

### Class Descriptions

Although the following descriptions provide a general idea of what class may be appropriate for your child, teachers reserve the right to move students into the best suited level for their ability. Please note ability does not always correspond with the student's age.

- **All advancement to classes beyond level I are by recommendation.**
- **All students must be evaluated by an instructor to register in a class above level 1**

Level 1 Beg. (ages 8-10) 1<sup>st</sup> – 4<sup>th</sup> Grade

Level 2 Int. (ages 11-14) 4<sup>th</sup> – 6<sup>th</sup> Grade by recommendation only

Level 3 Adv. (ages 14-16) 6<sup>th</sup> -9<sup>th</sup> Grade by recommendation only

Level 4 Elite High School Varsity and advanced dancers by recommendation only.

#### **Combo Classes are enrolled strictly by age.**

**Combo I (2-3)** The emphasis for this age group is to introduce them to body movement. This 45 minute class also focuses on various rhythm exercises as well as elementary classroom etiquette.

#### **Combo II Ballet /Tap** (4-5)

The emphasis for this age group is to introduce them to body movement with basic positions of the arms and feet in ballet and tap. This 45 minute class also focuses on various rhythm exercises such as hopping and skipping, as well as elementary classroom etiquette.

#### **Pre-Ballet/ Pre Jazz** (ages 5-6)

The emphasis for this age group is to introduce them to body movement with basic positions of the arms and feet in ballet and jazz. It is a one hour class that is the perfect transition from our combo classes. Emphasis will be placed on moving to the rhythm of the music, correct technique, and classroom etiquette.

#### **Ballet** (Ages 7 & up) Levels I-IV

This class is where it all begins. In all levels, dancers will learn to utilize ballet technique, terminology, fluidity, and flexibility to become graceful, efficient dancers. Correct posture and body alignment will heavily influence this technique. We stress the fundamentals necessary to safely advance in all forms of dance.

#### **Jazz** (Ages 7 & up) Levels I-IV

Our most popular class! This class introduces jazz technique and modern movements with the use of warm-up, isolation movements, and floor work progressions. Individual style and performance will be emphasized while studying different styles of jazz technique.

#### **Hip-Hop** I Beg. (Ages 7 & up) II Int. (ages 10-14) III Adv. (ages 15 and up)

Hip Hop is designed to be fun, exciting, and challenging at any age. It focuses on the latest dance steps, incorporating rhythm and fluidity, strongly emphasizing urban styles. Enrollment in ballet and jazz is strongly recommended to ensure a well rounded dance experience.

#### **Turns /Leaps** (Ages 8 & up) Levels I-IV

Created with the dance team dancer in mind, this specialty class is a wonderful compliment to a weekly ballet or jazz class. Flexibility and correct placement of turns and leaps will be emphasized, as well as number of rotations and height of jumps.

#### **Pointe**

By recommendation only. The emphasis is on strengthening and stretching, while advancing in ballet technique. Pointe students are *deeply* encouraged to take one to two *additional* demi-pointe classes.

- **All Dancers should be enrolled in both a Ballet and Jazz class by first grade.**
- **All Dancers benefit enormously from taking 2 or more classes a week.**



### Student Dress Code

Proper alignment and placement are critical components in all dance training. M<sup>2</sup> Dance Center requires its students adhere to a dress code that ensures the development of proper technique.

<b>Ballet Pre-Ballet</b>	Black Leotard	Pink Tights	Pink Ballet Shoes
<b>Jazz Turns and Leaps</b>	Black Leotard	Black Tights or Jazz Pants	Tan Jazz Shoes
<b>Hip Hop (Male &amp; Female)</b>	Any Color T-Shirt/Sweatshirt/Tank	Basketball shorts/ sweatpants	Clean Sneakers
<b>Combo 1 Classes</b>	Light Pink leotard	Footless tights	Barefoot No shoes or socks
<b>Combo 2 Classes Ballet /Tap</b>	Light Pink Leotard	Pink Tights	Pink Ballet Shoes & Black Tap Shoes
<b>Modern/Lyrical</b>	Black leotard	Black Shorts	Bare feet
<b>For Boys</b>	White Tee Shirt /Tank	Black Tights or Jazz Pants	Black Ballet or Jazz Shoes

**M<sup>2</sup> Dance Center students may not wear the following during class: jewelry, leg warmers, skirts, sweat shirts, or warm-ups. \*\*Shorts made from metallic/sparkle material are not allowed. No words/messages are allowed on the BACKSIDE of pants or shorts.**

**\* Relaxed attire will ONLY be permitted in Hip Hop class. Students can express their own style in this class however no offensive or suggestive language or symbols will be allowed on apparel. If unsure of any attire for the class please consult the instructor for that class.**

**Hair must be pulled back from the face. Short hair should be fastened with a wide headband and secured with barrettes if necessary.**

**Ballet students must have hair securely fastened in a bun. Jazz and tap students are expected to have hair up in a ponytail.**