

Grade 1

(costume fees)

(must be min. age 7)

- 1 hour class
- exams available (2x/wk)
- participate in recital
- costume deposit required
- pink ballet shoes
- pink ballet tights
- bodysuit
- hair in bun/no bangs

Grade 2-5

(costume fees)

- 1 hour class
- must take class 2x/wk to qualify for exam and participate in recital
- costume deposit required for those taking 2 classes/wk
- non-competitive
- pink ballet tights
- pink ballet shoes (full sole)
- bodysuit
- black character shoes
- character skirts
- hair in bun/no bangs

Male Ballet Dancers

- dark shorts & white t-shirt
- white socks
- black ballet slippers

Pointe (grade 6+)

- the student must demonstrate that she has the upper body strength and foot strength needed
- recommended min. age 12
- recommended that dancer's foot has finished growing
- if Dance Trance instructor feels it unsafe for the dancer to be in pointe shoes, they will do the curriculum in soft shoes for entire class

Grade 6 +

- 1.5 hour class
- must take 2x/wk to qualify for exams and participate in competitions and recital
- one class will include exam technique and Pointe
- one class will include exam technique and modern routine to perform at competition and recital
- one costume deposit required for modern/contemporary routine
- costume/dance TBD for pointe depending on skills/level. Pointe is non-competitive
- split sole/full sole pink ballet slippers
- pointe shoes
- black character shoes
- pink ballet tights
- bodysuit
- hair in a bun/no bangs

"Open" Ballet

- 1 hour class
- offered to beginner teen/adult
- offered as an "additional" 3rd ballet class to the upper levels to give them diversity and expand their ballet vocabulary. (Gr 6+ levels)
- no choreography taught
- technique only

MODERN PROGRAM

Modern is theatrical dance represented by freer movement, collision of opposites (contraction and release; fall and recovery) and is formulated from natural rhythms. Modern is founded in ballet, but is also a rebellion against ballet. Modern is offered at the competitive level at Dance Trance.

Ages 10+

- 1 hr class
- min. 2 hr of ballet/week
- 4 competitions
- costume deposit

Advanced Level

- included in ballet program

JAZZ PROGRAM

Jazz dance is stylized movements founded in ballet technique, performed to upbeat music. Because the foundation of jazz is ballet, it HIGHLY recommended that all dancers also participate in the ballet program. It is mandatory that all COMPETITIVE JAZZ DANCERS take ballet.

- | | | |
|-----------------|---|--|
| <u>Shoes</u> | - | black jazz oxfords
(competitive dancers require slip-ons) |
| <u>Hair</u> | - | tied back in ponytail |
| <u>Clothing</u> | - | general dance attire |

Jazz Technique Classes

This class begins with a warm-up consisting of stretching and strengthening technique as well as barre and traveling exercises will be taught to enhance and develop the dancers' jazz/lyrical/ballet skills. A series of jumps, turns and stylized combinations will be presented. All competitive dancers are encouraged to enroll in this program.

- | | | |
|-----------------|---|---------------------------------|
| <u>Ages 9 +</u> | - | 1 hour class (all levels) |
| | - | jazz oxford shoe |
| | - | bodysuit, tights and jazz pants |
| | - | hair tied back in pony |

RECREATIONAL JAZZ PROGRAM

Ages 3 & 4

- 30 min. class
- recital participation
- costume deposit

Ages 5 & 6

- 45 min. class
- recital participation
- costume deposit

Ages 7 - Teen

- 1 hour class
- recital participation
- costume deposit

Adult (ages 17+)

- 1 hour class
- recital participation
- costume deposit

COMPETITIVE JAZZ PROGRAM

Both jazz and lyrical jazz are offered to competitive dancers. Minimum age for competitive dancers is 7. All competitive dancers **MUST** be enrolled in a **MINIMUM** of 2 **ballet technique** per week as of grade 3 ballet. (grade 1 & 2 ballet dancers are once per week to take jazz) Lyrical dancers **must** take 2 ballet technique classes/week **plus** one jazz performance class per week. These groups will participate in 4 competitions **plus** recital and will require ONE costume deposit.

Shoes

- black jazz oxfords (jazz) slip-on
- beige jazz oxfords (lyrical)
Slip-on
- Int/adv dancers - require both beige and black
for both classes plus beige foot
undies

Ages 7-9

- jazz 1 hour
- lyrical 1 hour

Ages 10+

(Jr/Interm. Levels)

- jazz 1.25 hour
- lyrical 1 hour

Advanced Program

- jazz & lyrical are combined into one 2
Hour performance class. It is
mandatory to take jazz technique at
this level
- 2 costume deposits required
- 3 ballet technique classes/wk are
HIGHLY recommended at this level

LYRICAL PROGRAM

Lyrical is interpretive movements and body expressions using both jazz and ballet techniques and styles. A variety of footwear could be worn: black jazz oxfords, beige oxfords, and/or foot undies. Please ask your instructor about desired footwear.

Competitive

- 1 hr class (ages 7-interm. Level)
- 4 competitions
- min. age 7 years
- must take a min. of 1 hr ballet and 1 hr of jazz/week
- advanced dancers have this course combined with jazz class

Recreational

- 1 hr class
- ages 15- adult
- no pre-requisites
- recital
- costume deposit required

HIP-HOP PROGRAM

Hip-hop is a series of movements which relies on individualism and personal style. It embraces several styles of street funk jazz, body popping, locking, krumping and break dancing. It is often performed to rap or music video style material.

