

# CC & Co. 2010-2011 Class Descriptions

## 2-4 Year Olds

**Movement (Ages 2-3yrs):** Incorporates practice of gross motor and fine motor skills with attention given to color/shape recognition and spatial concepts such as behind, under, beside etc. Program also encourages social skills such as taking turns, cooperation, and friendly words and actions.

**Jumpstarts (2-3yrs):** Introduction to music with instruction on rhythm, social and direction skills. Focus on balance. Set to creative music.

**Kids In Motion (3yrs.):** Introduction to dance steps, learning basic steps and dance movements.

**Theatrical Ballet (4rs.):** Basic ballet. Learning the terms associated with dance steps. Learning everything that goes along with being on the stage, creating costumes, props and face painting.

**Intro to Acro: (2-4yrs.):** Acrobatics and tumbling. This class is strictly floor work with students learning how to balance and control their bodies along with strengthening their arms and legs.

**Tumble & Twirl: (3-4yrs.):** Basic dance movements mixed with basic tumbling and acrobatics, floor work only. Learning terms associated with acrobatics.

**Intro Ballet (Age 4yrs):** Continues to practice skills listed for movement and also introduces children to basic ballet positions, steps, technique, and terminology.

## 5-6 Year Olds

**Pre Ballet/Tap/Jazz (Ages 5):** Designed for the developing attention span of the pre- kindergarten, this class focuses on the introduction of each dance form to lay a good foundation for continued dance education in a fun, fast-paced atmosphere with age appropriate music. (*Pre-Ballet/Tap/Jazz is for our 5yr old dancers who are not yet in Kindergarten*)

**Ballet/Tap/Jazz (Kindergarten-1<sup>st</sup> Grade):** Designed for the developing attention span of the kindergarten and first grade student, this class focuses on the introduction of each dance form to lay a good foundation for continued dance education in a fun, fast-paced atmosphere with age appropriate music. (*Ballet/Tap/Jazz II is for 1<sup>st</sup> Graders*)

**Hip Hop:** Our Hip Hop Dance Program is based around what we like to call "Bubble Gum Pop". It is a high-energy, upbeat dance class that will teach your dancer about the ideas behind Hip Hop Dance and style while using current music selections appropriate for this age group.

**Acro:** Acrobatics and tumbling. This class is strictly floor work with students learning how to balance and control their bodies along with strengthening their arms and legs.

## 7 Years and Up

**Acro :** Acrobatics and tumbling. This class is strictly floor work with students learning how to balance and control their bodies along with strengthening their arms and legs. Students learn everything from forward rolls to hand springs.

**Tap:** A rhythmic style of dance, using special shoes to accent sounds and rhythms. Great for coordination.

**Jazz:** An energetic style of dance, which uses ballet technique combined with current styles of dance. Class is upbeat using current, age appropriate music. (Intermediate Jazz students are recommended to take a Ballet class as well)

**Ballet:** A classical form of dance which focuses on body alignment and technique. Barre, center floor & progressions (movement across the floor) are used to develop technique.

**Lyrical:** A combination of both ballet and jazz technique to a slower beat of music. This style utilizes dance as interpretation of the music. (Intermediate Lyrical students are recommended to take a Ballet class)

**Jumps & Turns:** Class focused on enhancing dance skills with emphasis on jumps and turn technique.

**Hip Hop:** A relaxed free style form of dance, which uses your own personal rhythm, as well as current dance moves. Our Hip Hop Dance Program is based around what we like to call "Bubble Gum Pop", it is a high-energy, upbeat dance class that will teach your dancer about the ideas behind Hip Hop Dance and style while using current music selections that are age appropriate.

**Breakdancing:** A variation on the Hip Hop style of dance concentrating on specific movements and tricks.