

## Prima's Class Descriptions and Dress Code

**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&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 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

### **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. The class Pointe Technique is for students in their first and 2nd years of pointe study. It is also strongly recommended for those desiring to build more strength and control in their pointe work. Pointe/ Variations is for students with 3 years of consecutive pointe experience and Director approval. For more information on pointe, please pick up a pointe handout and doctor's release from the office.

### **Dress Requirements for 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 long. Tap levels are the same as the ballet and have similar age and dance experience requirements.

### **Dress & Hair Requirements for Tap:**

leotard, tights (dance shorts are allowed) 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 and includes choreography to a wide variety of upbeat music styles. 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 & 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.

### **Lyrical** Levels I. and A.\*

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

### **Modern** Levels 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 and Modern:**

Leotard (fitted tank allowed over leotard), tights or Capri dance pants. For Lyrical, ballet shoes preferred but soft jazz shoes allowed. For Modern, no shoes are preferred. In both Lyrical and Modern hair needs to be pulled up off of face and neck and midriff must not show.

### **Drama** Levels I. and A.\*

We are pleased to offer drama as part of our performing arts curriculum this year. Drama is a wonderful class for none dancers as well as experienced dancers. It is strongly recommended for those dancers who are desiring to improve their performance ability. All the lead dancers from famous ballets and Broadway musicals need to be strong actors and actresses as well as dancers.

### \* Level System for Hip Hop, Modern, Lyrical and Drama:

I.= Intermediate

A.I.= Advanced Intermediate

A.=Advanced