

## Class Descriptions:

\*\*Payment plans and scholarships available. Our tuition program was created to better support our organizational vision of accessibility of the arts for Santa Cruz youth.\*\*

### Little Movers (3-5 yrs)

#### **Creative Movement:**

This class is designed for beginning dancers, ranging in the ages between 3 and 5. Students enrolling in this class must be at least 3 years old and potty trained. Students will learn both the fundamentals of dance and movement encountered in any class. The instructor will also work with students' developing spatial awareness, coordination skills and concepts of left and right, locomotion and rhythm.

### Young Movers (5-8yrs)

#### **Pre-Ballet:**

Students will learn ballet basics and well as other dance fundamentals. Students will continue to develop their coordination skills, spatial awareness and concepts of left and right. New challenges will be given in regard to coordination. Students will work a lot on basic ballet technique as this supports a solid foundation for effective and joyful ballet training.

#### **Hip Hop:**

This is an up beat movement class is taught to hip hop music and explores the elements of rhythm, locomotor skills and creative movement.

#### **Jazz:**

For the dancer who has been in Creative Movement and/or wants to try the dance form of Jazz. Dancers will learn the basic steps of jazz dance with turns, kicks, and leap steps along with popular simple rhythm techniques and fun expression. We use fun, popular and age appropriate music.

# In-Between Movers (8-11yrs)

## **Ballet 1:**

In this class, students will be introduced to basic ballet fundamentals, including body alignment, vocabulary, and basic positions of the feet & arms. Our program puts strong emphasis on building a strong ballet foundation in an injury-free environment. This class was designed for 8-year olds that have taken Preballet for at least one full year or new students ages 9-11 years. Please see policies for dress code.

## **Ballet 2:**

Prerequisite- \* Two years previous ballet experience\*

In this class students will continue their development of ballet fundamentals, including body alignment and vocabulary. The class will focus on barre work, petit allegro (small jumps), beginning pirouettes, and grand allegro (large movements across the floor). Classical ballet musicality, artistry, and etiquette will be integrated into the classes as well. Our program puts strong emphasis on building a strong ballet foundation in an injury-free environment. Please see policies page for dress code.

## **Contemporary/Jazz 1:**

Contemporary/Jazz emphasizes athletic movement, full use of the body, expansive use of space, alignment, articulation of the joints and muscles, momentum, weight and gesture. Each student is encouraged to move with maximum joy and expression. Contemporary classes are challenging, inspiring and tremendously fun. No Previous Contemporary Required. Concurrent enrollment in Ballet recommended.

## **Contemporary/Jazz 2:**

Prerequisite - \*One Year of Previous Contemporary Required\* Contemporary/Jazz emphasizes athletic movement, full use of the body, expansive use of space, alignment, articulation of the joints and muscles, momentum, weight and gesture. Each student is encouraged to move with maximum joy and expression. Contemporary classes are challenging, inspiring and tremendously fun. Concurrent enrollment in Ballet recommended.

**Hip Hop:**

Highly energetic and fun. Hip Hop is a mix of street dance foundations including hip-hop, house dance, and locking with a pop influence. The result is a musically diverse class designed to improve the dancer's body control--no matter what their dance level. No experience necessary.

## Teen Movers (12-17yrs)

**Teen Basics:**

This is a class created to introduce students 12-17 yrs to basic dance technique. 45 minutes of the class will be delegated to ballet and the other 45 minutes to Contemporary/Jazz dance. No prior dance experience required.

**Teen Ballet 3:**

Prerequisite- \*Three years of previous ballet experience\* This intermediate level class will include barre work, adagio (slow, sustained movements), pirouettes, petit allegro (small jumps), and grand allegro (large movements across the floor). Classes will be challenging and new vocabulary will be added throughout the semester. Classical ballet musicality, artistry, and etiquette will be integrated into the classes as well. Our program puts strong emphasis on building a strong ballet foundation in an injury-free environment. Please see policies page for dress code.

**Contemporary/Jazz 1:**

This class is designed for newer dancers ages 12-17 yrs. Students with less than 2-3 years Jazz or Contemporary experience are encouraged to enroll. Contemporary/Jazz emphasizes athletic movement, full use of the body, expansive use of space, alignment, articulation of the joints and muscles, momentum, weight and gesture. Each student is encouraged to move with maximum joy and expression. Contemporary classes are challenging, inspiring and tremendously fun. Concurrent enrollment in Ballet recommended.

### **Contemporary/Modern 2:**

\*One-two full years of Contemporary required\* Contemporary/Modern emphasizes athletic movement, strength, full use of the body, expansive use of space, alignment, articulation of the joints and muscles, momentum, weight and gesture. Each student is encouraged to move with maximum joy and expression. Contemporary classes are challenging, inspiring and tremendously fun. Concurrent enrollment in Ballet recommended.

### **Contemporary/Modern 3:**

\*Three Years prior dance experience required for level 3\* Contemporary/Modern emphasizes athletic movement, strength, full use of the body, expansive use of space, alignment, articulation of the joints and muscles, momentum, weight and gesture. Each student is encouraged to move with maximum joy and expression. Contemporary classes are challenging, inspiring and tremendously fun. Concurrent enrollment in Ballet recommended.

### **Hip Hop/Funk:**

This class is a fusion of jazz and hip-hop dance. The class includes a thorough warm-up, comprising cardio, stretching, strengthening and conditioning. Students will also learn basic progressions and combinations across the floor, becoming more detailed and difficult as they hone their skills. Choreography will include many of the skills practiced during warm-up and in their progressions, their level of dance will also prepare them for fun, new challenges. No prior dance experience required.

### **Street Jazz:**

Using elements of hip-hop, jazz and contemporary, this class focuses on introducing versatility dancers at all levels. The warm up begins with a full body workout to create a stronger body, increase flexibility and fine tune technique. Students will be introduced to diverse choreography to challenge individuality and improve skills.

### **Company Class:**

Performance and pre professional development. Invitation Only. Please contact the studio.