

2016 DANCE FESTIVAL CLASS DESCRIPTIONS

BODY WORK CLASSES: Focus on core alignment, strength, and flexibility. *Students encouraged to bring their own mat.*

Body Conditioning

High energy class focusing on building stamina and strength.

Pilates Mat Work

Joseph Pilates' conditioning principles of core work incorporating breath, concentration, and flowing movement. Highly recommended for those interested in majoring or minoring in dance.

Strength, Tone & Stretch

Exercises designed to improve flexibility and muscular strength.

Yoga for Dancers

Class will introduce movement principles associated with yoga.

TECHNIQUE CLASSES: Improve technique and movement fundamentals.

Advanced Modern

Experience a fast paced technique class. Intricate rhythms, challenging spatial patterns and full physicality.
Not for beginners.

Beginning/Intermediate Modern

Core work, pushing off verticality, experiencing inversion work and more. For beginning and intermediate dancers.

Ballet Class on Pointe

For those dancers already dancing on pointe. A classical ballet class beginning at the barre for advanced ballet dancers. Not for beginners.

Ballet for Beginners

Progressive barre and center exercises that establish a strong foundation in dance. Designed for beginners and those dancers new to the style of ballet.

Classical Ballet

A traditional classical ballet class for those dancers familiar with ballet vocabulary. Designed for intermediate dancers.

Contemporary Ballet

Enjoy classical ballet work infused with modern dance. Concentrate on center and across the floor work. For intermediate level dancers.

Improvisation

Challenge your movement invention skills while learning the foundational tools of improvisation.

Modern Partnering

Experience the fundamentals of contemporary partnering and weight sharing. Dancers will be working closely with one another.

COMBINATION CLASSES: Learn complete dance combinations and focus on refining performance skills. *These classes will learn choreography to perform in the Friday showcase.*

Advanced Hip-Hop

A fast paced hip-hop class working on level changes, specificity of movement and performance. For advanced hip hop dancers only.

Beginning/Intermediate Hip-Hop

Emphasizes timing, strength, and rhythm while incorporating performance attitude. Designed for beginning and intermediate hip hop dancers.

Contemporary Jazz

Learn a combination that merges modern and jazz techniques.

Contemporary Modern

A combination focusing on contemporary modern through the use of release technique.

Jazz Leaps & Turns

This class will concentrate on challenging turn & leap combinations and performance qualities.

Lyrical Jazz

Learn a combination that blends jazz and ballet and allows you to focus on expression and musicality.

Modern Repertory

Learn a full modern dance work designed for advanced dancers.

Musical Theatre Tap

This class emphasizes the style associated with Broadway dance forms through the use of rhythm and tap fundamentals. Tap shoes highly recommended or character shoes allowed. This class will encourage all to sing and act.