

# Danz501 Classes and Descriptions 2020-2021

\*Please note Danz501 reserves the right to make changes at any time as we see fit\*  
(Due to Covid-19 some classes have been added, subtracted or changed to help us with class sizes)

Our 2020-2021 goal is to continue our creative, super fun studio atmosphere and also to incorporate a more Technical structure in the safety of our classrooms. (See our new Covid-19 policy) Over the next few years we are gradually going to create specific goals that each students needs to meet before they can move up to a higher level or class. These will be class specific goals. (Example: double pirouette, chaine turn, front hand spring landing up on two feet, etc.) We are looking for clean precise movements and tricks. We are going to push each class to be their very best while still having lots of fun. We want every child to feel like they are important and to know how much Danz501 and all of its staff cares and wants them to succeed! :) Creating classes with similar abilities, work habits and goals will create a better classroom experience and promote learning. This will make for happy students, happy parents and happy staff! :) Classes will be divided based upon ability rather than age. Thanks - Danz501

## **New: Tiny Combo Level 1, 2** – 45 minutes weekly - Ages 3 and 4 (for our students not yet in Kindergarten)

This class is now a combo dance and tumbling class. To keep kids learning and active, they will learn both the fundamentals and basics skills of tumbling and dance during the year. Students should come to class ready to learn tumbling skills from September-December. (No shoes are needed for this portion of the class.) During this time we will also work on a short tumbling routine that will show their skills. Starting in January of 2021 girls will need to bring pink ballet shoes to classes. Boys will need to wear a pair of black ballet or black jazz shoes. After the first of the year we will review our tumbling routine and also begin to work on our dance skills learning another short second dance routine. Students will have one costume that they will wear during both routines (one tumbling, and one dance) at our yearly recital. Students in these classes will only perform at our Friday and Saturday recital shows. Any kind of dance/active wear is acceptable (see dress code). Students with long hair must have it up. Students must be potty trained and be willing to be in a classroom without mom or dad after the first couple of weeks. This class is very fun and builds skills with each level!! :) Classes for this age are held on a Monday-Thursday any time from 5:00-7:00 pm. Once registration has been paid and form completed, your child's class day and time will be text to you on August 20th. Classes will begin the week of September 13, 2020.

## **Tumbling** – 45 minutes weekly - Ages 5-19 (Meant for ages Kindergarten and up or approved by teacher).

This class teaches the basic and advanced skills of floor tumbling. Students are divided by skill level. Any kind of dance wear is acceptable (see dress code). Hair must be up. No jewelry. No shoes needed. Do not wear socks. Students will master new skills for half of the year and incorporate those skills into a routine during the second half of the year. Most classes will perform in all three shows at recital. Classes that will not perform all three shows will be notified. Students in this class will have one costume.

**NEW: Anyone wanting to take a tumbling class this year must come to our studio skills testing time the first week in August so we can evaluate student skills prior to making our schedules. (Watch Facebook for details) Skill charts will now be kept this for all students. Kids will re-test during their regular weekly class every 4-5 weeks though January 15th (until we start our class routine). Kids will move up to the next level if they test out of a class.**

**Level I:** Introductory level class that will build tumbling skills and knowledge of the basics. Students will learn skills including a baby bridge, forward pike roll, pre-cartwheel, somersault, straddle, tuck jumps, and more. (Recommended for ages 5 & 6 or beginner tumblers).

**Level II:** This class will cover somersault variations, right & left cartwheels, knee cartwheels, handstand, elbow handstand, bridge kick-over, bridge straight legs feet together, back-bend from standing up, round off, back-bend stand up.

**Level III:** The next progression of tumbling focuses on back-bend kick-over, chest stand, handstand tuck and roll, handstand to back-bend, forearm stand, fish-flop, front walk over, back walkover, switch leg back walkover, switch leg front walkover, front hand spring, the introduction of an Arabian limber, headstand variations, some partner or group tumbling stunts, and more.

