

The Academy of Dance Arts

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DESCRIPTION OF CLASSES

All Class Days and Times can be found on the Academy Class Schedule

BALLET PROGRAM AND TECHNIQUE CLASSES

Ballet is the oldest formal and structured form of dance given the reverence of being the foundation of ALL The Dance Arts. Dancers build proper technical skills, core strength and aplomb, correct posture and usage of arms, head and foremost understand the basics in technique. Students studying Ballet progress in technique for body alignment, pirouettes, jumps, co-ordination skills, and core strength. Weekly classes are held at each level with recommendations for proper advancement and development of skills for each level.

- Pre-Ballet** Beginning at age 5 to 6 years. Students begin the rudiments of basic Ballet Barre work. Focus is on the positions of the feet, basic Port de bras (carriage of the arms), body alignment, and simple basic steps to develop coordination skills and musicality. All this is accomplished in a fun and nurturing environment.
- Level A** Beginning at age 6 to 8 years. Slowly the demanding and regimented nature of true classical Ballet is introduced at this level with ballet barre exercises and age/skill level appropriate center work per Academy Syllabus. When Students are ready to advance to the next level, another Level-A Ballet or B-Ballet class will be recommended per instructor.
- Level B** Two weekly classes are required as the technical skills increase and further steps at the Barre and Center Work and introduced. At this time, advancing skills and building core strength and muscle memory are focused. When Students are ready to advance, a C – Level class will be introduced to the weekly schedule of classes.
- Level C /
Pointe I** C – Level students on Pointe are required to take three (3) C Level Technique classes and three (3) Pointe classes per week. This promotes strength and prevents serious injury to our dancers. *Please note: First time Pointe students are required to have their Instructor check and approve the initial pair of Pointe shoes for proper fit and style.*
- Level D /
Pointe II** Intermediate work progresses in preparation for the next level. For the serious Ballet Student, a total of four (4) Technique classes per week continues advancement in technique, strength and stamina. Intermediate Pointe Technique, 3 to 4 Pointe classes per week, as recommended by Instructor, otherwise Students risk injury as proper strength for Pointe work becomes difficult to build without maintenance of technique.
- Level D/E /
Pointe III /
Variations** Advanced technical skills are now practiced to develop the muscle memory, strength and stamina. Longer combinations of a more difficult choreographic nature are also now introduced. The requirement for this level is four to five (4 to 5) Technique classes per week. Students highly involved in other dance disciplines may discuss requirements with The Academy Director. Technique and Pointe classes must be attended four to five times per week to maintain the skills associated with their Pointe III/IV placement level. Classical Variations are taught as part of their training. This gives the Student the opportunity to be expressive while learning Variations from the Classical Repertoire.
- Level E / Pre-
Professional
Pointe IV /
Variations** The E – Level/Pre-Professional Level prepares the student for the rigorous demands of the “Ballet World.” These Technique and Pointe classes are geared to the advanced student with a professional career in mind or a high level college dance program. With advanced levels, Dancers are taught more challenging Variations from the Classical Repertoire as well as Variations from the great choreographers of the 20th century.
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STRETCH & STRENGTHENING / PILATES

Highly recommended for all Students! Proper stretching and limbering of all the muscles and joints is taught according to age and class level capabilities. This helps in the development of high extensions and ease of movement quality, as well as injury prevention. Strengthening exercises work all muscle groups (especially core muscles), which are concentrated upon to help the dancer attain aplomb in all dance movement. Isometric exercises which build strength in different muscle groups, Pilates based exercises, Hatha Yoga postures, and age appropriate stretches are also part of the routine of class.

Please note: 2 lb weights may be needed for more advanced levels. Instructor to advise. Stretch bands that are used may be purchased from the Front Desk.

