

## *All Stars Talent, Inc. & Perinton Dance Company*

### CLASS DESCRIPTIONS

#### DANCE:

\* **Combination Dance Classes (ages 18 months to 7yrs, divided by age)** - a great way to learn a variety of different things in one class each week. Classes include instruction in basic Jazz, basic Tap, Pre-Ballet/Ballet, Creative Movement, Fun Songs, development of fine and gross motor skills, early music skills/rhythm development, the use of props and basic rhythm instruments, social skills, and lots of fun! (Ballet & Tap shoes are needed)

\* **Princess Dance Combo (ages 3-4)** This class is very similar to our Combination Dance Class for this age level, however most music, dance and activities follow the Princess theme in each class and for the recital performance. (Ballet and Tap shoes are needed)  
*Perfect for your own dancing little Princess.*

\* **Storybook Dance Combo (ages 4-6)** Fairytales come to life through dance! This class is very similar to our Combination Dance Class for this age level, however most music, dance and activities follow the theme from popular dance related stories (Swan Lake, Sleeping Beauty...) in each class each week and for the recital performance. Stories will be read and discussed in class and related dances will take place to keep the theme, excitement & learning going. This class will give your tiny dancer the opportunity to bring these fantastic stories to life!

\* **Creative Movement (ages 2-3)** – A fun early introduction to movement. Classes include activities including early pre-dance techniques to fun themes such as animals, nature and much more. Bean bags, scarves, rhythm instruments and other props are used to enhance learning and fun!

\* **Jazz** - classical Jazz dance combined with more modern dance movement or Broadway style Jazz choreography. Classes include warm-up exercises, isolations, combinations in the center and across the floor, fun and unique routines. (Ballet or jazz shoes are needed – check w/ the studio/Instructor for details)

\* **Technique/Ballet (ages 5 & up, divided by age)** – Classical Ballet Technique, leaps, jumps, turns, barre and center work, stretching and conditioning exercises, the use of proper body placement and posture... This class helps to improve and gain skills necessary for nearly all forms of dance to help dancers meet their full potential. Competition dance students are required to take this class. It is also open to all AST/PDC students. (Ballet shoes and proper attire are needed – check w/ studio for details)

\* **Ballet** - Ballet is a dance form that originated in Italy and became popular in the French court of King Louis XIV about 300 years ago. The word ballet is French but comes from the Italian word ballare, which means “to dance.” Ballet is the foundation of nearly all forms of dance.

\* **Pointe** – (En Pointe) is a form of Ballet presented on the tips of the toes, made possible by specialized shoes. There are different varieties of ballet en Pointe, but for the most part they focus on grace and specific technique. Dancers must have sufficient strength and technique before beginning Pointe work, the development of which can take anywhere from six months to three years or more (Pre-Pointe Class). It is also important for students beginning Pointe to be at least twelve years of age before going en Pointe. This is because bones and growth plates in the feet are often not yet fully hardened and developed prior to this age, and can be injured very badly by Pointe work, despite the strength and skill that the student may have. Ankles must be very strong on Pointe dancers. Available by approval of our Ballet Instructors only!

\* **Tap Dance**– rhythm and sound patterns created by tap shoes on the dancer’s feet. Choreography includes level appropriate turns, progressions across the floor and in the center, skill building exercises, and creative choreography in the style of Broadway, Rhythm Tap, or a combination of multiple tap styles. (Tap shoes are needed – check with the studio for style needed)

\* **Lyrical Dance**– a beautiful interpretive style of dance based on Ballet Technique/ Jazz usually performed to music with lyrics. The dancer expresses the feelings and lyrics of the piece through movement.

\* **Musical Theater Dance** – a combination of dance and acting, fun and energetic, the dancer performs a piece from a musical theater production or character piece. Entertaining and fun! (Check w/ instructor for type of shoes needed)

\* **Hip Hop** - a street style Jazz dance with modern upbeat music. Classes include stretching, isolations, combinations in the center and across the floor. Choreography is similar to dance seen on upbeat MTV videos. Very popular, a great form of exercise, and fun! (Dansneakers are needed.)

\* **Modern Dance** – devised of techniques developed to express human passions and universal social themes. As dance continues to evolve, Modern has become a staple in Ballet and Jazz companies, as well as in the training needed to become a professional dancer. This training is essential in becoming a well-rounded and versatile dancer. Today’s choreographers demand a knowledge of all dance forms, and the ability to adapt to contemporary movement styles. Choreography is based on combinations of pioneer and 20<sup>th</sup> century styles. Students are educated in the history behind the forms and styles.

\* **Adult Drop-In Classes:** Designed for former dancers at an intermediate/advanced level, these classes allow students to get back into dancing without any pressure or judgment - it's just for fun! Each week will feature unique choreographed routines in various styles: Jazz, Lyrical, Modern/Contemporary, Musical Theatre, and more. Class content will be driven by demand. Check website for monthly schedule.

\* **Bellydance (Ages 14-Adult):** Bellydance, with its graceful movements, strengthens core muscles as well as tones arms, legs and hips. This ancient art form works with the body in movements that come naturally to the female form. Benefits include improved posture, balance and grace. Compelling rhythms from Middle East inspire the expressive movements of Bellydance, which celebrates the beauty and strength of all women. Class will include warm-up, basic moves, techniques, and choreography. Come and enjoy the fun, no dance experience is necessary and all body types and ages are welcome!

