

# BLUE AND GREEN "FLEX & FOUETTES"

The Flex portion of this class will focus on adding head touch to your splits, rolling through your splits, scorpions, heel stretch variations, pitches, strikes and developpes. The Fouette portion of this class will help the students master, fouettes (both saute ' and turning-- fouettes to passe and in a la seconde and releve' & pique fouette. )



## **BLUE AND GREEN "JAZZ"**

The Blue and Green dancers will be warm from their "Flex and Fouette" class so we will concentrate on Jazz pirouettes and on leaps such as reverse leaps, straddle leaps, switch leaps... we will also be learning jazz choreography that will challenge their extension skills, balance skills and performance skills.



## Blue and Green “AUDITIONS AND IMPROV”

Wow... do the students need this class!! The curriculum is geared to help students feel confident as they enter an audition. Students will be given new choreography each week and divided up into groups to perform the combination. Students will be given feedback and can track their progress from week to week as they learn how to memorize quickly as well as tricks in how to catch the eye of the one conducting the audition. Many auditions begin and end with an improv section. Students will have a chance to hone this skill as well.



## Green Level POINTE CLASS

Most of the Green level will be on pointe by the start of summer. Any remaining students will be placed on pointe during the summer classes. Students will first learn 2 footed skills facing the barre, then one hand on barre, then one footed skills, and finally skills in the center



## Blue Level PRE-POINTE CLASS

The Blue level class will begin pre-pointe work this summer. Our goals are to strengthen the dancers' core, correct ankles in releve' (no sickle), strength to do one foot releve', and to increase turnout. We've given the Blue Level their own separate ballet class so they can have lots of individual attention from the instructor so they will achieve the goals of this pre-pointe class.



# Pink and Purple COMPETITION TAP

With our purple tappers fresh off of their great DMA debut and our Pinks learning the competition choreography for recital... this class will sharpen and hone their competition tap skills and prepare them for next year. We want to work on our speed, accuracy of sounds, correct arm placement and on learning quickly.



## Preschool One

An intro to dance for preschoolers age 3-5. Our beginner 5's will take Preschool One this summer and advance to Preschool Two this Fall. Beginner 3's will definitely continue in Preschool One in the Fall and our 4's will be evaluated to determine their Fall Placement.



## Graduates of Preschool 1 and 2 “CREATIVE MOVEMENT”

Creative Movement is only offered in the summer so don't miss out. It is done barefoot and teaches the fundamentals of modern dance. This class encourages students 'creativity and musical expression. (Look at the dancers in this picture--- note their facial expression and how they are interpreting the music!)



# Red and Orange DRILL SKILLS AND MOCK AUDITIONS

The first half of this class will be a fast paced drill of turns and leaps. The second half of the class' curriculum is geared to help students feel confident as they enter an audition. Students will be given new choreography each week and divided up into groups to perform the combination. Students will be given feedback and can track their progress from week to week as they learn how to memorize quickly as well as tricks in how to catch the eye of the one conducting the audition.



## Gold, Silver & Maroon DRILL SKILLS AND MOCK AUDITIONS

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**Gold, Silver &  
Maroon**

## **LYRICAL**

Lyrical class will consist of a technical center warm-up since it is the first of your classes for the day. The class is design ed to target power from your core so we will do core strengthening (lots of sit-ups☺. ) We will also focus on how to be a dynamic performer. Combinations will be challenge both your body and your brain.



# Red & Orange

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Gold, Silver &  
Maroon  
**FLEX AND  
FOUETTES**

You'll be warm from Lyrical so "Flex and Fouettes" will take that good core work you did and press on to take your extensions to the next level. We will turn a lot in this class including turns that feature extensions.



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## Pink and Purple **JAZZ & FLEX**

This class will increase the dancers' flexibility, power, balance and control. We will also concentrate on getting a consistent double pirouette as well as straddle leap, reverse leap, split leap and pique turn into a split



## Pink and Purple BALLET

Now that these dancers have reached the color level they definitely need to keep up their training during the 6 week summer dance session. This ballet class will continue their classical training. We will study the 8 body facings, the turned out ballet pirouette and focus on petite allegro (fast, quick jumps)



Graduates of  
“Half & Half”  
and  
“Combo”  
**CHARACTER  
BALLET**

The kids will love their character ballet class. We will reinforce the turnout of classical ballet while contrasting it with some parallel positions of character dance. We will learn the mazurka, the polka, the grapevine and the breakaway.



Half & Half”  
and  
“Combo”  
**JAZZ & TAP**

After our character ballet class we will do 30 minutes Jazz and 30 minutes of Tap. Look at these NADC dancers... how they incorporate the strength and contemporary style of jazz into their tap work. This is what we will be learning this summer!



## For beginner children: COMBINATION CLASS

This fun class is an introduction to dance for beginner children. The students will do 20 minutes each of ballet, jazz and tap. Students will learn how the 3 disciplines are similar and how they differ. Basic coordination, flexibility and poise will be stressed. Younger beginners will continue in Combo for the Fall and older beginners will be placed in Half & Half.



## Gold, Silver & Maroon **POINTE CLASS**

The focus of our most advanced ballet class this summer will be to gain power and speed in our turns and jumps while at the same time softening our port de bras. We will also work to gain strength in our one foot releve' and to articulate our feet in petite allegro. Our goal for Grand Allegro is to push our extensions higher while we stay very true and square in the 8 facings.



## Red and Orange POINTE CLASS

The focus of our red and orange pointe class is to gain strength on pointe while we increase the awareness of a strong center core. We will work to strengthen our pique skills and to gain stability in our one footed pointe skills. Of course we will strive for more flexibility, strength and power while at the same time softening our port de bras. We will drill drill drill the 8 facings!



Gold, Silver &  
Maroon

# JAZZ

Power, strength, and confidence.... Taking our jazz dance to the next level. Greater use of a deeper plie... stronger head focus, more dynamics and musicality.... All goals for our highest jazz level this summer.



## Red & Orange JAZZ

The Reds and Oranges will work to use a deeper plie to increase their power. They will also work to strengthen arms in order to make a more powerful jazz line. Of course we will continue to work on our pirouettes and leaps!