JAZZ/CONTEMPORARY JAZZ PROGRAM AND TECHNIQUE CLASSES

Jazz Dance is a classification shared by a broad range of dance styles. Jazz dance evolved over time to spawn a diverse range of social and concert Dance styles. Many of these dance styles are still popular and continue to be taught. At The Academy, students are taught steps from the “roots” of Jazz along with our “Contemporary Jazz” classes with influences of Acro, Ballet, Modern, Lyrical and Hip Hop. As in most forms of dance, ballet technique is the foundation for all Jazz dance movement. Jazz dancers benefit from a sound working knowledge of Ballet technique and should make the study of Ballet a priority to enhance and understand proper Jazz technique.

Mini Jazz

Technique Basic Jazz skills are begun to set a solid foundation to build Jazz Technique and steps.

Mini Elite Jazz

Technique Students need 1 – year of Jazz experience as foundational skills evolve and Students learn age appropriate Jazz moves, Steps and Technique.

Junior Jazz

Technique Students are required to have 1 to 2 years of Jazz experience. As examples, this class will begin to focus on Pirouettes, Chainé Turns, Footwork combinations, and an introduction to Leaps and Turns.

Intermediate Jazz

Technique Students are required to have at least 2 to 3 years Jazz experience. The material in this level is designed to train the intermediate level dancer to execute more difficult turns, leaps and progressions. As examples, this class will focus on Double Pirouettes, Double Piqué Turns, Reverse leaps, Scissor leaps - front and side, and more challenging combinations.

Senior Jazz

Technique Material is geared towards the High Intermediate to Advanced Level Student which builds off of all previous material. Dancers are learning challenging skills and cleaning Technique. As examples, this class will focus on three (3) or more Pirouettes, faster Chainé Turns, Axle Turns, Grand Jeté Full Split Leaps, Piqué Turns, Turns in all positions, and very complicated footwork and innovative and complicated combinations that will be used in choreography for the Alliance Team.

Teen Jazz

Technique Material is geared towards Teens 11-years and up teaching and cleaning proper Jazz Technique that is age and level appropriate. Material is taught that can be utilized for High School Dance Teams, Poms, and Orchesis.

DISCOVER DANCE

This class allows Students to explore four (4) different Dance Disciplines during one year. Terms focuses on Jazz, Musical Theater, Hip-Hop, and Ballet & Lyrical. A portion of each Term will be spent on working toward a Recital Piece which incorporates all four Dance Disciplines in one number to create a fun performance dance.

TAP PROGRAM AND TECHNIQUE CLASSES

Tap Dance is a form of dance characterized by creating a tapping sound from metal plates attached to both the ball and heel of the dancer's shoe. When these metal plates are tapped against a suitable surface, it creates a percussive sound and as such Tap Dance is both a form of dance as well as the act of playing a musical instrument. Tap is highly recommended to all dancers as an aid to rhythm and musicality. At The Academy, dancers are introduced and learn a wide variety of Tap technique and styles. Syncopation and improvisation are featured, along with Acapella (without music) Tap Dancing.

Tap I This class will focus on Shuffles, Cramp Rolls, Time Steps, and Heelwork. Basic formations and combinations will also be featured. Previous Tap training helpful, but not necessary. A routine is prepared for the June Performance.

Tap II This class will focus on steps learned in Tap I, Triplet Rhythms, and Rhythm Tap. A routine is prepared for the June Performance.

Mini/Mini Elite

Tap Technique Young Dancers beginning their Basic Tap Training similar to Tap I in preparation for a dance routine.

Junior Tap Technique Dancer must have 1 – 2 years of Tap dance experience. The class will focus on Cramp-Rolls, Time Steps, Triplet Rhythms, Heelwork and basic Tap turns. This is a great class for the fast beginner.

Intermediate Tap Tech. These Technique classes are the progression up from Junior Tap Tech and are designed for the intermediate level dancer. These classes will focus on Riffs, Paradiddles, introduction to Wings and Pullbacks, Syncopated Rhythms and more complicated Tap turns.

Senior Tap Technique These Technique classes are a follow up to Intermediate Tap or Tap Tech II and are designed for the High Intermediate/Advanced level Tapper. Focus is a continuation of building into speed, clarity, dynamics, and more advanced work and cleaning of technical skills. Advanced combinations are taught of a complicated nature both technically and rhythmically.

