

Class Descriptions

Mommy and Me, Ages 3½ - 5, focuses on movement, coordination, balance, rhythm, stretching and basic kinetic skills for little ones new to dance and are not quite ready to enter a classroom setting without their moms.

Introduction to Ballet, Age 3-5, specializes in fostering a love of movement and music in the littlest of dancers. The class will develop your child's coordination, as well as an understanding of basic dance concepts such as time, space and energy. Improvisation will be introduced to develop your child's creativity and problem solving skills. Listening and concentration will improve because of the structured environment of the dance class. Through this enjoyable and valuable educational experience, students will learn to use dance as a creative means of self-expression.

Tap/Ballet Combo, Ages 4-6, a combo class that includes the Creative Dance curriculum as well as the introduction to basic tap rhythms and sounds.

Jazz/Ballet Combo, Ages 4-6, a combo class that includes the Creative Dance curriculum as well as movement for each part of the body from head down to the toes.

Ballet I, Ages 6-7, explores the fundamentals of ballet technique and establishes the basic positions of the body. Students will gain an understanding of elementary physical and verbal ballet vocabulary while developing coordination, flexibility, kinesthetic awareness and grace.

Ballet II, Ages 8-9, students will be expected to use the foundation learned in Ballet I to become more physically expressive. In this level students will begin to utilize different movement and musical qualities (allegro, adagio, etc) as they develop in their dancing. Proper alignment of the back, arms, legs and head will be emphasized to establish posture and balance.

Ballet III, Ages 10-11, will continue to develop the student's musicality as faster tempos are introduced into the classroom. Correct use of body placement, greater flexibility, turning exercises and use of demi-pointe will be put into practice in Ballet III. These studies will aide boys and girls with jumping and turning. For girls, this class is a companion class to pre-pointe included in the technique class. Students in this level have the opportunity to enroll in the "pre-professional" program.

Pre-Pointe, Girls Ages 10+, is an introductory class that covers elementary pointe technique. Advancement to working on pointe is awarded on an individual basis. We will allow a student to progress on pointe, regardless of age, only if they demonstrate certain abilities. This is in the best interest of the student's long-term health and safety. Students who successfully meet the following criteria will minimize the likelihood of physical injury, progress more rapidly and will find the work more fulfilling:

- Physical maturity suggesting the development of bones and joints are stable, usually not realized until the student is approximately 10-11 years of age.
- Adequate foot flexibility
- Student demonstrates proficiency in the technical training received to date.
- Proper body alignment and strength obtained as a result of a minimum of three years disciplined dance training.

Please note: Students must be enrolled in two or more ballet technique classes at GBAD in order to take Pre-Pointe. Prerequisite: Ballet 3 and instructor's permission.

Ballet 4, Ages 12-13, is the level where everything begins to come together for the continuing ballet student. Students will develop mental and physical stamina as well as all over strength that will carry them throughout this year of challenges. New goals will include becoming comfortable with working on one leg, working in grander positions, working well with a variety of musical tempos, ability to execute multiple pirouettes, more complex petit allegros and higher, fully extended jumps. Girls will develop a proficiency in a multitude of steps within their pointe-work during this time. Connecting steps will become just as important as more difficult ones as the student strives to develop his/her artistry.

Ballet 5, Ages 14-15

Ballet 6, Ages 15-20

Is appropriate for advanced students aspiring towards a career in dance. Students in this level will be expected to have a tremendous work ethic and should constantly be striving towards self-improvement. Technical proficiency, attained in previous levels, should pave the way for Ballet V/VI students to take this time to work on their artistry in class and performance.

Modern I/2, Ages 6-9, is designed for the more creative child who may not immediately respond to the disciplined environment of early ballet classes. The class will cover elementary modern dance concepts, basic ballet vocabulary, improvisational and composition skills. Students will use this knowledge as fodder for their own improvisation and group compositions. These activities appeal to a multitude of learning styles and will develop your child's ability to think critically and problem-solve.

Modern 3/4, Ages 10-13, students will begin to learn fundamental movements and concepts borrowed from the techniques of Graham, Horton and Cunningham among others. Improvisational and composition skills will continue to be encouraged in order to develop artistry in the dance student. Although similar at a glance to Modern 1/2 this class will offer a more structured framework and advanced vocabulary for the older child.