**Level IV:** Students will learn how to execute one handed front walk-over, one handed back walk-over, standing tuck, front punch, gators, front aerial, back hand spring, Arabian limber, headstand variations, (no spot) round off back hand spring, back hand spring step out, press hand stands, walking on hands, spider, connections (ex: cartwheel back walk-over back hand spring step out), some partner or group tumbling stunts. Highest level class will have no spots.

### **New: Open Gym Performance Class** - 45 minutes weekly -

(This class can NOT be taken if you are already taking a tumbling class at our studio)

This class is meant for students whose regular studio class time does not work for them or for students who prefer a more open gym type setting of class. This class will be divided by number of kids, not always by ability. This class will be run similar to Tina's open gym class. Students will be stretched by our teachers. Teachers will help kids practice individual skills for the entire year. Kids will be able to work at their own level and pace. (Teachers are there to help, but students must also be self motivated.) Class will meet weekly like all of our other classes. This group will perform at recital and will have one costume. This class is different as they will not learn a "regular" recital routine, but instead will showcase their individual skills they have learned during the year. Skills will be organized and music will be played during their performance. Note that you can choose to NOT perform at our show, but only attending class for the year. You must tell Colleen or Tina if you are performing at recital by November 1st when costume payments are due.

### **Tina's Open Gym** - 45 minutes TBD -

This is an add-on practice available only for kids who are already taking tumbling or dance classes. This class is only offered certain times of the year per Tina and will be posted on facebook. It is not meant to be a class, but instead extra practice time. Watch our Facebook page for more information. Cost of this class is paid weekly directly to Tina.

### **Ballet/Lyrical/Jazz Combo Class** - 45 minutes weekly - Ages 5 & Up. (Kindergarten and older)

(Approved ballet class for our younger competition kids)

This class features both ballet lyrical and jazz styles and technique.

Ballet training is the foundation for all forms of dance. Ballet training provides a solid technical preparation for all other styles of dance. This beautiful form of dance provides individuals with confidence, poise, strength, flexibility, and discipline. We recommend that students serious about their dance future enroll in Ballet class. Jazz, like all dance, stems from the basic techniques of ballet. The difference between Ballet and Jazz is that Jazz moves faster than Ballet and showcases quicker dance movements. Beginning students learn basic fun dance movements like the chasses and the jazz square. Advanced Jazz students work on leaps, turns, and dance progressions. Dancers will need pink ballet shoes or foot thongs for their ballet portion of the class and black jazz shoes for the jazz portion. This class will learn one ballet/lyrical routine September-December and one jazz routine January-April. They will work on their dance technique and learning new skills throughout the entire year.

**Level I:** Introduces dancers to basic technical skills (i.e. Ballet positions, jazz walk, chaine turns, single pirouettes, jetes, and kicks). Builds dancer's style and confidence while working on musicality and the ability to pick up choreography and connect steps and skills together with fun, upbeat music.

**Level II:** This class will focus on upbeat tempo choreography of jazz and naturalistic moves of lyrical. Level II builds on previous ballet, lyrical and jazz training and knowledge, while working on developing style, finesse and emotional expressiveness. Students will also work on developing technique. Students will learn and work on double pirouettes, various different leaps, turns, jumps and combinations. Dancers will utilize basic jazz and ballet technique while also developing the ability to pick up and memorize stylized movements.

**Level III:** For dancers that have previous dance training. Builds on understanding more intricate choreography and fast-paced movement with a focus on developing style and strong technique. Students should master level I and I skills before progressing to this more advanced class.

•**Ballet/Lyrical Jazz Dress Code:** (Students need to be able to move freely during their practice and our teachers need to see our students posture and form.) Starting fall 2020 this class must wear their hair in a bun, braid or ponytail. Female students must come wearing tight fitted leggings and a fitted shirt. No loose clothing is allowed. Leotards and dance tights are our preference, especially for ballet and may be required next year.

