a high energy, more modernized form of dance that uses the latest sounds in R&B, Rap, and Pop Music to provide its rhythm. Combining original choreography together with movements influenced by some of today's hottest video choreographers, Hip Hop is an urban, communicative dance medium – sometimes street – always exciting! Classes include stretches, body isolations, intricate foot and arm work, allowing for expressive movement while controlling the body for maximum intensity and inventive choreography. Students are encouraged to be creative and feel safe to be themselves.

BREAK DANCE:

Breakdancing, Breaking, B-Boying, or B-Girling is a popular style of street dance that was born and developed as part of hip-hop culture among African Americans and Latino youths in Bronx, New York in the 1970's. You will learn the history and origins of breaking, technique, top rocks, footwork, transitions, freezes and most importantly, how to rock a beat. As hip-hop dance, it is usually danced to hip hop music, and incorporates intricate body movements, strong acrobatic moves, coordination, style, spontaneity, and fashion. The dancers often participate in battles, formal or informal dance competitions between two or more individuals or dancing crews. If possible, bring knee pads, hats/beanies, elbow pads.



CONTEMPORARY:

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements. Strong technique is recommended for this class.

TURNS AND LEAPS:

This class focuses on the education and proper execution of turns and leaps and everything else that falls within those parameters. This class will begin with a nice thorough stretch before entering across the floor and center floor work for technique. Depending on the level, classes work on leaps, pirouettes, switch leap variations, rotating leap variations, leg strength, body flexibility, turning combinations, plus much more. S.P.A. offers a fast-paced class that is sure to get you to the next level. With our one-on-one training and attention to detail, any dancer in this class will learn new technical skills while having a blast.

DANCE ACROBATICS:

Acrobatic Dance, or "Acro," incorporates gymnast-like tumbling and flexibility skills with the beauty and execution of dance. Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Flexibility, contortion, balance, and tumbling skills are all incorporated into the structure of this dance class. Safety and proper form are of utmost importance in our acrobatic training program.

VINYASA YOGA:

A creative flow that keeps moving and will most likely make you sweat. This yoga class can be for beginners or slightly more challenging. Classes will push yogis to continue to develop strength, flexibility and skill level and is sure to leave you feeling energized and de-stressed. We focus on building a solid foundation for every student. Alignment and body positioning cues will always be provided by the teacher throughout this class as well as instruction on breathing and poses throughout the yoga class.