



CLASS DESCRIPTIONS SPRING 2010

All classes are designed for ages 9 and older, unless otherwise noted.

All classes at THE CENTER are conducted in accordance with the National Standards for Dance Education.

*** PERFORMANCE PREPARATION FOR SPRING CONCERT ***

All students are invited to participate in a final one-hour spring concert to be presented at 12:30pm on Sunday, May 2, 2010 at The Osceola Center for the Arts in Kissimmee, FL. Because competitions and recitals are not part of The Center's teaching philosophy, the concert provides an opportunity to present an age- and level-appropriate contemporary dance works that challenge the student technically and artistically. As a result, students will receive firsthand experience in the creative process and staging of a professional dance production.

CREATIVE MOVEMENT ACADEMY

The Creative Movement Academy is specialty program where students ages 2 through 7 learn the basic building blocks of dance in preparation for more structured dance classes. Facilitated by dance educators with years of experience in their field, The Creative Movement Academy includes the following class options:

Move It, Baby! For children ages 2-3, this class introduces new movers to rhythm and coordination skills necessary for higher level classes. **Dress:** Students must wear black dance attire comfortable for movement, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear. No jewelry or accessories permitted. Hair must be pulled away from face in a ponytail or bun.

Multi-Disciplinary: For children ages 3-7, this class integrates principles in Ballet, Jazz and Modern through creative expression and coordinated movement. Students also practice skills in storytelling and critical thinking while making further advances in rhythm, coordination and spatial awareness. **Dress:** Students must wear black dance attire comfortable for movement, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear. No jewelry or accessories permitted. Hair must be pulled away from face in a ponytail or bun.

Ballet/Acro/Tap: For children ages 3-7, these discipline-specific classes further develop the connection between specific movement styles and artistic expression using a more integrative approach to rhythm, coordination and storytelling. Students in this class also begin to learn basic principles in choreography. **Dress:** Students must wear black dance attire comfortable for movement, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear. No jewelry or accessories permitted. Hair must be pulled away from face in a ponytail or bun.

ELEMENTARY SCHOOL CLASSES

Ballet: This preparatory Ballet class incorporates a higher level of structure, discipline and creative expression, providing the bridge for entry into The Center's General Dance Studies Program. Students will also learn Ballet terminology while exploring more complex choreography. **Dress:** Male students must wear black form-fitting tops, black/nude ballet slippers and form-fitting dance pants. Female students must wear black leotards, nude/pink tights, black/nude ballet slippers and optional wrap skirts. No jewelry or accessories permitted. Hair must be pulled away from face in a bun.

Hip Hop: This class teaches rhythm, musicality, coordination and age-appropriate choreography. This class is led by an experienced hip-hop dancer who will also teach the history of urban dance forms. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Jazz: Coordination, flexibility, alignment, musicality, endurance and control are developed through a variety of jazz styles. **Dress:** All black dance attire, including unitards, leotards, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Modern: Students explore elements of energy, space and time while learning to express their ideas in movement. This class teaches body mechanics and dancers gain strength, flexibility, increased range of motion and coordination. **Dress:** Dancers should wear (all black) attire that permits them to navigate freely on the floor, including including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.

TEEN CLASSES

Ballet: Body placement, flexibility, balance, alignment, strength and technique are achieved through barre and center floor work. Students will begin to learn basic ballet history and develop a knowledge and appreciation for famous dance artists. **Dress:** All black dance attire, including leotards, tights, wrap skirts (optional), dance pants (men) and slippers. Hair must be pulled away from face in a ponytail or bun.

Contemporary: Offering students a heightened movement experience with an emphasis on technical development through an organic exploration of the body in space. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.

Hip Hop: This class teaches rhythm, coordination, musicality and age-appropriate choreography while developing focus, strength and agility. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. This class is led by an experienced hip-hop dancer who will also teach the history of urban dance forms. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Jazz: This classical jazz style emphasizes strong and proper body alignment and clean technique, including jazz isolations and across the floor work on turns, kicks and jumps. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Modern: Students express their ideas in movement using the dance elements of space, time and force/energy. Dancers gain strength, flexibility and technical skills while using improvisation to create their own dance works. The choreographic process is further explored in the context of modern dance history and contemporary trends. **Dress:** Dancers should wear (all black) attire that permits them to navigate freely on the floor, including including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.

