

# CLASS Descriptions

\*\*All classes (except Technique classes) perform in our December and June Dance Recitals

## 2 year old Intro to Dance

This class gives children a chance to explore dance while getting a feel for the structure of the classroom environment. Students will learn basic motor skills, ballet vocabulary and have a whole lot of fun! While mom or dad is allowed to come into class for a first few weeks, a strong focus will be on independence and preparing the little ones for the classes they will take down the road. A variety of props, activities, and songs will be used. This class runs for 30 minutes.

## 3-4 year old ballet/tap combo:

Dancers are given the opportunity to begin learning the basics of ballet and tap dance. The children will use creative movement to explore movement of the body, rhythm, and feelings, as well as learn basic ballet steps and tap steps to offer a foundation for the more advanced classes later on. Students will learn the rules of the dance studio which will assist in helping them build on the discipline they are learning at home. The class runs for a total of 45 minutes.

## 4-5 year old ballet/tap combo:

Dancers who are 4 years old and completed 3-4 year old combo or 5 year olds who are new to dance move on to more difficult skills in this class. Students continue to build upon the foundation they gained in their younger class and begin to learn more complex vocabulary words. The class runs for a total of 45 minutes.

## 5-6 year old ballet/tap combo:

The focus in this class is on learning the basic steps and technique of ballet and tap dance, and veers away from the creative movement that is explored in classes for younger children. Dancers will have fun while continuing to learn the dance discipline. Dancers are pushed to memorize their recital choreography to prepare them to move on to Level 1 dance classes. 7 year old beginner dancers may also find this class beneficial to learn the basics and vocabulary of ballet and tap before starting a Level 1 class. The length of this class is 50 minutes.

## 4-6 year old Hip Hop:

This class explores the basic movements of hip hop and jazz dance. In hip hop, the students focus on simple body isolations and practice skills used to strengthen coordination. This class is the perfect addition for a student already in a ballet/tap combo class! The length of this class is 45 minutes.

## Technique for crew:

This class is for dancers on the competitive dance team only. All competitive dancers need to be enrolled in a ballet or technique class in order to participate in the crews. Gym ballet counts towards the ballet technique requirement for competitive dancers.

## Ballet 1:

Ballet is the foundation to all dance! Ballet 1 is appropriate for children ages 7+, who have had ballet experience and for ages 8+ who are beginner ballerinas. This class focuses on learning the basics of classical ballet and will assist dancers in building strength, flexibility, and technique. (If 7 years old with no experience in ballet then teacher approval is required or a combo class may be more appropriate) Class time is 55 minutes long.

## Ballet 2:

Ballet 2 is for intermediate ballet dancers who have previously trained in beginner ballet. Students will work on the barre as well as in centre to build on their technique. Various adagios will be used to develop power, a sense of line, balance, and poise which enables dancers to perform with grace. This class is 55 minutes long.

## Ballet 3:

Ballet 3 is reserved for our intermediate/advanced ballet dancers. Dancers must be previously trained in beginner and some intermediate ballet. Students will learn more advanced ballet moves as well as focus on perfecting their technique. Teacher approval is required. The length of this class is 55 minutes long.

### **Lyrical 1:**

Lyrical 1 is for dancers ages 8+, who have at least 1 year of ballet training. Lyrical is an expressive form of dance that involves technique similar to that of ballet. Lyrical also uses beginner jazz technique and the student may find it beneficial to enroll in a jazz class as well. This class runs for 55 minutes.

### **Lyrical 2:**

Lyrical 2 is for dancers ages 10+, who have at least 2 years of ballet training. In this level, more mature students are encouraged to explore more complex emotions and themes in their choreography. There is a strong foundation in ballet but dancers will integrate jazz technique to blend the two styles together. This class runs for 55 minutes.

### **Lyrical 3:**

Lyrical 3 is for intermediate/advanced dancers who have had at least 4 years of ballet training. A strong ballet foundation is needed with knowledge of jazz technique. Dancers are expected to be able to connect with different emotions in the music and possess a high level of musicality. This class runs for 55 minutes.

### **Lyrical Competitive Crews:**

Our Lyrical Ballet Crew is a competitive dance team that incorporates ballet, lyrical, and pre-pointe work. This class can be joined by teacher approval only. Open auditions are held in August of every year. This class runs for 55 minutes.

### **Tap 1:**

Tap 1 is appropriate for beginner tappers ages 7+ as well as tappers who have taken Gymcats combo classes or have basic tap experience. During class we will focus on teaching the basics of tap and will assist dancers in gaining the necessary building blocks for the more intermediate to advanced tap classes. This class runs for 55 minutes.

### **Tap 2:**

Tap 2 will continue to build on the technique and tap steps learned in Tap 1. Students will learn intermediate tap moves and rhythms. Advancement to Tap 2 requires teacher approval. This class runs for 55 minutes.