All Classes

- white sneakers with white laces
(no markings)
- NO OUTDOOR FOOTWEAR
- Dance attire (no jeans!)

Recreational Hip-hop

No pre-requisites; recital only; costume deposit.

Ages 3 & 4

- 30 min. class

Ages 5 & 6

- 45 min. class

Age 7 +

- 1 hour class

Adult

- 1 hour class

Competitive Hip-hop

Age 7 +

- must take a min. of one other PERFORMANCE CLASS either Recreational or competitive
- 4 competitions
- costume deposit
- most costumes will be purchased
- min. age 7 years
- 1 hour class

Large Competitive Group

- 45 min/week
- interm./adv. Students only
- Must also be enrolled in regular competitive hiphop group
- 4 competitions
- min. 15 dancers for class to run
- costume deposit

TAP PROGRAM

Tap is a series of rhythmic compellations based on the foundation of hoofing. An understanding of timing, syncopation and tempo is taught and enhanced as the dancer advances through the program.

Recreational Tap

No pre-requisites

- recital only (choreography taught)
- costume deposit required
- hair tied back
- general dance attire

Ages 3 & 4

- 30 min. class
- shoes, patent leather

Ages 5 & 6

- 45 min. class
- shoes, patent leather

Ages 7-12

- 1 hour class
- shoes, patent leather

Ages 13-Adult

- 1 hour class
- shoes, black oxfords

Tap Technique

This class enhances and develops the dancer's technique and understanding of rhythms. They learn basic to advanced rhythms and steps that enhance and re-inforces their tap group and solo choreography. All Competitive Solo, duo and group tappers are HIGHLY encouraged to take this class to perfect their tapping skills.

All Ages

- 45 min. class
- only technique taught
- no recital
- no costume

Competitive Tap

Pre-requisites

- must take a "Technical" class for upper body strength and performance
- can be either ballet, jazz or jazz technique

Ages 7-9

- 1 hour class
- 4 competitions & recital
- costume deposit required
- hair tied back
- Black patent Capezio shoes (hard shank); no plastic bottoms

Ages 10+ (approx.)

- 1.25 hour class
- 4 competitions & recital
- costume deposit required
- hair tied back
- Black patent Capezio Premier Tap/K360 or SO DANCA built up Oxford recommended

*All male tappers wear black oxfords, whatever the age or level. Best quality taps are Capezio solid sole Premier Taps or So Danca.

Large Competitive Group

- 1 hour class
- int./adv. students only
- must also be enrolled in regular comp. tap group PLUS tap technique
- 4 competitions
- Costume deposit
- Min. 15 dancers for class to run

MUSICAL THEATRE PROGRAM

Musical theatre is a combination of dance choreography and basic acting skills to portray "mini-musical" like routines. Some routines will have lip syncing, but NO VOCALS. All dancers are HIGHLY encouraged to take this course to enhance their performance skills.

Recreational Musical Theatre

No Pre-requisites

Ages 3 & 4

- 30 min. class
- recital participation
- costume deposit
- black jazz oxford shoes
- dance attire

Ages 5 & 6

- 45 min. class
- same as above

Ages 7+

- 45 min class
- same as above

Competitive Musical Theatre

(must take a min. of 1 hr jazz, tap, ballet or hip-hop)

Ages 7 +

- 45 min. class
- 4 competitions
- costume deposit
- black jazz oxfords (male & female)
- beige character shoes (female)
- specified dancewear
- instructor will notify class of "competition" footwear by Dec.

ACRO PROGRAM

Acrobatics is a form of dance which combines traditional artistic gymnastics with rhythmic gymnastics and stunt work. It requires balance, power, and flexibility. Students learn the fundamentals of contortion and tumbling, and combining these skills with partnering and group stunts. The use of apparatus such as boxes, balls, hoops, platforms, trapeze, trampolines, exotic props and sets may accompany acrobatic displays.

NOTE: Any child/adult who has broken their wrist/arm/shoulder within the past 24 months is NOT ALLOWED to participate in acrobatics. Risk of re-injury is 'too great" due to weight bearing on the hands.

Ages 5 & 6

(absolutely no younger)

- 45 min. class
- recital routine
- costume deposit
- 2 french braids for hair
- bodysuit & footless tights
- bare feet

Recreational Ages 7+

- 1 hour class
- recital routine
- costume deposit
- 2 french braids for hair
- bodysuit & footless tights
or tight Capri pants/shorts
- bare feet

Competitive Ages 9+

- 1 hour class
- must have min. 1 year previous acro
Experience
- recital and 3 competitions
- costume deposit
- hair & attire same as above

Male Acro Students

- tighter shorts (not baggy)
- white t-shirt
- bare feet

HIGHLAND PROGRAM (Scottish)

Traditional S.D.T.A. technique taught. Exams and competitions offered at the discretion of the instructor. This is the ONLY program where there are no costume deposits; costumes are the responsibility of each individual.

Ages 6+

- 1 hr class
- recital
- black highland slipper
- white knee high socks
- bodysuit/shorts

Advanced Levels

- 1.5 hr class
- see instructor re: shoes