DANCE FITNESS AND CULTURAL CLASSES

The Ballet Workout: Focusing on toning, cardio, core strengthening and muscle lengthening, this class is ideal for anyone looking to stay in shape and get the lean look of a dancer. This class incorporates basic ballet moves that anyone can do and applies them in a concentrated (and fun!) way. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or slippers.

The Hip Hop Workout: Focusing on toning, cardio and core strength, this class incorporates basic Hip Hop moves that anyone can do and applies them in a concentrated (and fun!) way. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Latin Cardio: Latin dance traditions come alive in this high energy class that combines motivating music with unique moves and routines. The combinations are easy to follow and feature aerobic/fitness interval training with a blend of fast and slow rhythms to maximize caloric output and fat burning. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Stretch & Flexibility: In this guided stretch class, students learn to identify and proactively attend to their specific anatomical needs by learning the kinesiology of safe and non-intrusive stretching techniques. A benefit for movers of all levels, this class is designed to improve flexibility, prevent injury and enhance overall wellness. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot.

MindBody Dance Fitness (Nia): This class uses the principles of *The Nia Technique* – a joyous blend of basic dance and gentle yoga – to get students of all fitness and skill levels back in touch with the FUN of working out. Guided by encouraging instructor cues, students will learn how to create tailor-made movement routines, ensuring that each student does only what's appropriately best for them. **Dress:** Students may wear colorful attire appropriate for dance; barefoot. *This is an exception to The Center's all-black dress code.*

This class operates under an independent tuition schedule; please visit www.MindBodyDanceFitness.com for details.

West African: A high-powered rhythmic dance experience that combines body, mind and spirit in an energetic union of the music and dance of West Africa. **Level:** All levels. **Prerequisite:** None. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs. Students may wear culturally-inspired accessories; i.e., sarongs, lappas or scarves.

African Drum Class: Beginner or advanced – with or without rhythm – students will learn to talk without using words. Traditional African rhythms have been a means of communication as well as a source of rhythmic enjoyment for centuries. Students will learn to create West African rhythmic patterns using authentic stick drums and hand drums as well as ago-ago bells and shake-a-rays. You don't have to read music, but you do have to have fun as you become a musician in a West African drum orchestra. Afro-Cuban, Calypso, Samba rhythms and more will also be explored. Some instruments will be temporarily provided, but students are encouraged to purchase their own in order to practice at home.

ADULT BEGINNER CLASSES

Dance Basics: A rewarding class where adults receive encouraging instruction in the fundamentals of dance, including proper body alignment, balance, technique and terminology. This class moves through rotating blocks of basic ballet, modern, cultural and jazz dance styles. **Level:** For adults new to dance and returning dancers. **Prerequisite:** None. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot, foot thongs or slippers.

Beginner Adult Ballet: A safe and encouraging class for non-dancers and returning dancers. Students connect with their bodies improving flexibility, strength, posture, balance and endurance. **Dress:** All black dance attire, including leotards, tights, wrap skirts (optional), dance pants (men) and slippers. Hair must be pulled away from face in a ponytail or bun.

Beginner Adult Tap: Developed from a blend of African polyrhythms and European step dancing, tap dance is a complex, exciting and challenging art form. Instruction emphasizes the musicality of tap dance, its rich traditions and rhythmic possibilities, as well as improving student's overall vocabulary and understanding of phrasing, timing, and balance. **Dress:** All black dance attire, including leotards, unitards, wrap skirts, jazz pants and tap shoes.

Beginner Jazz: This class introduces students to basic movement vocabulary, dance terminology and human anatomy as they explore different styles of jazz dance technique.. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Beginner Modern: An introduction to the fundamental mechanics of movement in the modern style. Emphasis will be placed on the development of modern dance techniques, performing skills and spatial relationships. Students acquire and/or develop an awareness and control of posture and body alignment. **Dress:** Dancers should wear (all black) attire that permits them to navigate freely on the floor, including including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.

