

# Dance Classes 2011-2012

## Pre-School Division

The Pre-School Division provides an introduction to the study of ballet and/or tap. Children learn to listen and move to rhythm, practice simple floor exercises, and begin to study the fundamentals of ballet posture and alignment. Movement and musicality are explored through creativity and imagery. **Dress code:** Girls – pink ballet slippers, pink leotard, pink tights, hair in a bun. Boys – white t-shirt, black shorts, white socks, white or black ballet slippers.

### **Parent & Child** (ages 2.5 – 3.5 by Sept 1, 2011)

Classes designed with a special theme to introduce very young boys and girls to dance and movement through familiar and creative images. Stories, craft projects, and dress-up days are among the activities offered. Students are introduced to a group class setting with the comfort and assistance of a nearby parent or caregiver.

Tues 5:45 - 6:30 PM

### **Pre-Ballet 1&2 and Pre-Ballet/Tap 1&2** (ages 3.5-5.5 by Sept 1, 2011 – no experience needed)

These classes introduce very young children to working independently in a group setting. Parents are nearby, watching through a one-way window. Children learn to listen to and move to rhythm, practice simple floor exercises and explore movement and musicality through creativity and imagery. Sequential movement patterns, simple counting skills and spatial awareness are developed as the session continues.

#### **Pre-Ballet/Tap 1&2**

Mon 10:15 - 11:15 AM

Tue 4:45 - 5:45 PM

Wed 5:45 - 6:45 PM

Sat 10:00 - 11:00 AM

### **Pre-Ballet 3 and Pre-Ballet/Tap 3** (ages 5.5-6.5 by Sept 1, 2011 – 1-2 yrs experience required)

This class offers continued practice of dance as a means of self-expression. More advanced movement patterns, counting skills and musical awareness are introduced.

#### **Pre-Ballet/Tap 3**

Thur 6:00 - 7:00 PM

Sat 11:00 - 12:00 PM

## Children's Division

The Children's Division ballet curriculum is an organized syllabus of instruction based fundamentally on the Russian Vaganova syllabus, but incorporating contemporary training methods and up-to-date movement principles. Through movement exercises designed to build coordination, musicality, strength and flexibility this program provides a strong foundation in classical ballet technique and overall dance education. It is intended as a sound preparation for those wishing to continue with the Conservatory and Pre-Professional Divisions. It also provides the necessary foundation so helpful to those wishing to move on to jazz or high school dance teams, or onto performance competition teams. Shorter combination classes are offered for those interested in sampling several different disciplines in a time period appropriate to the school-age child. **Dress code:** Girls - navy blue leotard, pink tights, pink ballet slippers, hair in a bun for ballet, ponytail for jazz, non-marking black jazz shoes, black tights or jazz pants for jazz, black jazz/tap shoes. Boys – white t-shirt, black shorts, white socks, white or black ballet slippers. Appropriate comfortable clothing and clean sneakers for hip-hop.

### **Level 1** (ages 6.5-7.5 by Sept 1, 2011)

#### **Ballet 1**

Mon 6:15 - 7:15 PM

Sat 10:00 - 11:00 AM

#### **Combo Classes**

Tap/Ballet

Mon 5:45 - 7:15 PM

### **Level 2** (ages 7.5-8.5 by Sept 1, 2011)

#### **Ballet 2**

Thur 5:00 - 6:00 PM

Fri 6:00 - 7:00 PM

#### **Combo Classes**

Jazz/Ballet

Fri 5:15 - 7:00 PM

Jazz/Ballet/Tap

Fri 5:15 - 7:30 PM

Ballet/Tap

Fri 6:00 - 7:30 PM

### **Level 3** (ages 8.5-9.5 by Sept 1, 2011)

#### **Ballet 3**

Mon 4:45 - 5:45 PM

Tue 6:30 - 7:30 PM

#### **Additional Classes**

Jazz 3

Mon 5:45 - 6:45 PM

Tap 3

Fri 6:00 - 6:45 PM

Jr. Hip-Hop

Wed 6:45 - 7:45 PM

**Level 4** (ages 9.5-10.5 by Sept 1, 2011)

**Ballet 4**  
Mon 4:30 - 5:45 PM

**Additional Classes**

Jazz 4	Mon 5:45 - 6:45 PM
Tap 4	Thu 6:15 - 7:15 PM
Jr. Hip-Hop	Wed 6:45 - 7:45 PM

## Youth/Teen Division

This division is designed for dancers ages 10 – 15 who are relatively new to ballet, or who study ballet as a support for their jazz, tap and other dance studies. Dancers more interested in the study of ballet, and those wishing to work en pointe should be studying in the Ballet Conservatory Division. A wide breadth of classes is offered, taught by highly trained professional teachers. **Dress code:** Girls - black leotard (*no halter leotards*), pink tights, pink ballet slippers, hair in a bun for ballet, pony-tail for all others, non-marking black jazz shoes, black tights or jazz pants for jazz, black jazz/tap shoes, black footless tights for modern. Boys: black tights, white t-shirt, white socks, white ballet slippers. Appropriate comfortable clothing and clean sneakers for hip-hop.

