

# PALM ARTS DANCE – Winter / Spring 2024 CLASS DESCRIPTIONS

## **BALLET**

Focused, consistent ballet training. Students are challenged to strengthen their technique while they learn other dance disciplines and repertory. Emphasis is on the enjoyment of dance within the respect and discipline of classical ballet training.

**Pre-K Ballet:** ages 3-5. A beautiful beginning to ballet and dance. Students will learn classroom etiquette, basic ballet skills, and develop respect for other dancers.

**Primary Ballet:** Kindergarten

**Elementary Ballet:** 1<sup>st</sup> and 2<sup>nd</sup> grades

**Intermediate Ballet:** 3<sup>rd</sup> and 4<sup>th</sup> grades with 1+ years ballet training or teacher's permission

**MS Ballet:** grades 6<sup>th</sup>-8<sup>th</sup> with 2+ years ballet training or teacher's permission – 2x week

**HS Ballet:** grades 9<sup>th</sup>-12<sup>th</sup> with 3+ years ballet training or teacher's permission – 2x week

**Pre-Pointe and Pointe:** MS Ballet and HS Ballet students with teacher's permission

*Dress Code:*

*GIRLS:*

- *Pre-K, Primary & Elementary Ballet: any color leotard, tights, skirt and ballet shoes*
- *Intermediate Ballet and above: black leotard, pink tights*

*BOYS: black tights/leggings, white t-shirt, black ballet shoes.*

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## **DANCING FEET:** (ages 5-7) Tap and Hip Hop Combo Class

This combination class for the young dancer includes tap dancing and hip hop. Dancers will explore the basic steps of tap and the upbeat expressive style of hip hop. A half hour is dedicated to each dance style. Dancers must bring tap shoes to class each week.

*Dress Code: dancewear / activewear & tap shoes*

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## **FUNK FUSION** (ages 8-10) Jazz and Hip Hop Combo Class

This class combines the two most popular forms of dance into a single class. Dancers will explore the beginning technique of jazz and the energetic funkiness of hip hop.

*Dress Code: dancewear / activewear, jazz shoes (optional)*

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## **Cheer Dance** (ages middle school)

This class is blend of cheer and syncopated dance movements. This class is for those who are interested in performing with school spirit. Open level, no experience needed.

*Dress Code: activewear & clean sneakers*

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## **TAP**

Tap classes are designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. As students progress through each level curriculum will become increasingly more complex and intricate.

Tap 1 (ages 8-12) beginner/ intermediate

Teen Tap (ages 13+ with teacher permission only) advanced

*Dress Code: activewear & tap shoes*

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## **JAZZ**

Jazz showcases a dancer's individual style and originality. This high energy class is energetic and fun, consisting of unique moves, fancy footwork, leaps, kicks and turns. Exercises focus on building flexibility, across the floor combinations and center combinations. We strongly encourage dancers to train in ballet if taking a jazz class.

**Street Jazz:** (ages 10+)

**Jazz:** (ages 13 +)

*Dress Code: dancewear / activewear, jazz shoes (optional)*

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## **CONTEMPORARY**

A fusion of ballet, jazz and contemporary dance. Dancers will be encouraged to interpret and execute moves and steps in their own way and each dancer's individual style and originality will be allowed to shine. These classes are energetic and fun and include a variety of choreography styles.

**Contemporary:** (ages 9 +)

**Advanced Contemporary:** (ages 14+ with teacher permission only)

*Dress Code: dancewear / activewear, barefoot*

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## **INTEGRATIVE DANCE** - Ages 13+

A blend of somatic conditioning including stretch, strength and technique development. Dancers will learn choreography that combines different dance forms and will participate in group exercises for spatial awareness, expanding movement vocabulary and exploring free form expression.

*Dress Code: dancewear / activewear*