COMBINATION JAZZ AND TAP CLASSES

Tap/Jazz I Students are taught as a part of the Tap/Jazz combination classes which incorporates rhythm and co-ordinate skills for the young dancer. Jazz focus consists of a vocabulary of jazz steps, footwork combinations, basic formations, with an introduction to leaps and floor work. Basic Tap is also taught combining steps learned into short combinations which build to create a dance for The Academy School Performance.

Tap/Jazz II Dancers must have at least one year of Jazz and Tap dance experience. Students continue to be challenged in perfecting technical skills, learning combinations and building performance dynamics and quality in both dance disciplines.

MODERN TECHNIQUE CLASSES

Modern is a form of dance born at the turn of the century which resembles the modern arts and music movement in being experimental and iconoclastic, with the original intent of rebelling against the rigid formalism of classical academic ballet. Early pioneers of this dance form sought to inspire audiences to a new awareness of inner and outer realities, now a goal shared by all contemporary dancers and choreographers. This form of dance creates strong dancers for all contemporary work through the usage of the Horton Technique and Release Technique. It is strongly advised that a dancer should have a solid understanding of basic ballet technique as this is an all important foundation for good clean Modern Technical skills and strength.

Mini Elite Modern Tech. This class introduces Modern to the Academy Students. It is important that Students are also studying Ballet and Jazz in order to understand and grasp technical skills, vocabulary and usage of the core muscle groups for sustained and controlled movements.

Junior Modern Tech. This class continues to build Technical Modern skills and concepts, vocabulary and core strength for all steps needed to progress to an Intermediate Level.

Intermediate Modern Tech. This class begins studying release techniques to prepare for Advanced Modern Tech. Technique continues to be a focus, as well as development of moving through the body alignment from on center to off center, and back again. This develops extreme core strength and versatility for choreographic work.

Senior Modern Tech. High Intermediate to Advanced release technique geared towards the Contemporary Modern Dancer is taught. Begins with floor work and progresses to softening in and out of the floor. Working through transitions, we then apply concepts to quicker and more athletic combinations as well as exploration of artistic themes and ideas relating to the movement.

HIP-HOP PROGRAM AND TECHNIQUE CLASSES

Today's hot urban style of "Street" Jazz concentrates on clean tight movements and choreographed dance styles primarily performed to Hip-Hop music that has evolved as part of Hip-Hop culture. This includes a wide range of styles notably breaking, locking and popping. From a technical aspect, Hip-Hop is characterized as hard-hitting involving flexibility and isolations moving a certain body part independently from others. Jazz training is helpful, but not a pre-requisite. Basic classes are set by age group with Technique included in the class.

Hip-Hop Classes set for Beginners by Age Group.

Intermediate

Hip-Hop Tech. At least 1 to 2 previous years of Hip-Hop.

Senior

Hip-Hop Tech. At least 2 to 3 previous years of Hip-Hop.

TEEN AND ADULT CLASSES

Teen Classes The Academy offers Teen classes in Ballet, Jazz, Tap and Hip Hop for Students ages 11-years and over that are age and skill level appropriate. Academy Staff will advise proper placement for each student.

Adult Classes The Academy offers Adult classes in Ballet. Adults with appropriate skill levels also attend Jazz and Hip-Hop Advanced classes. Obtain schedule by calling The Academy for various levels in each dance discipline.

THE ACADEMY DANCE ALLIANCE - COMPETITIVE AND PERFORMING TEAM

The Academy Dance Alliance Company is the Academy of Dance Art's National Award Winning competitive, performing Dance Team. Company Members are selected by annual auditions or invitation only. The Academy Dance Alliance Dancers compete on a Regional and National level in Tap, Jazz, Hip-Hop, and Ballet. Company Members also have the opportunity to perform Solo, Duet, Trio, and Small Group numbers. The Company has received numerous 1st Place Overall awards regionally and nationally. Many of our Alliance Soloists have won coveted regional and national dance competition scholarships and titles. Information packets may be picked up at the Front Desk or sent out by request.