### Ballet

The Ballet 5 & 6 classes are designed for the older youth dancer (ages 10-15) with some experience who wishes to pursue the strength and technique of ballet on a once or twice a week basis.

**Ballet 5**

Wed	5:30 - 6:45 PM
Fri	4:45 - 6:00PM

**Ballet 6** (min 2 years experience required)

Thurs	6:15 - 7:30 PM
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### Tap

Level 4 is for students ages 9-12 with less than 2 years tap experience, Level 5 is for students with 3-4 years experience, Level 6/7 is for intermediate tappers with at least 4 years experience, Level 8 is for advanced tappers. New students wishing to enroll in Tap 5-8 must first take a placement class to determine the appropriate level.

<b>Tap 4</b>	Thur 6:15 - 7:15 PM
<b>Tap 6/7</b>	Mon 6:45 - 7:45 PM

<b>Tap 5</b>	Thurs 6:15 - 7:15 PM
<b>Tap 8</b>	Thurs 7:30 - 8:30 PM

### Jazz

Jazz 3/4, (ages 9-12), is an introductory course and introduces basic jazz technique, with a full warm-up followed by simple combinations. Jazz 5 (ages 10-13) and Jazz 6/7 (ages 11+) are classes for the experienced student with at least 2 years dance experience. A strong warm-up is followed by longer, more complicated combinations. Jazz 8 (ages 14+), is a class for the very experienced student (with at least 3 years of dance experience). A strong warm-up is followed by longer, more complicated combinations including pirouettes, leaps, and working across the floor. An expressive performance is emphasized. New students wishing to enroll in Jazz 5-8 must first take a placement class to determine the appropriate level.

<b>Jazz 3/4</b>	Mon 5:45 - 6:45 PM
<b>Jazz 6/7</b>	Thur 5:15 - 6:15 PM

<b>Jazz 5</b>	Fri 6:45 - 7:45 PM
<b>Jazz 8</b>	Mon 7:45 - 8:45 PM

### Modern

Modern dance developed as a response to the restrictions of classical ballet. Based on the styles of Graham, Limon, Cunningham and Taylor, modern techniques are introduced in Modern 5/6 (ages 10-14). Based on Graham technique, Modern 7 (ages 12-15) and Modern 8 (ages 14+) are for experienced dancers. In modern dance students dance barefoot and learn techniques to increase core strength and movement awareness.

<b>Modern 5/6</b>	Wed 6:45 - 7:45 PM	<b>Modern 7</b>	Tue 7:15 - 8:30 PM	<b>Modern 8</b>	Tue 5:45 - 7:15 PM
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### Hip-Hop

Get ready to move and get funky with the Hip-Hop classes. Hip-Hop is seen in popular music videos. You will learn various styles including Hip-Hop, Popping, Locking, Wacking and House. Students dance in street clothes with clean sneakers. Girls should wear tops or leotards that won't fall when standing upside down.

<b>Jr. Hip-Hop</b> (ages 8-11)	Wed 6:45 - 7:45 PM	<b>Sr. Hip-Hop</b> (ages 12+)	Wed 7:45 - 8:45 PM
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### **Ballroom** (ages 15 and up)

These classes are a perfect preparation for weddings, social events or to begin practicing for the next hot TV dance competition! Students with 1 year or less of ballroom experience should take the Introduction to Social Ballroom, those with previous ballroom instruction should take the Intermediate Social Ballroom. Classes will consist of the Foxtrot, Waltz, Swing, Rumba & more. Partner not required. Wear comfortable clothes and shoes with smooth leather or suede soles. No spike heels. Ballroom is held in 12 week sessions. The first session will be January 3 - March 20, 2012. See registration form for ballroom fees. Fees include free practice time during Open Studio hours. See office for days and times. We look forward to holding monthly Friday night dances!

**Introduction to Social Ballroom** Tue 7:00 - 8:00 PM  
**Intermediate Social Ballroom** Tue 8:00 - 9:00 PM

## **Ballet Conservatory Division**

Younger students may be invited to join a special Conservatory class in addition to one or more classes from the regular dance program. As dancers become more accomplished, the classes become exclusively limited to Conservatory students. Pointe and Pre-Pointe training begin at an appropriate level when strength and alignment have been sufficiently established. *Please note that the curriculum for Conservatory classes is such that students may continue in the same level for two or more years in order to cover all the necessary material before moving to the next class.* The Pre-Professional Program has a set curriculum and fee. Please see below for details. CCDC has established a reputation over the past two decades for creating beautifully accomplished dancers who love what they do. Many students go on to study in leading dance programs in colleges and universities across the country, and several have received scholarships from Maryland Scholars in the Arts.