## **HIGH SCHOOL/BALLET** - 45 minutes weekly - Ages 14 and Up. (Required class for our older comp kids)

This class is meant for competition kids and for the very dedicated students who have a higher ballet skill level! Only top students will be allowed in this class. Class will be decided accordingly. Ballet is the foundation of all dance forms. This class will provide grace, poise, and technique needed to be proficient in all other areas of dance. Ballet classes will help dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence. Ballet training provides a solid technical preparation for all other styles of dance. The first half of the year will be dedicated to strength and technique. The second half of the year students will learn their recital routine.

•**NEW BALLET DRESS CODE!** Female students in this class must wear their hair in a bun, along with tight fitted leggings and a fitted shirt. No loose clothing is allowed. Leotards and tights are our preference and may be required next year. Male students wear appropriate athletic clothing.

## **Hip Hop/Jazz Combo Class** - 45 minutes weekly - Ages 5 (Kindergarten) - 19

*Hip Hop* incorporates a variety of old and new urban dance styles. The dancing represents body movements that go with the beat and rhythm of hip hop music. Hip hop dancing is very dynamic and helps the dancers improve flexibility develop body balance, and coordination.

*Jazz* focuses on preparing dancers for high school and college dance teams. Students learn to use sharp, precise movements to a fun fast tempo style of music. Dancers learn routines with basic, counted, precision steps. This class will also include skills that are required by dance teams such as jumps, leaps, and turns.

•**Hip Hop/Jazz Dress Code:** Students must wear dance or athletic wear to class with their hair pulled back. No jeans. Black jazz shoes are needed starting in September. Hip Hop shoes will be needed in January. Watch our newsletters for what type of hip hop shoes your class will need.

## **Cheer/Pom Dance (includes tumbling)** - 45 minutes weekly - Age 5 (Kindergarten) - 19

Our cheerleading classes are for all levels, beginner through advanced. Students will learn one routine. This class will incorporate the styles of dance using pom poms with the addition of tumbling.

*Pom* will focus on preparing dancers for high school, college, dance teams. Students learn to use sharp, precise movements to a fun fast tempo style of music. Pom dance emphasizes uniformity, precision, and spatial awareness while utilizing poms for maximum visual effect. Dancers build team spirit while learning routines with basic, counted, precision steps. This class will also include skills that are required by dance teams such as jumps, leaps, and turns.

*Tumbling* skills, jumps, and stunts will be worked on for the first half of the year. These skills will be added to a cheer pom dance routine to music starting in January. There will be no cheers or chants taught in this class. Students MUST come into this class will some basic tumbling and dance skills already in place. See below. This will be super fun and our routines will be amazing!! You will get a real TEAM spirit feel when done! :)

**IMPORTANT!!** We understand that not all tumblers can dance nor can all dancers are tumble. Cheer works together as a team! Students (team members) will be on and off stage during this performance. All students will show their personal best!!

**Level I Cheer/Dance** - Students will tumble and/or dance to the beat of the music. Understand counting 1-8 counts. Students must understand they are performing as a team. We will work on performing somersault variations, right & left cartwheels, knee cartwheels, handstand, elbow handstand, and a round off. Skills also include single pirouettes, jetes (leaps), and kicks and basic pom and arm movements.

**Level II Cheer/Dance** -Level I skills along with working on limbering skills, bridge kick-over, bridge straight legs feet together, back-bend from standing up, handstand tuck and roll, front handspring. (no spots, meaning Dale)  
Skills also include double pirouettes, leg holds, and tilts. All legs need to be tight, straight, and pointed with good posture.

**Level III Cheer/Dance** - Level I and Level II skills we will work towards back hand springs with no spot. Stunts etc. Depending on the overall skill level of this class, many more skills may be added. Students will be informed of class goals in the fall.

•**Cheer Dress Code:** Students will need to wear appropriate dance or gym clothes. NO JEANS! Hair must be up in a ponytail and no jewelry is allowed for safety reasons. A pair of white tennis or cheer shoes are needed for this class. Make sure your shoes have traction so your child is able to move on the tumbling mats.