



## Pre-Dance DIVISION CLASSES

**Toddler and Me (Ages 2-3 and Caregiver)** *Designed to develop gross motor movement; develop an understanding of concepts such as over, under, around and through; all while enjoying music and movement in a 30 minute class with a parent or caregiver. Parents or caregivers participate actively in the class as children learn basic dance steps and terminology through songs, stories, and play. This class will build their self-confidence to help them blossom into budding dancers! Wear comfortable clothes to move in. Not a performance class.*

Mondays/Tuesdays 10:00-10:30 AM

**Creative Movement (Ages 3-4)** *Children will enjoy dancing and moving to music, while learning basic dance vocabulary, and improving gross motor skills and muscle flexibility. Props used during classes. Wednesdays 3:30-4:00 PM, Thursdays 3:00-3:30 PM, Fridays 10:00-10:30 AM, Saturdays 9:00-9:30 AM*

**Pre-Ballet (Ages 4-5)** *A prelude to formal ballet instruction that lays the ground-work in arm and feet positions, musicality, and beginning ballet vocabulary. Mondays 3:30-4:00 PM, Tuesdays 3:30-4:00 PM, Saturdays 9:30-10:00 AM*

**Tiny Tappers (Ages 3-5)** Thursdays 3:45-4:15 PM

## Pre-Dance Dress Code

**Pre-Ballet/Creative Movement Dress Code:** Pink tights that cover the feet. Black, tank leotard. Examples: Bloch Child and Toddler Basic Tank Leotard (CL5405) from [www.DiscountDance.com](http://www.DiscountDance.com).. These may be worn during the Christmas performance. Skirts optional. Hair in a bun.

**Tiny Tappers Dress Code:** Black leotard any style. Skirts optional. Tan tap shoes.

## STUDENT DIVISION CLASS DESCRIPTIONS and Dress Code

<p><b>Ballet:</b> Dancers will learn formal ballet technique working at the barre and center. <i>Dress Code: Pink tights that cover the feet (with seams for Levels 3 and Up), any style black leotard, ballet shoes. Skirts optional. Hair must be in a bun.</i></p>	<p><b>Contemporary:</b> Skills involved include freedom of expression, contraction and release, fall and recovery, floor work, control, and breathing. <i>Dress Code: Black leotard (any style), pink tights or leggings. Barefoot.</i></p>	<p><b>Jazz:</b> Explore different high-energy jazz techniques focusing on isolations, movement patterns, and improving performance quality. <i>Dress Code: Tan jazz shoes, split sole. Students may wear pink tights to class, but will need tan tights for jazz performances.</i></p>
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# 2019-2020 CLASS SCHEDULE



<p><b>Tap:</b> Tap Students will learn a variety of styles designed to train them in rhythm, sound, and coordination. <i>Tan tap shoes (Laced preferred for Intermediate levels and up). Example: Bloch S0381L Adult "Audeo" Lace Up. Students may wear pink tights and black leotard to class, but will need tan tights for tap performances.</i></p>	<p><b>Hip Hop:</b> Dancers will learn upbeat street dance styles performed to hip hop music. <i>Dress Code: Comfortable clothing that's easy to move in. Shirts and leggings are acceptable. No jeans or hoodies. No bare legs or mid-drifts/crop tops. Wear street shoes that are clean on the bottom and won't track in dirt on the marley floor.</i></p>	<p><b>The Calling Dance Company:</b> Inspire's Dance Company that uses the art of dance to spread the Gospel both locally and abroad. Junior Company - 5th grade-8th grade and Senior Company- 8th grade and up by audition only. The Calling rehearses on Saturdays from 11:00 AM - 12:00 PM and enjoys performing in the <a href="#">community</a> at events, nursing homes, churches, and holiday celebrations. Requirement: one ballet and one elective class.</p>
<p><b>Boys Class:</b> Boys will learn dance technique and strengthening exercises for performance. <i>Dress Code: Black athletic shorts or pants with a white t-shirt.</i></p>	<p><b>.Conditioning:</b> Exercises emphasizing strength, alignment, flexibility, and injury prevention. <i>Dress code: Athletic clothes. *required for Pre-Professional Level</i></p>	<p><b>Improvisation:</b> Dancers will become their own choreographers and explore movement through different guided frameworks and parameters. <i>Dress Code: Leotard and leggings. Barefoot or ballet shoes.</i></p>