Students register for a specific level as determined by the Director. New students must take a placement class before enrolling. Conservatory students are eligible to audition for the CCDC Ballet Company.

**Conservatory 3 (ages 8.5-10) Requirements: the class listed below in addition to one or more Ballet 3 classes listed above. Students may also take additional Level 3 classes listed above.**

Fri 4:45 - 6:00 PM

**Conservatory 4 (ages 9.5-11) Requirements: the class listed below in addition to one or more Ballet 4 classes listed above. Students may also take additional Level 4 classes listed above.**

Thu 5:00 - 6:15 PM

**Conservatory 5 (ages 10 – 12) Requirements: all three Conservatory 5 classes listed below. Ballet 5 classes may be taken in addition to Conservatory classes. Conditioning & Modern classes highly recommended. See above for additional classes.**

Tue Conditioning	4:45 - 5:30 PM	Wed Modern 5	6:45 - 7:45 PM
Tue Cons 5	5:30 - 7:00 PM	Thur Cons 5	4:30 - 6:00 PM
Wed Conditioning	4:30 - 5:15 PM	Sat Cons 5	11:45 - 1:15 PM

**Conservatory 6 & Pre-Pointe (ages 12+) Requirements: all three Conservatory 6 classes listed below. Ballet 6 classes may be taken in addition to Conservatory classes. Conditioning & Modern classes highly recommended. See above for additional classes.**

Mon Cons 6	4:45 - 6:15 PM	Wed Cons 6	5:15 - 6:45 PM
Tue Conditioning	4:45 - 5:30 PM	Fri Cons 6	6:00 - 7:30 PM
Wed Conditioning	4:30 - 5:15 PM	Fri Pre-Pointe	7:30 - 8:00 PM

**Conservatory 7 & Pointe (ages 13+) Requirements: 3 or more Conservatory 7 classes per week. Conditioning & Modern classes highly recommended. See above for additional classes.**

Mon Conditioning	4:00 - 4:45 PM	Tue Modern 7	7:15 - 8:30 PM
Mon Cons 7	6:15 - 7:45 PM	Thur Cons 7	6:15 - 7:45 PM
Mon Pointe 7	7:45 - 8:30 PM	Thur Pointe 7	7:45 - 8:30 PM
Tue Conditioning	4:45 - 5:30 PM	Sat Cons 7	9:30 - 11:00 AM
Tue Cons 7	5:45 - 7:15 PM	Sat Pointe	11:00 - 11:45 AM

**Conservatory 8 & Pointe (ages 14+)****Requirements: 3 or more Conservatory 8 classes****per week. Additional Conditioning & Modern classes highly recommended. See above for additional classes. See below for information regarding the Pre-Professional Program.**

Mon Conditioning	4:00 - 4:45 PM	Wed Cons 8	4:30 - 6:00 PM
Mon Cons 8	4:45 - 6:15 PM	Wed Pointe	6:00 - 7:00 PM
Mon Pointe	6:15 - 7:15 PM		
Tues Modern 8	5:45 - 7:15 PM	Sat Conditioning	10:00 - 11:00 AM
Tues Modern 7	7:15 - 8:30 PM	Sat Cons 8	11:00 - 12:30 PM
		Sat Pointe 8	12:30 - 1:15 PM

## Pre-Professional Ballet Division

This program consists of a set curriculum of classes designed to guide the advanced student into a professional company or a top notch college dance program. In addition to daily ballet classes, students receive instruction in modern, variations and pointe work. All students participate in the CCDC Ballet Company from which they gain valuable performing experience. Private classes and coaching for YAGP are available if desired. Admission to the Pre-Professional Program is by invitation. Students interested in applying should schedule a placement class with the Director. Additional scholarships and work/study programs are available for students with financial need. Please apply for these with the Director.

**Pre-Professional Curriculum Required classes listed below (only 1 conditioning class required):**

Mon Conditioning	4:00 - 4:45 PM	Fri Ballet	4:15 - 5:45 PM
Mon Ballet	4:45 - 6:15 PM	Fri Pointe	5:45 - 6:45 PM
Mon Pointe	6:15 - 7:15 PM	Sat Conditioning	10:00 - 11:00 AM
Tues Ballet	4:15 - 5:45 PM	Sat Ballet	11:00 - 12:30 PM
Tues Modern	5:45 - 7:15 PM	Sat Pointe	12:30 - 1:15 PM
Wed Ballet	4:30 - 6:00 PM	Ballet Company	Sat & Sun Afternoons
Wed Pointe	6:00 - 7:00 PM		

**Additional Classes:**

Mon Jazz 8	7:45 - 8:45 PM	Thurs Cons 7	6:15 - 7:45 PM
Thurs Tap 8	7:30 - 8:30 PM	Thurs Pointe 7	7:45 - 8:30 PM
Wed Sr. Hip-hop	7:45 - 8:45 PM	Sat Cons 7	9:30 - 11:00 AM