

# Danz501 Classes and Descriptions 2019-2020

\*Please note Danz501 reserves the right to make changes as we see fit\*

Our 2019-2020 studio goal is to continue our creative, and super fun atmosphere and also to incorporate a more technical structure in the classroom. Over the next few years we are gradually going to create specific goals that each student 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

## **Tiny Tumbling (Formerly Tiny Combo) Level 1 and 2 – 45 Minutes - Ages 3 and 4.**

This is a tumbling class for students ages 3 and 4 years old. Students will learn the fundamentals and basics of tumbling and dance. Students should come to class barefoot with no socks. Any kind of dance wear is acceptable (see dress code). Students with long hair must have it up. Students will learn one routine and perform it at our Friday and Saturday recitals only. This class will have one costume. 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!! :)

## **Tiny Dance Level 1 and 2 – 45 Minutes - Ages 3 and 4.**

This is a dance class for students ages 3 and 4 years old. Students will learn the fundamentals and basics of ballet and jazz. Students should come to class with ballet slippers. These are the shoes students will perform with at recital. Any kind of dance wear is acceptable (see dress code). Students with long hair must have it up. Students will learn one routine and perform it at our Friday and Saturday recitals only. This class will have one costume. 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!! :)

## **Tumbling/Acro – 45 Minutes for Ages 5 & 6 - 45 Minutes for Ages 5 (Kindergarten)-19.**

This class teaches the basics 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. Students will perform all three shows at recital. They will have one costume. **Below is a general outline of what we hope to work on. Note: it is subject to change. Each class will be different and will have its own goals to meet to move on to the next class. Students wanting to be in same class as siblings will need to be in the lowest skill level group of the two.**

**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.

**Students that have mastered all level IV skills are invited to schedule private lessons or attend a summer camp with our teacher(s) to further their development in tumbling. Class curriculum is subject to change depending on the ability of group and level. You will need to have specific skills to be in a class. Classes may be split into multiples of the same level. For the safety of students and teachers and for the progression of students, students will be placed according to ability and moved as we see fit up until our Christmas break when routines are taught. If you have not mastered a skill, you will not be allowed to move up to the next class until you have.**

### **Musical Theatre Classes - 45 Minutes - Ages 9 & Up.**

Musical Theatre Classes focus on applying and bringing together the disciplines of singing, acting, and dancing to create an effective presentation. Students will be taught one routine that they will perform at recital. Students will work on large group production. All ages will perform together in this production-like-setting. Dance skills will be taught along with acting. Abby Lund of Sac City will work with the kids on their acting skills a few times throughout the studio year. Abby has a BA degree in theater and is excited to work alongside a Danz501 teacher to bring this style of dance to life on stage for recital. Costumes for this routine will be theatrical in nature. Costume cost will differ among students in this class. Parents with guidance from our studio will be asked to help find or buy specific costume pieces. Costume information will go home with students closer to October 2019. This will be a super fun class!!!

## **BALLET** - 45 Minutes - Ages 5 & Up.

Ballet is the foundation of all dance forms and will maximize technique and longevity in a career of dance. It provides 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. Dancers will be placed in levels based upon ability and age depending on class sizes.

All ballet classes must follow our dress code (see dress code section of our handbook) and should wear pink canvas ballet shoes or foot thongs. The first half of the ballet year is technique. Routines will be taught after Christmas Break. Ballet classes perform one routine at our recital in April. The top ballet class may perform 2 routines. This will be decided at a later date.

**Level I:** For beginner dancers ready to learn the basics of ballet. Students will build off of the five positions, master plié variations and tendus, among other level-appropriate skills. Dancers will use both barre and centre floor. Dancers will work to master level I curriculum to move on to level II with the instructor's and Colleen's recommendation.

**Level II:** This class will take the skills learned in level I and build upon them to strengthen the dancer's precision and ability. Students will advance on to more difficult skills and utilize both barre and centre floor work to improve their technique. Dancers must show proficiency and receive recommendation to progress to this level.

**Level III:** For advanced ballet dancers looking to challenge their previous knowledge and training. Students will learn more difficult combinations and skills while developing finesse and classic style. Dancers must master all level I and II skills and technique to enroll in this level with instructor's recommendation.

## **Jazz/Lyrical Combo Class** - 45 Minutes - Ages 5 & Up.

This class features both lyrical and jazz styles and technique. It is a great option to ease into either style, or enjoy current styles you already love! Dancers will need ballet shoes or foot thongs AND black jazz shoes. This class will learn one lyrical routine and one jazz routine for recital. Classes emphasize musicality and body alignment, flexibility, conditioning, strength, rhythm, stylization, as well as fun and innovative choreography.

**Level I:** Introduces dancers to basic technical skills (i.e. 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.

This Class will be Subdivided into multiple classes as needed. Example: Level I Class A and B. One of the two having a higher skill level. Students can be moved up till Christmas break if we see a different class would suit them.

**Hip Hop/Pom Combo Class - 45 Min Class** This class is for 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.

**Pom** 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.

**Hip Hop/Pom Kids (ages 5-7):** This class serves as an introduction to hip hop and Pom for our younger student. Using games and music, the class focuses on rhythm, musicality and basic footwork. It is a great way to get kids moving!

**Level I (ages 7 – 12):** Great for beginner/intermediate level dancers looking for a fun, upbeat class.

level II (teen): incorporates more intricate choreography and movement with faster-paced routines and music.

### **Hip Hop/Jazz Combo Class - 45 Min Class**

These are two favorites! Available for ages 5 (Kindergarten) -19 Students will learn one Hip Hop routine and one Jazz routine for our recital. See Dress code. Will perform 2 routines at recital. They will have one costume.

### **Cheer/Dance - 45 Min Class - Age 5 (Kindergarten) -19**

Students will learn one routine. They must be able to do skills listed below. This class will incorporate the styles of hip hop, jazz, and pom with the addition of tumbling. There will be no cheers or chants taught in this class. Students MUST come into this class with some basic skills already in place. This class will be taught by Colleen, Tina and Dale, with the possible help of Miss Emma (not always at the same time). This class is open to anyone, but understand which skills are required to take this class and how you can move up. Below are the skills needed for each level of this class. Students must master said skills, without spots, no later then December 2019. We will test students' skill ability before Christmas break so we are sure they are placed in the correct classes for routines to start in January 2020. This will help make for the best class experience possible. This will be super fun and our routines will be amazing!! You will get a real TEAM spirit feel when done! :)

The below skills will be reviewed and taught until Christmas. How much you push yourself and practice is up to you.

**Level I Cheer/Dance** - Students must be able to tumble and dance to the beat of the music. Understand counting 1-8 counts. Students must understand they are performing as a team. They must perform somersault variations, right & left cartwheels, knee cartwheels, handstand, elbow handstand, and a round off. Skills also include single pirouettes, jetes (leaps), and kicks. All of these skills need to be done with straight the correct technique they each require.

**Level II Cheer/Dance** -Students must be able to perform Level I skills along with 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** -Students must be able to perform Level I and Level II skills plus back hand springs with no spot. 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.

Be sure to work on these skills over the summer and though the fall! Remember we will test the kids' skill level in this class before Christmas break. Please feel free to ask earlier in the fall what your child needs to work on to achieve his or her goals. Parents are welcome to come watch the testing. Talk to Colleen or Tina with any questions. **We are excited! :)**