

CLASS DESCRIPTIONS ARE LISTED UNDER THE FOLLOWING HEADINGS:

ADULT BALLET/ADULT MODERN & HULA/FITNESS YOGA/
LITTLE TUTUS & KIDS/TEEN CLASSES/GRADED BALLET CLASSES

ADULT BALLET

SLOW BEGINNER: Learn the basics of ballet in this non-threatening class. Ballet barre, stretch and center work. Focus on alignment, musicality and the enjoyment of ballet.

BEGINNER (BEG.): Beginning level ballet class for dancers who have had some ballet experience or Slow Beginning for at least 6 months. Class continues focus on alignment and proper ballet technique, while incorporating more complex combinations and combining arm, head and leg movements.

INTERMEDIATE (INT.): Int. level Ballet open to teens–adults with at least 2 years of ballet training. Focus on alignment, strength and technique and more complex combinations in the center and across the floor. This class is an excellent workout with well planned choreography for developing strength and artistry.

INTERMEDIATE/ADVANCED (INT/ADV): Ballet for the experienced dancer. Incorporates complex musical and well choreographed combinations. Thorough barre work prepares the dancer for the demands of the center work and across the floor combinations.

ADULT MODERN & HULA

BEGINNING MODERN: Modern dance class inspired by the teaching and style of Garth Fagan (most widely known as the choreographer of the Broadway Production of the Lion King). Essential floor work, for centering and strengthening, followed by center exercises and across the floor choreography. A flowing, full and generous class, focused on proper movement technique for safety and efficiency. Encouraged for ballet students.

INTERMEDIATE MODERN: A modern dance class in the Hawkins style for dancers with training. Fall and release style is easy on the body and enjoyable to perform. Lovely choreography and

strengthening floor work, make this class a joy! Modern is encouraged for all ballet students.

MEN'S HULA/MALE HULA: Enjoy this fun class for men only! Learn strong, bold moves and the gracious storytelling aspects of Hawaiian dance. No previous dance experience required.

FITNESS & YOGA

DANCE FITNESS: AEROBICS TONE & STRETCH: Get in shape the dancers way, with this fun low-impact cardio, tone and stretch class for everyone. No previous ballet experience is required. Taught by certified aerobics instructor and personal trainer.

BALLET STRETCH & FITNESS: A gentle, low impact dance and exercise class, specifically geared toward improving posture and ease of movement for dance and everyday activities. Fun for all ages!

YOGA: Namaste! Have you tried yoga yet? Learn to quiet and refresh your mind, relieve stress and revitalize your energy. Yoga harmonizes, purifies, and strengthens the body, mind and soul. Transform your life! The possibilities are endless.

BALLET CONDITIONING/ YOGA & PILATES: Lengthen and strengthen core muscles for dance, sports and life. This class is specifically designed for dancers in Ballet III-IV to promote proper technique and injury prevention. This class is open to non-dancers looking for a great workout and adult dancers seeking to improve technique, range of motion and prevent injuries.

LITTLE TUTUS CLASSES & KIDS/TEEN CLASSES

TAP/JAZZ (ages 3-5): Introduction to tap/jazz dance and musicality through creative movement, nursery rhymes and age appropriate games. Beginning tap and choreography basics are introduced in this fun and imaginative dance class for kids. No previous dance experience required.

PRE-BALLET (ages 3-5): Introduction to ballet vocabulary, musicality and dance through creative movement, nursery rhymes and age appropriate games. Ballet basics are taught in this fun and imaginative class.

CREATIVE DANCE (ages 2-4): Introduction to creative movement and dance with parents and child(ren) through ballet, nursery rhymes and age appropriate games. Parent participation is not required, but encouraged.
(ages 3-5): Theme based creative movement for the young dancer. An eclectic mix of dance from different genres, including and introduction to ballet, modern dance, jazz, hip-hop and hula. This is the dance class portion of our “Fairy Tale Arts” and may be taken separately from the morning program.

FAIRY TALE ARTS: MUSIC, DANCE & ART: Introduction to the performing arts for the young artist. This class integrates the performing arts around a different magical theme each month as the class creates and learns relevant music, dance & art. Some themes include “Beauty & the Beast,” “Little Red Riding Hood” & “Cinderella.” Young artists will work hands on with teachers and professional artists, musicians, writers and dancers from our community and create their own fairy tales.

BEGINNING TAP & JAZZ (ages 6-9): Beginning tap for 6–9 year olds. Basic steps are introduced. Focus is on proper technique and fun. Steps learned will be translated into dances that will be worked on to better understand technique and add style and musicality.

MODERN DANCE (ages 10+): An introduction to Modern Dance intended for our Ballet III–IV students, but open to all dancers interested in learning Modern Dance and opening their mind to new ways of moving. Focus is on balance, freedom of movement, range of motion and creative expression through dance, all while learning to move the body safely and efficiently.

GRADED BALLET CLASSES

BALLET I-II: Beginning Ballet for ages 6–9. Focus on joy of dance and moving expression through concrete concepts, including vocabulary and ballet steps in the Vagonova syllabus level I–II.

BALLET II-III: Beginning Ballet for ages 8–14. Previous ballet training is helpful for this class. Focus on joy of learning ballet, while introducing vocabulary and ballet steps in the Vagonova syllabus level II–III. Focus on alignment and technique. For beginning level dancers desiring to attend 2x's/week for accelerated learning (in addition to Sat. Ballet I–II class or other comparable class).

BALLET III-IV: Int. level ballet for students with at least 3 years of classical ballet training. Focus on alignment, strength, artistry and technique in the Vaganova syllabus level III–IV. Dancers in this level are encouraged to attend at least 3 classes/week. By Director's/Instructor's permission only.

POINTE: Pointe class for Ballet III–IV. Dancers must attend at least 3 Ballet III–IV classes/week to attend. By Director's/Instructor's permission only.

ENSEMBLE BALLET I-II: Performance class for Ballet I–II. Rehearse and perform for community showcases, productions and events. Part of NorCal Dance Inc. Must attend at least one other ballet class during the week.

ENSEMBLE BALLET III-IV: Performance class for Ballet III–IV. Rehearse and perform for community showcases, productions and events. Part of NorCal Dance Inc. Dancers must attend at least three technique classes/week, pointe, pilates & modern to be a part of this elite group. Placement is by audition or Director's permission.