



Class Levels & Descriptions – 2022-2023

DANCE EXPRESS RECREATIONAL LEVELS:

Mini movers (ages 2-4): 0 years of dance experience

Pre-school (ages 3-5): 0-1 years of dance experience

Kinder dance (ages 5-6): 0-2 years of dance experience

Primary 1 (ages 6-7): 1-3 years of technical experience (typically 1st graders)

Primary 2 (ages 7-9): 2-4 years of technical experience (typically 2nd & 3rd graders)

Intermediate 1 (ages 9-11): 2-5 years of experience in specified dance style (typically 4th & 5th graders)

Intermediate 2 (ages 11-14): 3-6 years of experience in specified dance style (typically 6th-8th grade)

Teen/High School (ages 13 +): 4 + years of experience in specified dance style

***** Placement/approval is at the studio/instructor's discretion for each class. Please check with us if you are not sure which class to be signing up for.***

MINI-MOVERS (CREATIVE MOVEMENT) – (AGES 2 & 3)

This 45-minute class is geared for our youngest inexperienced dancer. It is an exploration of their bodies through music, movement, and game playing. They learn to control their bodies and share spaces with others. It is less structured than the normal ballet/tap combo class. It is a great introduction to dance through free movement and play along with incorporating discipline, listening skills, rhythm exercises and basic gross motor skill movements.

PRE-SCHOOL (AGES 3-5)

This 1-hour combination class includes: ballet, tap and creative movement. Dancers begin to learn the basic foundations of tap and ballet along with confidence, coordination, and agility. The fundamentals of motor skills, balance, musicality, and imagination are incorporated into their weekly class.

KINDER-DANCE (AGES 5-6)

This 1-hour class combines ballet, tap and an introduction to jazz. Kinder-dancers learn to focus on the disciplines of ballet and tap technique while having fun. The fundamentals from pre-school/mini-movers continue to be developed.

PRIMARY 1 (AGES 5-7) – GRADE 1

This class divides ballet, jazz and tap into 30-minute increments. You may choose to do all 3 or take a 1-hour combination of 2 classes (ballet/jazz, ballet/tap, or jazz/tap). Dancers continue to develop basic technique, memory, and confidence while incorporating rhythm, timing, and coordination. We recommend dancers having done a year of Kinder-dance before moving to Primary 1.

PRIMARY 2 (AGES 7-9) – GRADES 2 & 3

This more advanced version of our combination class of ballet, jazz and tap is for students who have completed at least one year in our Primary 1 class. Emphasis is on technique and discipline to prepare students for the intermediate level.

A 30-minute hip-hop class is available at this age as well. This is a beginner class for those with minimal hip-hop experience. It includes a warmup concentrating on building stamina, improving strength, body conditioning and rhythm isolations. They will focus on basic hip-hop movements, across the floor exercises and short combinations to today's popular music.

**** Dancers in the primary levels must take a combination of a 1-hour class between the 4 dance subjects offered.**

INTERMEDIATE 1 (AGES 9-11) – GRADES 4 & 5

(Ballet): This is a 1-hour class with a strong focus on classical ballet movements with proper placement and alignment. Students will build strength and flexibility through longer barre and center work.

(Jazz): This is a 1-hour class continuing the focus from primary age on basic isolations and jazz movements. Dancers will continue to work on flexibility, rhythm, and coordination. Dancers at this level will be expected to be able to perform basic jazz movements on their own and know their basic jazz terminology.

(Tap): This is a 45-minute class incorporating faster rhythms and syncopated tap steps. Dancers will learn a variety of tap styles from Broadway to rhythm tap. Exercises will focus on building flexibility of the knees and ankles, coordination, and speed of movement along with their basic tap technique.

(Hip-Hop): This is a 45-minute class that reinforces the same techniques as in the primary level. Basic hip-hop movements, across the floor, and combinations will now have more emphasis on body conditioning and transitions. It will also focus on an ear for rhythms and exploring syncopation through music and choreography.

INTERMEDIATE 2 (AGES 11-14) – GRADES 6-8

(Ballet): This is a 1-hour class and a continuation from Intermediate 1 Ballet. We recommend dancers complete at least 1-2 years of Intermediate 1 Ballet before advancing to Intermediate 2. This will be at the teacher's recommendation & discretion.

(Jazz): This is a 1-hour class and a continuation from Intermediate 1 Jazz. We recommend dancers complete at least 1-2 years of Intermediate 1 Jazz before advancing to Intermediate 2.

