

## CLASS DESCRIPTION/ CLASS ATTIRE

Parents please note: It is important to remember that higher levels of dance require intense concentration, discipline and strength to progress properly. Students usually register for a class according to their age/grade; however, our instructors will be evaluating all students during class to determine the appropriate placement. Placement is based on many factors-- age, maturity, class attendance, skill , consistency and most importantly, each dancer's ability and emotional readiness. Every child's ability is different and in turn so is each child's progression. Some students will master skills more quickly than others. We ask that parents and students respect the instructor's placement as it is in the best interest of the child. We thank you for trusting The Wright Step faculty with your child's dance education!

Ballet – Ballet is a very important and integral part of all dance forms. Ballet training is a discipline that emphasizes proper body alignment, flexibility, grace and strength. ATTIRE: Pink canvas or leather ballet shoes are required for these classes. If shoes have strings, please tie in a knot & cut so strings are short & tucked into shoes. Ballet I – Int. : Solid any Color Leotard, Pink , black or tan tights. solid color "dance" shorts or skirt(optional) . Hair must be securely pulled up & away from the dancer's face & neck. Adv Levels– must have Black Leotard, pink tights & CANVAS Ballet shoes. Shoes must fit like a sock!! (no dance shorts allowed/ ballet skirts may be worn). Hair must be in a tight, secure Bun.

Technique/Leap/Turn – These classes are designed to perfect your technique in turns, body alignment, flexibility, isolations, leaps, progressions & combinations to a wide variety of music. ATTIRE: any color/style leotard, sports bra, dance shorts, leggings, (tights are optional) No long pants, t-shirts or baggy clothes of any kind. Hair must be up & away from face. Jazz or Ballet shoes acceptable

Contemporary – These classes are a combination of Ballet & Jazz technique/ movement, with the focus being on storytelling through fluid movement. ATTIRE: tight fitting dance attire (no tights), preferably bare feet. Hair must be pulled up & away from the dancers face. Specific attire questions can be directed to the instructor.

Musical Theatre/Jazz –Basic jazz techniques that focuses on acting, musical expression, as well as character presentation. Many times Broadway stage songs or movie songs are used for these combinations/routines. Beg/Int.Attire: comfortable clothing that the dancer can move easily in. Jazz shoes. SR ADV: Character heels

**Tap** – Tap is a style, requiring rhythm, timing, coordination, and syncopation. Students will learn tap terminology and apply steps with precision, fluidity, and style. Any Style Tap shoe, (Black is best) (the dancers will wear black in the recital in June). **Attire:** Comfortable clothing. Tap instructors like to see the dancers knees & ankles! **Adv. Level** – Hard /solid sole (no split sole)

**Hip Hop** –This dance style requires movements close to the ground, incorporating fun, funky, age appropriate choreography, a great workout, and a great place to have fun popping, locking, and busting a move with your friends. **Attire:** Comfortable clothing. Please have a pair of sneakers/ combat boots/ tennis shoes that are worn for Hip Hop Class ONLY! They should be treated like all other dance shoes & not worn outside!! Thank you!

**Jazz/Hip Hop** – This class is designed for our young beginner dancers. It incorporates instruction in both Jazz & Hip Hop techniques in a fun, encouraging atmosphere ,with a focus on timing, coordination & style. **ATTIRE:** Comfortable dance attire & Jazz shoes!

**Stretch /conditioning /Strengthen**– our stretch classes are offered as a requirement for our competitive team members, but we offer these classes as well for our more serious dancers. There is no recital routine for these classes. The entire class is used to build endurance, stamina, open the joints for a deeper stretch, while strengthening the body's core. A yoga mat, resistance bands & foam yoga block will be required. **ATTIRE:** Tight dance attire must be worn & hair must be up & away from face. Most of the class is done bare foot but dancers need to bring Jazz or Ballet shoes to class.

**Pre-Dance**– Pre-Dance is recommended for our 3 & 4 year olds. Classes will introduce ballet, tap, creative movement and tumbling. A great way for your child to be introduced to all styles. This class is normally repeated 2 to 3 consecutive years before the dancer enters Kindergarten. **ATTIRE:** Pre-dancers will need canvas or leather ballet shoes (no slippers), as well as tap shoes. Please remove the "string" ties in the tap shoes, and replace them with elastic so the dancers can switch their shoes quickly during class. Leotards with or without a skirt are recommended. Tights are optional. If you choose not to wear tights, please wear socks for tap shoes!

**My Grown-Up & Me** - is recommended for our 2 ,and younger 3 year olds. Classes will introduce ballet, tap, creative movement and tumbling. A great way for your child to be introduced to all disciplines. The Parent/Grandparent/Sitter will be invited into class during the 1<sup>st</sup> half of the season, so the children become comfortable with their teacher and their surroundings. The Grown-ups will be weaned out of the room around January, as we prepare the kids for our end of year dance recital. **ATTIRE:** Students will need canvas or leather ballet shoes (no slippers), as well as tap shoes. Please remove the "string" ties in the tap shoes, and replace them with elastic so the dancers can switch their shoes quickly during class. Any color/style Leotards with or without a skirt are recommended. (Tights are optional.)

**TUMBLING-** This class is designed to improve flexibility & core/ upper body strength. Students will learn basic tumbling skills and work towards more advanced tricks in their own individual time. Students will also work on rhythm & timing. **ATTIRE:** Leotards and shorts are recommended. No t-shirts as they can ride up when they are upside down and makes it difficult for the teacher to spot (assist) them. Students must have bare feet, no jewelry & hair must be up & away from face.

## **LEVELS :**

**Level I** - This is the beginner level of dance. This level is for dancers with zero to 3 years of training. A dancer normally repeats Level I classes for 2-4 years , to gain knowledge of terminology ,body awareness and basic foundation of each genre , depending on their age , growth and skill level.

**INTERMEDIATE** - This level is for dancers with 4-6 or more years of training. The Intermediate level classes will have specific skills that the dancer's must have mastered in their previous training. They must have a basic understanding of general dance terminology, body awareness and specific foundation skills.

**ADVANCED** - This level is for more serious dancers with 6 or more years of training. These dancers have a complete understanding of dance terminology , specific skills and body awareness.They have mastered specific skills. Theses classes must be approved by the teacher.

**CLASSES LISTED WITH NO LEVEL :** These are classes that are based more on age. Mostly geared towards the dancers with zero to 3 years of training.