

CARROLL MANOR DANCE CLASS

DESCRIPTIONS

Please visit our class schedule to see what classes are being offered for the current dance season!

Parent & Me

Ages: 2yr olds & their Parent

Duration: 30 Minutes, once a week

Performances: None

Description: This class is designed for young boys and girls and their parents! Children & Parents will have fun learning creative dance movements to popular children's music through singing and movement games. Props such as pom poms, hula hoops, parachutes and bean bags are used to enhance the learning experience. Class sizes are kept very small to assure plenty of individual attention.

Creative Movement

Ages: 3yrs old turning 4

Duration: 30 Minutes, once a week

Performances: One (Please note: This class will not perform in the spring recital; they will have a small in-studio recital!)

Description: This class is designed for our youngest dancers who want to express their independence without the assistance of mom or dad. Dancers will have fun learning pre-ballet movement to popular children's music through singing and movement games. Props such as scarfs, pom poms, hula hoops, and bean bags are used to enhance the learning experience. Class sizes are kept very small to assure plenty of individual attention for our youngest dancers.

Combination Dance Classes (Ballet and/or Tap and/or Jazz)

Ages/ Grades: 4yr olds, Kindergarten – 6th grade

Duration: Varies. 45-90mins, once a week

Performance Pieces: Varies. Two - Three

Description: Our combination class focus on getting students ready to transition from combination type classes to full hour classes in a specific style of dance. Ballet class will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.

Acro

Ages/ Grades: K+ and Up

Duration: 45 Minutes, once a week

Performance Pieces: One

Description: Acro-Gymnastics teaches strength, flexibility, and tumbling. Gymnastic skills include but are not limited to walkovers, limbers, handsprings, chest rolls, cartwheels/round offs, handstands, and much more.

Introduction to Modern:

Ages: 6th Grade and up

Duration: 45 minutes, once a week

Performance Pieces: One

Description: Introduction to Modern is a beginner class for students ages 10 and up with little or no previous dance experience. The class introduces students to the basic principles of modern dance including body placement, coordination, flexibility and strength. Students learn and perform basic modern dance vocabulary and explore the elements of dance including time, space and energy. Ballet is not required. No previous modern dance is required.

Musical Dance Theatre:

Ages: 3rd Grade and up

Duration: Varies. 45 – 60 minutes, once a week

Performance Pieces: One

Description: This class combines jazz technique with other varieties to create a “Broadway” style of dance. This class will follow a jazz warm up and will have progressions and center floor work and combinations that combine acting with jazz dance.

Hip Hop:

Ages: 3rd Grade and up

Duration: Varies. 45 – 60 minutes, once a week

Performance Pieces: One

Description: This 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. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. This class is structured for our dancers who love dance but also love other sports! Dancers that love the FUN aspect of dance and want to hang out with their friend while learning jazz should take this class.

Stretch, Jumps & Turns

Ages: 6th Grade and up

Performance Pieces: This class will NOT perform in the recital

Duration: Varies. 45-60 minutes, once a week

Description: This class is designed to improve a dancer's range of motion, enhance muscle flexibility and increase their level of core muscle strength. Through a variety of stretches and strengthening exercises, dancers will also increase their awareness of their own body's potential as it connects to expression through movement. Jumps & Turns is a special class we are offering to help dancers work on these often-challenging areas of dance. Classes will be designed to help each dancer identify and work on specific techniques and skills needed to improve their understanding and performance of these specific moves.

Contemporary Levels One- Four:

Ages/ Grades: 4th graders and up.

Teachers approval is needed for progression of levels.

Performance Pieces: One

Description: This class is designed for dancers with previous training in ballet. Students will explore partnering and weight sharing exercises combined with basic techniques and skills from ballet, jazz and modern. It emphasizes interpretation of music lyrics while telling a story with movement that can be fluid or abstract. As students' progress through each level curriculum will become increasingly more complex and intricate. Students will be placed in one of three levels, based on ability, age, and experience.

Ballet Levels (Ability Based Program for Ballet & Pointe)

Ages/Grades: Level One is open to 5th graders and up.

Teachers approval is needed for progression of levels.

Duration: Varies. 60-75 minutes, once a week

Performance Pieces: One

Description: Beginning pointe class can be taken on flat or in pointe shoes at the instructor's discretion. All pointe classes are designed for students with previous ballet training. Students will utilize previously learned ballet technique while working in pointe shoes. Each class includes barre exercises, center floor work and across the floor combinations. These exercises focus on strengthening the feet and ankles.

Company Levels (Ability Based Program for Tap & Jazz)

Ages/Grades: Level One is open to 6th graders and up.

Teachers approval is needed for progression of levels

Duration: Varies. 45-60 minutes, once a week

Performance Pieces: One

Description: **TAP:** is 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. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. **JAZZ:** 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. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. **BOTH, TAP & JAZZ:** As students' progress through each level curriculum will become increasingly more complex and intricate. Upper level students will have the opportunity to go to the next level: improve. Dancers will learn to think quickly on their feet while developing personal creative expression and musicality.

Adult Dance (Tap and/or Ballet and/or Jazz)

Ages/Grades: 18yrs old and up

Duration: Varies. 45-60 minutes, once a week

Performance Pieces: This will be determined after the first class.

Description: These classes are designed to teach a wide variety of dance styles in one class such as ballet, jazz, tap and other genres of dance. This is perfect for students returning to dance class or just wanting to start a new hobby! Come join us as we fuse these dance styles into one action packed adult class!

Ballet Technique

Ages/Grades: 5th graders and up.

Duration: 60 minutes, once a week

Performance Pieces: These classes will NOT perform in the recital

Description: Ballet is the foundation of all dance styles and a great class for beginners or the most advanced student. It involves barre, center floor work and combinations that focus on the dancer's musicality, technique, coordination, core strength, and grace.

Performance Group

Ages: 5th and/or 6th Grade & Up

Duration: 60-90mins, once a week

Performance Pieces: Varies. 2+

Description: This is the perfect opportunity for your performer! Dancers will learn several routines they will perform locally. In the past we have performed at local senior homes, festivals, firework celebrations, nursing homes, Iron Bird games, and much more. The performance schedule varies season to season.