\* **Contemporary Fosse (Teen/Adult):** Fosse-inspired choreography set to popular and/or unique music to provide a new twist on this

classic style of dance -- stylized movement that challenges your body and mind. (Check with instructor for type of shoes needed)

\* **Leaps and Turns** – In this class, dancers will work on conditioning

\* **Hoop Dancing** (Teen/Adult): Learn or perfect hula hooping skills and show them off in a choreographed routine. No hooping experience is required for this fun, zero-judgment class. It provides cardiovascular & toning benefits, improves balance & coordination, and introduces you to a whole new way to move your body! Hoop dancing will be incorporated into a variety of different dance styles. (Weighted hoop required for class)

\* **Improvisational Dance** (Teen/Adult): A moderate amount of structure and direction will be given to students to create their own sets of movement, both individually and in groups. Different styles of dance will be explored, including jazz, lyrical, modern, etc. There will be discussions and demonstrations of the new ideas that are created during the class, and possible implementation into choreographed routines. This is a unique opportunity to express creativity through movement.

\* **Dance Competition Teams (ages 5 & up, by ability/age/subject)** – for the more dedicated dancer, by invitation/audition only. Students must take Technique class in addition to regular Competition Classes. Students perform at local festivals, charity events, competitions and in AST recitals and at 2 - 4 competitions per season. (See studio dress code)

\* **Production** – a large longer dance performance piece including performers of varying ages and multiple styles of dance. The piece follows a story or theme for the entire number.

\* **Tumbling/Creative Movement** (3-5 yrs): Basic tumbling combined with fun dance skill. Creative Movement is a fun early introduction to movement. Class activities including early pre-dance techniques to fun themes such as animals, nature and much more. The focus of this class will be to develop the flexibility and strength required to learn basic tumbling, such as forward & backward rolls, headstands, back bends, etc. Tumbling and creative movement skills will be incorporated into a choreographed routine.

\* **Tumbling/Jazz** (5-7 yrs): Classical jazz movement combined with tumbling skills. The focus of this class will be to develop the flexibility and strength required to learn basic tumbling skills: forward & backward rolls, headstands, back bends, handstands, cartwheels, etc. Jazz skills will be developed at the same time, and will include warm-up exercises, isolations, combinations in the center and across the floor. Tumbling and jazz skills will be incorporated into a choreographed routine.

### MUSIC:

\* **Family Music Jam with Cheryl (ages 6 months- 4 yrs, w/adult)** Come Sing, Dance and Enjoy learning through Music! During this fun and interactive class families will sing, dance and play a wide variety of age appropriate instruments. Adults will learn how to engage their children in fun activities that will help enhance their learning with the aid of music. (6 week sessions)

\* **Movement & Music (ages 12 – 36 months w/ adult)** – Enjoy fun songs, instrument playing, dancing, socializing with peers and adults spending quality time with a special child in their life. This class is a great early start to the world of music and dance with the comfort of sharing the experience with a familiar adult.

\* **Music for Babies (ages 6 months-20 months, divided by age, w/ adult )** Come Sing, Dance and Enjoy learning through Music! During this fun and interactive class families will sing, dance and play a wide variety of age appropriate instruments. Adults will learn how to engage their children in fun activities that will help

\* **Voice Lessons (ages 4 & up)** – Private singing lessons with a strong emphasis technique. Lessons include warm-up exercises, breathing, proper posture, placement of sound, vowel sounds, articulation, singing a variety of pieces, performance tips, developing range, sight reading, music theory, and much more! Lessons are created to meet the needs and goals of each individual student.

\* **Music Appreciation/Theory (ages 14 & up)** - a must for all musicians! Class includes instruction in note reading and writing, basic music history, sight reading, and more

\* **Private Piano Lessons (ages 6 – adult, beginner)** – This is a great way to learn the basics of piano playing while learning technique and music theory as it pertains to the keyboard. Lessons are created to meet the needs and goals of each individual student.

### MORE:

\* **Creative Preschool** (ages 2 ½ - 4) - There's a good reason why people remember songs so well. Do you know your A, B, C's? We'll teach your child the skills to be successful with the power of musical learning. Students will learn through a variety of hands on experiences. Our curriculum includes: Music, Preschool academics, themed lessons, free play, circle time, socialization, art, drama, field trips, a provided healthy snack each day, a combination dance class (45 minutes per week), and MUCH more! Our program helps to build skills for your child's long future of lifetime love of learning by helping him/her to develop: coordination and balance, hand-eye coordination, creativity, memory, concentration, listening skills, vision and focus, problem-solving skills, language and early literacy, good working habits, self-esteem, social and emotional skills and more - all with the power of music! Research has proven that music exercises parts of the brain useful in mathematics, spatial intelligence, analytical thinking, spatial-visual development, memory, rhythm, independence and many other intellectual pursuits. Children with exposure to music score higher on IQ tests than children with less musical exposure. Brain development is maximized when children are exposed to repeated positive musical experiences, beginning as early as possible, because these activities nurture the connection of neural pathways.