ADULT INTERMEDIATE CLASSES

Intermediate Ballet with Pre-Pointe: An expansion of Beginner Ballet, which includes more complicated combinations and variations with a strong emphasis on understanding, developing and executing classic ballet lines. Includes Pre-Pointe – a pointe preparation class with strengthening exercises designed to prepare students for pointe work. Students learn about pointe shoes and proper foot care. **Prerequisite:** Beginner Ballet. **Dress:** All black dance attire, including leotards, tights, wrap skirts (optional), dance pants (men) and slippers/pointe shoes. Hair must be pulled away from face in a ponytail or bun.

Intermediate Contemporary: Drawing on modern dance techniques, this class offers students a heightened movement experience with an emphasis on technical development through an organic exploration of the body in space. **Prerequisite:** Ballet, Modern and Jazz. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.

Intermediate Jazz: This class focuses on building musicality and performance skills, expanding upon the dance terminology, anatomy and movement vocabulary introduced in beginning Jazz. **Prerequisite:** Ballet/Jazz. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Intermediate Modern: This class focuses on the physical technique of modern dance, with a primary emphasis on building advanced skills. The elements of dance learned in beginning modern: space, time, the body and energy, will be used as students explore these skills. **Prerequisite:** Modern/Ballet. **Dress:** Dancers should wear (all black) attire that permits them to navigate freely on the floor, including including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.

Intermediate Tap: An expansion of Beginner Tap, this class is designed to challenge students with rudiments, exercises and routines that will push mind, body and soul to the next level. **Prerequisite:** Beginner Tap. **Dress:** All black dance attire, including leotards, unitards, wrap skirts, jazz pants and tap shoes.

ADVANCED AND PROFESSIONAL LEVEL CLASSES

Advanced Ballet with Pointe: Designed for dancers committed to advanced training, this in-depth Ballet class emphasizes strong technique and performance quality in the execution of dance variations. Includes Pointe – an intense *barre* warm-up series to strengthen deep muscles in the legs and feet, and progressing to center work). While this class is designed for advanced dancers, inquisitive intermediate dancers interested in stretching their boundaries are encouraged to attend. **Prerequisite:** Ballet I/II. **Dress:** All black dance attire, including leotards, tights, wrap skirts (optional), dance pants (men) and slippers/pointe shoes. Hair must be pulled away from face in a ponytail or bun.

Advanced Contemporary: Designed for experienced dancers, this class advances technical skill by emphasizing musicality, creativity and performance-quality artistry. **Prerequisite:** Ballet/Modern/Jazz/Intermediate Contemporary. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.

Advanced Jazz: A continuation of Intermediate Jazz to augment technical proficiency through advanced-level jumps, turns, leaps and kicks, utilizing complex rhythmic structures and movements in a variety of jazz styles. **Prerequisite:** Ballet/Jazz. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Advanced Modern: This class is an in-depth study of modern dance forms and principles. Dancers will explore advanced concepts related to body, balance, gravity, shape, transitions, effort and highly creative uses of space. Inquisitive intermediate dancers interested in stretching their boundaries are also encouraged to attend. **Prerequisite:** Modern/Ballet. **Dress:** Dancers should wear (all black) attire that permits them to navigate freely on the floor, including including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.

Advanced Hip Hop: This class focuses on technique in Hip Hop movement, with cutting-edge choreography and a heavy concentration on musicality. This class is led by an experienced hip-hop dancer who will also teach the history of urban dance forms. **Prerequisite:** Hip Hop. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; jazz shoes, sneakers or boots.

Advanced Tap: This advanced-level technique class will focus on fast and intricate footwork. Students will develop speed, clarity, dynamics and the ability to execute complex rhythmic combinations. **Prerequisite:** Beginner/Intermediate Tap. **Dress:** All black dance attire, including leotards, unitards, wrap skirts, jazz pants and tap shoes.

Advanced Technique/Turns & Leaps: Students will learn proper technique and execution. Center floor exercises focus on control, balance and flexibility. Across the floor combinations emphasize alignment, style and technical progression. Includes turns and leaps – pirouettes, chaines, piques, axle turns, fouettes, grand jetes, side/straddle leaps and switch leaps. **Level:** Advanced. **Prerequisite:** Ballet. **Dress:** All black dance attire, including unitards, leotards, tights, palazzos, gauchos, dance pants or other similar dancewear; barefoot or foot thongs.