



James Family Prescott YMCA

Dance Class Descriptions

2018-2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tap: (Ages 5+) A proper foundation for Tap technique is established through barre exercises, creative movement, and learning simple rhythm combinations. This class will also focus on some history and terminology of Tap.

Jazz: (Ages 5+) This class teaches the foundations of jazz technique in a fun and encouraging atmosphere. Students will learn exercises designed to build strength, flexibility, and body awareness. Basic turns, leaps, extensions, and traveling steps will be introduced, while students learn dance vocabulary. This is the perfect class for students who are interested in jazz, musical theater, and show choir!

Contemporary: (Ages 11+) Students will learn movements that blend modern and jazz dance technique as well as improvisation and personal expression. Students will build strength and stamina while exploring a wide range of movement possibilities.

Hip Hop: (Ages 5+) This class infuses the latest styles of street dancing, breaking, popping, and locking. Hip hop dance requires students to have the strength and stamina to successfully perform moves. Class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for more intense movements.

Musical Theater: (Ages 5+) This class is a form of theatrical performance that combines songs, spoken dialogue, acting, and dance.

Rhythmic Gymnastics: (Ages 6+) Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance and manipulation of apparatus such as hoop, ball, and ribbon.

Dance Conditioning: (Ages 10+) This is a non-equipment workout with a focus on repetitions of simple yet effective toning exercise, set to current pop music. The class includes exercise that target muscles on a dancer's body but are also beneficial to fitness in general.

Lyrical: (Ages 11+) Lyrical dancing is a relatively recent form of dance coming from a fusion of jazz dance and ballet. Aside from having a beautiful and expressive choreographic vocabulary, it's one of the most pleasurable forms to dance.

Creative Dance: (Ages 3-4) Assists the very young dancer in identifying basic forms of movement through imaginative games, songs, music, and rhythmical patterns as well as encourages taking turns and direction.

Pre-Ballet 1: (Ages 5-6) An introduction to ballet with beginning development of ballet concepts such as turn out, coordination, spatial awareness, and class etiquette.

Pre-Ballet 2: (Ages 7-8) A more advanced class where the French vocabulary is emphasized, rhythm, music, tempo, and working with partners is introduced.

Beginning Ballet: (Ages 8+) This class is for beginners with no previous training. The goal of this class is to impart the fundamentals of classical ballet.

Intermediate Ballet: As with each level, students are invited to the next level after they have demonstrated full understanding of the previous level. Focus on positions of the arms, proper preparations for barre and center work, direction of the body and increased movement vocabulary are areas that this level focuses on. Pre-pointe exercises and basic pirouettes are introduced.

Advanced Ballet: In these classes, students continue to develop extension of the legs and strength of the feet as well as more advanced barre and center work. Other styles of dance, Contemporary and Character dance classes are introduced.

Beginning Pointe: This class teaches ballet students how to support all body weight on the tips of fully extended feet with pointe shoes. Students are generally ready to begin this class after achieving competency in fundamental ballet technique and have been dancing for at least 3 years and at Ballet Level 3 or Intermediate Level.

Pas de Deux (Partnering Ballet): This class is an advanced level program that is offered to Advanced Ballet. It is a dance duet in which two dancers, typically a male and female, perform ballet steps together.

Dance Team: This is a non-competitive class, for students who already have several years of dance experience. This class will showcase the different styles of dance that the Y Dance Department offers. We will perform at outside events. Students must try out to be in this class.