## STUDENT DIVISION LEVELS AND CLASSES

**Level 1 (Ages 5-7) No experience necessary. \*1b indicates students with 1 year experience.**

Ballet - Mondays 4:00-4:45 PM, Tuesdays 4:00-4:45 PM, Thursdays 4:00-4:45 PM,  
Tuesdays 1b\* 5:30-6:15 PM, Home School Class Fridays 11:00 AM-12:00 PM

Tap- Mondays 4:45-5:30 PM

Jazz - Tuesdays 4:45-5:30 PM

Hip Hop- Wednesdays 5:00-5:45 PM

**Level 2 (Ages 6-9) Minimum 1 year experience for Ballet.**

Ballet - Mondays 5:30-6:15 PM, Tuesdays 6:15-7:00 PM, Wednesdays 4:45-5:45 PM \*Must be  
8yrs old, Thursdays 6:15-7:00 PM, Home School Class 11:00 AM -12:00 PM

Tap - Mondays 4:45-5:30 PM, Wednesdays 5:45-6:30 PM

Jazz - Tuesdays 4:45-5:30 PM

# 2019-2020 CLASS SCHEDULE



Hip Hop- Wednesdays 5:45-6:30 PM

Contemporary- Thursdays 5:30-6:15 PM

## **Level 3 (Ages 8-12) Minimum 2 years experience for Ballet.**

Ballet- Mondays 4:00-4:45 PM, Wednesdays 4:45-5:45 PM, Thursdays 4:00-4:45 PM, Home School Class Fridays 11:00 AM -12:00 PM

Jazz - Wednesdays 4:00-4:45 PM

Tap - Wednesdays 5:45-6:30 PM

Hip Hop- Wednesdays 5:45-6:30 PM

Contemporary - Thursdays 4:45-5:30 PM

## **Level 4 - (Ages 9-13) Minimum 3 years experience for ballet. Four classes per week requirement.**

Ballet - Tuesdays 4:00-4:45 PM, Wednesdays 4:45-5:45 PM, Thursdays 4:00-4:45 PM

Jazz - Wednesdays 4:00-4:45pm Tap- Wednesdays 5:45-6:30pm

Hip Hop - Wednesdays 5:45-6:30pm

Contemporary - Tuesdays 4:45-5:30pm

Pointe- Mondays 6:15-7:00pm (with Aubrey Morgan)

Conditioning - Saturdays 9:00-10:00 AM

The Calling Dance Company - Saturdays 11:00 AM - 12:00 PM. *By audition only.*

## **Level 5 - (Ages 11-16) Minimum 3 years experience for ballet. Four classes per week requirement, two of which must be ballet.**

Ballet - Mondays 4:45-6:15 PM (with Aubrey Morgan), Tuesdays 4:00-4:45 PM, Thursdays 4:45-5:45 PM Pointe - Wednesdays 4:00-5:00 PM

Jazz - Mondays 6:15-7:00 PM Tap - Mondays 7:00-7:45 PM

Contemporary - Tuesdays 4:45-5:30 PM

Variations - Thursdays 5:45-6:15 PM **\*\*Includes Two Variation Showcases. Must be enrolled in Thursday Ballet beforehand.** Improv/Choreography - Thursdays 6:15-7:00 PM

Conditioning - Saturdays 9:00-10:00 AM Ballet Choreography - Saturdays 10:00-11:00 AM

The Calling Dance Company - Saturdays 11:00 AM - 12:00 PM. *By audition only.*

# 2019-2020 CLASS SCHEDULE



## Pre-PROFESSIONAL DIVISION

**(Ages 13+) Placed by Audition only. Weekly Requirements: 3 Ballet classes, 3 Electives (4th Ballet class counts as Elective).** Dancers at the Pre-Professional level have several years experience. Commitment to dancing en pointe is required. Artistic growth is emphasized in an encouraging environment and performance opportunities are based on skill level, ability, and artistry.

Ballet - Mondays 4:45-6:15 PM (with Aubrey Morgan), Tuesdays 6:15-7:15 PM, Thursdays 4:45-5:45 PM

Jazz - Mondays 6:15-7:00 PM Tap - Mondays 7:00-7:45 PM

Contemporary - Tuesdays 5:30-6:15 PM

Pointe - Wednesdays 4:00-5:00 PM

Improv/Choreography - Thursdays 6:15-7:00 PM

Variations\*\* - Thursdays 5:45-6:15 PM *\*\*Includes Two Variation Showcases. Must be enrolled in*

*Thursday Ballet beforehand.*

Conditioning - Saturdays 9:00-10:00 AM Ballet Choreography - Saturdays 10:00-11:00 AM

The Calling Dance Company - Saturdays 11:00 AM - 12:00 PM. *By audition only.*