Modern 5/6, Ages 14-20, emphasizes on the use of grounding into the floor and centering the body with fun filled combination that will challenge and expand the body and mind awareness of space and movement. We will explore how the use of the breath brings quality to the movement along with utilizing the techniques of over/under curves, fall and suspend, contract and release and other modern concepts. Students can expect a deep full warm up and fun combinations across the floor while we explore how to eat of up the space with movement with looking at correct alignment. "dance is fun" would be a good overall motto for this exciting class.

Fusion 3/4, Ages 10-13

Fusion 5/6, Ages 14-20

A combination of Yoga and Pilates this fusion of styles is perfect for beginner dancers and experienced students alike. This class combines the heart and soul of Kripalu Yoga with strength building stamina techniques of Pilates. There is toning and strengthening of the body, building longer leaner muscles and a overall calmness and understanding of who we really are. In this class - sweat, serenity and understanding become one.

Composition Class, Ages 14-20

is centered around playing with improvisational and composition techniques and finding out how they go together. It a fun fill class to explore the students own personal movement and find their "voice" with guided improv and helpful tools to build a full length choreographed piece. It's a class to play and make mistakes in, help each other out and keep the creative juices flowing.

Yoga Class, this transformational Hatha Yoga practice is designed for both beginners and more experienced students alike. It has the heart and understanding of a Kripalu yoga class while enjoying a deeper understanding of where breath and mediation can take us when the emphasis is placed on going deeper into the healing physical postures. As we travel through the interplay of mind, body and energy each student will find their own level or practice on any given day. A perfect practice for the stay at home parent or professional needing a break from the work place together we will find the connection of strength and tone in our bodies, create more flexibility and length while opening our hearts and calming our minds.

Pilates Class, This 45 minutes Pilates mat class is the perfect length to a full body workout. In this session we will assess the alignment of structure; core strength and how it is supporting your structure, strengths, restrictions and weaknesses. This informational class will give you a big picture understanding of where your body is and what needs to be done to achieve your goals.

Jazz 3, *Ages 10-11*

Jazz 4, *Ages 12-13*

Students should be comfortable and well versed in all of the vocabulary learned in the Jazz 1/2 class. It is in this level that much more complex jumps, turns, adagio and choreography will be introduced. Connecting steps become just as important as the more difficult ones as the student strives to develop artistry. Improvisational studies will be introduced to encourage self-expression and confidence.

Jazz 5/6, *Ages 14-20*, is appropriate for advanced students aspiring towards a career in dance. Many different styles of jazz will be covered such as; classic jazz, musical theatre, lyrical and contemporary. The focus of this fast-paced class is to challenge the students to dance to their highest potential through a series of technical and choreographic challenges. Improvisational studies will continue in this level and students will be encouraged to pursue their own choreography projects. These studies will ultimately yield educated, well-rounded performers.

Hip Hop 3/4, *Ages 10-13*

Hip Hop 5/6, *Ages 14-20*

High-energy classes that use the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style. Hip Hop is urban, it's street, it's diverse and forever changing.

Tap 3/4, *Ages 8-11*

Tap 5/6, *Ages 14-20*

Builds upon the focus of Tap 1/2 with the addition of connecting steps and the beginning of improvisational studies to encourage self-expression and confidence.

Adult Beginner Tap, is offered to adults that are looking to start learning tap. The class will be a foundation building class that introduces basic rhythms and sounds of tap.

Adult Int/Adv Tap, is appropriate for adults who have had some previous training. Building upon rhythms, sounds, and choreography will be explored within the class.

Intermediate/Advanced Ballet is appropriate for the teen/adult student who has had some previous training. Barre and center exercises will increase in complexity offering a rewarding challenge to the continuing dance student.

Teen/Adult Beginning Jazz is a foundation building class, like Jazz I, designed for the novice teen/adult dancer. Class begins with a choreographed warm-up focusing on isolations for each part of the body from the head down to the toes. Goals for this class include fine-tuning physical coordination, developing core strength, gaining flexibility and commanding knowledge of basic across the floor movements. Simple center combinations performed at the end of class will encourage fun and build confidence in the beginning dancer.

Adult Hip-Hop movement is derived the vocabulary of urban street dancers. This high-energy, athletic, fast paced class can be taught to anyone with a passion to move, so no dance experience is required, but be prepared to sweat! Students should be in good physical health with no prior injuries or physical conditions that would interfere with the work to take this class.

Flamenco will explore the basic rhythms and movements that compose this exciting Spanish dance form. No previous experience is necessary, beginners welcome!