



## CLASS DESCRIPTIONS THE SPACE @ PROJECT DANCE

**PRE-BALLET** - Students focus on good posture and proper alignment. Simple stretches, isolation exercises, and sections of creative movement help to develop strength, flexibility and body awareness. Traveling movements such as gallops, skips and waltz steps encourage coordination and musicality. Listening skills and classroom etiquette are emphasized.

**PRIMARY BALLET**- a continuation of the work begun in Pre-Ballet. Children will be expected to focus for a longer period on the more advanced exercises that will prepare them for the rigors of Ballet 1. We will also introduce elements of tap which will further inform rhythm and the connections of sounds to body movement.

**BALLET I**- Students learn the basic ballet positions, the progression of a standard ballet barre, and the French vocabulary that defines all the steps in classical ballet. These students also move into beginning center work, away from the support of the barre.

**BALLET II, III, IV**- Students progress through these levels as through grades in any school: however, all students move at different rates. Some spend more than two years in one level while the mind and body learn to work together; some may progress much faster. When the student has learned the ballet technique appropriate for each level and when the student's body has become strong enough to accomplish those movements, then at the discretion of the instructor, the student is moved to the next level. Advancement is based on ability, not age. In this way the student begins to assimilate the layers of knowledge that form the foundation of ballet.

**JAZZ I, II, III, IV**-Jazz class will focus on learning proper dance technique such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students will be exposed to various styles of jazz such as Broadway, Street and Contemporary to help develop a well-rounded dancer.

**TAP I, II, III, IV**-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.

**CONTEMPORARY & MODERN:** Teachers incorporate an eclectic blend of contemporary and post-modern movement into their classes. Modern and Contemporary Dance forms allow students to explore their individual dance style outside of the structure of traditional ballet and jazz classes.

**ACRO ARTS:** AcroArts is a progression based program that builds the dancer up through strength, flexibility, balance, limbering, and tumbling for safe execution of acrobatic movement in dance.

**MUSICAL THEATRE:** Learn the basics of theatre skills; SING-DANCE-ACT!!!

**DANCE FUSION:** This NEW class is designed specifically for GRACE ACADEMY and will be characterized by the school's core values. The class will include 4-6 week rolling instruction in Ballet, Contemporary, Modern, Acro Arts, and Jazz. Instructors will include faculty members from The Space! This class is for middle schoolers (4th-6th grades).

**BALLET/MODERN:** This NEW class is designed specifically for GRACE ACADEMY and will be characterized by the school's core values. The class will include 4-6 week rolling instruction in Ballet and Modern and the class will offer foundational classical ballet and modern foundations along with musicality and rhythm exercises to strengthen movement basics. Instructors will include faculty members from The Space! This class is for elementary students (1st-3rd grades).