

Prima's Class Descriptions and Dress Code

Early Childhood Dance Program

Creative Dance 1 and 2 - an introduction to dance and creative movement. Both classes focus on locomotor movements, rhythm and coordination required for ballet and other dance disciplines. Creative Dance 1 is 30 minutes long, once a week and is for ages 3 ½ and 4. Creative Dance 2 is 45 minutes long, once a week and designed for students ages 4 and 5.

Dress Requirements for Creative 1 and 2: pink leotard, light pink or white tights, and pink ballet shoes.

Kinderballet/Tap - a combination ballet/tap class for students who have had prior dance experience and who are in kindergarten. This class is designed to develop the student's beginning ballet and tap vocabulary and technique.

Ballet/Tap 1 - a combination ballet/tap class focusing on beginning ballet barre, center floor and traveling steps and combinations. Students are expected to learn fundamental ballet and tap vocabulary and technique. This class is for students in grades 1 and 2.

Primary Dance - is a combination ballet/tap class for K-2 offered on Friday evening and Saturday morning, covering the same curriculum as Ballet/Tap 1.

Dress Requirements for Kinderballet/Tap, Ballet/Tap 1 and Primary Dance: pink leotard, light pink or white tights, pink ballet shoes and black tap shoes (note ballet hair requirements).

Classical Ballet Training

Ballet Levels 2-6

Prima offers 6 levels of classical ballet training allowing the students to grow in strength, flexibility, musicality, proper alignment, coordination, poise, ability to focus, individual artistry, and performance ability. Ballet offers a wonderful foundation for a complete dance education and students who take it typically shine in balance, proper usage and extension of arms and legs, facial awareness, proper turning technique, bodily control and ability to hear and feel music. Students will be exposed to the Vagonova, (Russian), R.A.D.(English), Cecchetti (Italian) and some contemporary styles while building their French vocabulary. On average, dancers stay in each level 2 years with consecutive years of study. Placement is by Director and teacher recommendation. **Partnering 5/6** is available to students who have been placed in ballet Level 5 or 6.

Pointe

(Pointe Technique, Pointe Variations and Ballet 5/6)

Pointe is a beautiful and challenging part of ballet, special precautions and requirements are necessary in order to achieve optimal technique and to prevent injuries. Pointe Technique is a required class for students who are on pointe. It helps to build the strength, stamina and proper technique required for pointe. Pointe/ Variations is for students with 3 years of consecutive pointe experience and requires Director approval. For more information on pointe, please pick up a pointe handout and doctor's release form in the office.

Dress Requirements for Pointe and Ballet 2-6:

black leotard, ballet pink or white tights, pink ballet shoes and pink pointe shoes for level 4P and up. (Black sheer skirts allowed after barre is completed, skirts must be above the knee).

Note: *Ballet pink tights (which are light flesh colored pink) will be required for ballet classes to wear in the recital.*

Hair Requirements for All Ballet Classes:

Please wear hair in a bun for ballet if hair length allows. Hair must be pulled up off face and neck. Please note the importance of this standard. Hair worn down or in a ponytail is too distracting for the athletic discipline of classical ballet and can not be allowed.

Tap Levels 1-6

Tap is the natural partner to ballet with an emphasis in rhythm and intricate foot work. It increases the student's awareness of musicality and coordination. Tap is a fast paced exciting dance discipline that increases the student's ability to count and hear the beat of the music. All tap classes have a similar structure and level system to ballet and are a ½ hour –1 hr long. Tap levels are the same as the ballet and have similar age and dance experience requirements.

Dress & Hair Requirements for Tap:

leotard, tights and black tap shoes (no long dance pants due to the necessity of ankles being visible), hair pulled up off of face and neck.

Jazz Levels 3-6

Jazz is a dance form enhanced by the freedom to use movement with a variety of music styles. Like all dance forms, jazz comes from ballet as it requires having a strong center and excellent balance. Jazz includes strengthening and stretching in order to achieve better balance, tone and technique. The jazz classes include a variety of turns, leaps, jumps and jazz based combinations. The jazz levels coincide with the levels of ballet and have similar requirements for placement.

Hip Hop Levels A.I. and A.*

Hip Hop is a current style of jazz that includes some of the latest moves seen in films and on television. Hip Hop includes some of the technical aspects of jazz, but is much more of a styling dance class. Students who are in Hip Hop are STRONGLY encouraged to take jazz to improve their strength, technique and overall dance and performance ability. Levels will be determined similarly to the other dance disciplines offered at Prima.

Dress Requirements for Jazz and Hip Hop:

leotard, black jazz pants, black jazz shoes (jazz sneakers are allowed for Hip Hop), hair pulled up off of face and neck and midriff must not show.

*See additional descriptions and dress codes listed on next page.

Prima's Class Descriptions and Dress Code Cont.

Lyrical Level A.*

Lyrical is a fluid and expressive style of jazz that involves technique and control, adopting moves from a variety of styles of dance.

Musical Theater Levels I. and A.*

Musical Theater will expose students to jazz, ballet, lyrical and other styles found in Broadway musicals. Students will be encouraged to adapt to a variety of styles of dance and music while combining drama with their dancing.

Modern Levels I. A.I. and A.*

Modern is a contemporary dance form that builds physical awareness and proper alignment and helps to improve directional changes, core strength, and performance quality.

Dress & Hair Requirements for Lyrical, Musical Theater and Modern:

leotard (no baggy warm ups), tights or Capri dance pants. For Lyrical, ballet shoes preferred but soft jazz shoes allowed. For Musical Theater, ballet shoes or soft jazz shoes are required. For Modern, no shoes are preferred (barefoot). For all three dance classes, hair needs to be pulled back and secured to the head and midriff must not show.

Drama Levels I. and A.*

Drama is a fun class for none dancers as well as experienced dancers. It is strongly recommended for those dancers who are desiring to improve their performance ability. Professional dancers need to be strong actors and actresses as well as dancers.

Dress & Hair Requirements for Drama:

Non distracting and appropriate clothing or dance attire (midriff must not show). Hair needs to be pulled back off of the face. Street shoes are NOT allowed on the dance floor. Students may wear socks or dance shoes.

***Level System for Hip Hop, Modern, Lyrical, Musical Theater and Drama:**

I.= Intermediate

Level I. is for students who are placed in level 2-4

A.I.= Advanced Intermediate

Level A.I. is for students who are placed in level 4-5

A.=Advanced

Level A is for students who are placed in levels 5-6

Student Placement Information

Once students are in level 2 and above they should expect to stay in the same level for 2-3 years. The teachers at Prima are constantly working to challenge each student to achieve his or her full potential. Students benefit from being in the younger spectrum of the class as well as being one of the older more experienced dancers. There are many factors that go into the placement of students and the Prima School of Dancing staff strives to achieve the best possible situation for each student that attends the school.

*For more information on Prima's **Training Group** (performance group available to students who are in Prima's complete dance program from level 3 and up) check our website or call 348-8125.