(Tap): This is a 45-minute class and a continuation from Intermediate 1 Tap. We recommend dancers complete at least 1-2 years of Intermediate 1 Tap before advancing to Intermediate 2. This will be at the teacher's recommendation & discretion.

(Hip Hop): This is a 45-minute class and a continuation from Intermediate 1 Hip Hop. We recommend dancers complete at least 1-2 years of Intermediate 1 Hip Hop before advancing to Intermediate 2. This will be at the teacher's recommendation & discretion.

(Contemporary/Lyrical): This is a 1-hour class incorporating elements from modern, ballet, and jazz. This is designed for intermediate to advanced dancers with previous training in ballet. It emphasizes interpretation of music lyrics while telling a story through movement which can be fluid or abstract. We highly recommend dancers taking ballet class along with contemporary/lyrical.

HIGH SCHOOL/TEEN (AGES 13 +) – GRADES 9-12

(Ballet): This is a 1-hour class and a continuation of Intermediate 1 & 2 Ballet. We recommend dancers having done at least 1 year of the Intermediate level. This will be at the teacher's recommendation & discretion.

(Jazz): This is a one-hour class and a continuation of Intermediate 1 & 2 Jazz. We recommend dancers having done at least 1 year of the Intermediate level. This will be at the teacher's recommendation & discretion.

(Tap): This is a 45-minute class and a continuation of Intermediate 1 & 2 Tap. We recommend dancers having done at least 1 year of the Intermediate level. This will be at the teacher's recommendation & discretion.

(Hip-Hop): This is a 1-hour class and a continuation from Intermediate 1 & 2 Hip Hop. We recommend dancers having done at least 1 year of the Intermediate level. This will be at the teacher's recommendation & discretion.

(Contemporary/Lyrical): This is a 1-hour class incorporating elements from modern, ballet, and jazz. This is designed for intermediate to advanced dancers with previous training in ballet. It emphasizes interpretation of music lyrics while

telling a story through movement which can be fluid or abstract. We highly recommend dancers taking ballet class along with contemporary/lyrical.

JUNIOR, SENIOR COMPETITIVE ENSEMBLE TEAM

This is offered to those dancers who want a stronger focus at a competitive dance level. Auditions information is available at the studio. Requirements are a 1 hour 15-minute ballet class and a 1 hour 15-minute jazz class.

PREP COMPETITIVE ENSEMBLE TEAM

This team is an introduction to doing competitions without as strict requirements as the junior and senior teams. It will be very similar to our Performance teams except they will do one competition during the season. They will also participate in extra community and charity events and will be invited but not required to do extra workshops during the year. This class will meet for extra choreography on Tuesday afternoons. They will stay in their regular level classes during the week (either Primary 2 or Intermediate 1).

- They must still be taking ballet and jazz in their weekly classes. Their choreography will be a jazz dance.
- **There are many extra costs and commitments to ensemble than our normal recreational classes. Please make sure you are ready to make this commitment before auditioning for our ensemble.**
- If this is something your dancer may be interested in, please let us know so we can talk further on it and give you more specific information.

We recommend dancers attend the studio for a year before auditioning but they are welcome to audition if they feel ready.

DE PERFORMANCE TEAMS

Open to all dancers in a Primary 2 dance class or older. This is open to dancers who are interested in dancing more often (this is separate from our competitive dance ensemble). Dancers must be enrolled in a 1-hour combo class (ballet/jazz or jazz/tap class) or in a 1-hour ballet or 1-hour jazz class.

Performance teams will participate in extra events in the community and charity events throughout the year along with performing at the annual recital. **** THEY WILL NOT DO ANY COMPETITIONS**

Class will be held on Friday afternoons for Performance Team. You can sign up online directly for this class.

!!NEW CLASS!! INTRO TO ACRO CLASS – Tentatively being added to the schedule in the fall

Acrobatic class is a fun class for students to increase agility, flexibility, and strength. During a typical Acro class, students explore the concepts of flexibility, muscle control, strength, balance, and discipline. Students will learn tricks such as headstands, chin stands, elbow stands, cartwheels, back bends, and front & back walkovers. As students' progress - back handsprings, side ariels and contortion tricks may be introduced.

**** We are working on fitting this into the weekly schedule and will update you when we have confirmed. We will most likely have 2 classes offered; beginner class for those who do not have a backbend yet and intermediate/advanced for those that can do a backbend on their own.**