### **Tap 3:**

Tap 3 is a more intermediate to advanced tap class. Students should have intermediate tap experience for this class and teacher approval is required. This is a 55 minute class.

### **Tap Competitive Crews:**

The Tap Crews are reserved for Gymcats' most dedicated tappers. Students are given the opportunity to perform in local community events as well as competitions. Teacher appointment is required for this class. Open auditions are held sometime in August each year. Tap students will be placed in levels based on their abilities: Mini, Novice, Junior, Teen, or Senior. These classes run for 55 minutes.

### **Jazz 1:**

Jazz 1 is appropriate for beginner jazz dancers ages 7 and up. The focus is on building the basic skills necessary for traditional jazz dance, as well as building strength, flexibility, and technique. This class is for dancers ages 7 and up. Class time is 55 minutes.

### **Jazz 2:**

Jazz 2 focuses on continuing to build strength, flexibility, and technique; as well as advancing students to the next level of jazz. Students will continue to perfect the moves they learned in jazz 1 while also learning new intermediate level jazz moves. Advancement to Jazz 2 requires teacher approval. This class runs for 55 minutes.

### **Jazz 3:**

Jazz 3 is a more advanced level of jazz class. Students advance to Jazz 3 with teacher approval. Jazz 3 focuses on teaching advanced jazz moves as well as perfecting the technique that dancers have learned in Jazz 1 and 2. Class time is 55 minutes.

## **Jazz 4:**

Jazz 4 is reserved for our most advanced jazz dancers. Students advance to Jazz 4 with teacher approval. Jazz 4 focuses on teaching advanced jazz moves as well as perfecting the technique that dancers have learned in Jazz 1, 2 and 3. Class time is 55 minutes.

## **Jazz Competitive Crews:**

Jazz Crew is comprised of our most promising talent from ages 7 and up, who are serious about dance. This group will be attending local community performances as well as local dance competitions. Teacher approval is required and open auditions are held in August each year. Tap students will be placed in levels based on their abilities: Mini, Novice, Junior, Teen, or Senior. These classes run for 55 minutes.

## **Hip Hop 1:**

This class is for beginner dancers ages 6 and up who are interested in learning the basics of hip hop. They will explore old school hip hop styles as well as the current hip hop styles, as well as ground work and poppin'n lockin. Current as well as old school rap and pop music will be used to keep class fun and upbeat. This class runs for 55 minutes.

## **Hip Hop 2:**

Level 2 explores an intermediate level of hip hop dance including ground work and poppin'n lockin, old school and current styles. This class requires a basic understanding of hip hop and therefore requires teacher approval to enroll. Run time for this class is 55 minutes.

## **Hip Hop 3:**

Hip Hop level 3 is our most advanced level of hip hop dance and requires an understanding of the basics as well as intermediate levels. Teacher approval is required. This class runs for 55 minutes.

## **Hip Hop Competitive Crews:**

Hip hop crew is a competitive dance team and requires teacher approval to join. Open auditions are held in August each year. This class is reserved for the most dedicated dancers in the genre of hip hop. Dancers on this Crew will perform at local community performances as well as local dance competitions. This class is 55 minutes long.

## **4-6 yr old Acro:**

This class explores the basic movements acro dance. Dancers will begin strengthening their muscles and combining gymnastics tricks with dance skills. This class is the perfect addition for a student already in a ballet/tap combo class or a gymnastics class! The length of this class is 45 minutes.

## **Acro 1:**

Acro 1 is the perfect fit for children 7-9 years old who love gymnastics but want to get a feel for dance, or a dancer who wants to get a feel for gymnastics! Acro dance blends gymnastics tricks seamlessly with the grace of dance and can be seen in such performances as Cirque du Soleil. This class is 55 minutes long.

## **Acro 2:**

Acro 2 is for a dancer or gymnast who has had basic gymnastics training or students who have completed Acro 1. Students work on improving their flexibility, strength, and controlling their moves. Students joining Acro 2 are required to have a backhandspring or very close to having their backhandspring. This class is 55 minutes long.

## **Acro 3:**

Acro 3 is the next step for dancers after levels 1 and 2 have been completed. This class puts a higher emphasis on flexibility and contortion movement. Dancers at this level should have their back handspring, front handspring step out, aerial, be able to hold a handstand, and have significant control and flexibility in the back and torso. This class is 55 minutes long.

## **Acro Competitive Crews:**

Acro crew is a competitive dance team and requires teacher approval to join. Open auditions are held in August each year. This class is reserved for the most dedicated dancers who have gymnastics experience. Dancers on this Crew will perform at local community performances as well as local dance competitions. This class is 55 minutes long.