

# **TEAM SUMMER CLASSES - DESCRIPTIONS**

## **TEAM BLOCKS: REQUIRED FOR ALL FULL TEAM MEMBERS**

**\*OPTIONAL FOR LIMITED TEAM MEMBERS BUT HIGHLY RECOMMENDED\***

### **GROUP 1 - 3 HOURS**

\*DANCERS WILL WORK ON STRETCHING, CONDITIONING, ACROSS THE FLOOR TECHNIQUE AND STYLE COMBOS DURING THIS TIME. GROUP PLACEMENT IS BASED ON AUDITIONS.

### **GROUP 2 - 4 HOURS**

\*DANCERS WILL WORK ON STRETCHING, CONDITIONING, ACROSS THE FLOOR TECHNIQUE AND STYLE COMBOS DURING THIS TIME. GROUP PLACEMENT IS BASED ON AUDITIONS.

### **GROUP 3 - 4 HOURS**

\*DANCERS WILL WORK ON STRETCHING, CONDITIONING, ACROSS THE FLOOR TECHNIQUE AND STYLE COMBOS DURING THIS TIME. GROUP PLACEMENT IS BASED ON AUDITIONS.

### **GROUP 4 - 4 HOURS**

\*DANCERS WILL WORK ON STRETCHING, CONDITIONING, ACROSS THE FLOOR TECHNIQUE AND STYLE COMBOS DURING THIS TIME. GROUP PLACEMENT IS BASED ON AUDITIONS.

### **GROUP 5 - 4 HOURS**

\*DANCERS WILL WORK ON STRETCHING, CONDITIONING, ACROSS THE FLOOR TECHNIQUE AND STYLE COMBOS DURING THIS TIME. GROUP PLACEMENT IS BASED ON AUDITIONS.

## **TAP BLOCK: OPTIONAL FOR ALL DANCERS**

**\*REQUIRED FOR COMPANY MEMBERS\***

### **LEVEL 1 - 1.5 HOURS**

\*DANCERS WILL WORK ON TAP TECHNIQUE AND COMBINATIONS. DANCERS WILL BE PLACED IN LEVELS BY TEACHER.

### **LEVEL 2 - 1.5 HOURS**

\*DANCERS WILL WORK ON TAP TECHNIQUE AND COMBINATIONS. DANCERS WILL BE PLACED IN LEVELS BY TEACHER.

## **BALLET: LEVELS ARE LISTED ON CALENDAR**

**1 CLASS OPTIONAL FOR LIMITED/MINI LIMITED**

**\*IF DANCERS PLAN TO AUDITION FOR FULL TEAM IN THE FUTURE, BALLET WILL BE REQUIRED**

**1 CLASS REQUIRED FOR FULL TEAM**

**2 CLASSES REQUIRED FOR COMPANY**

## **ADDITIONAL CLASSES AVAILABLE FOR TEAM MEMBERS:**

### **TEAM CONDITIONING**

\*DANCERS WILL WORK ON STRENGTH EXERCISES.

### **STRETCHING**

\*DANCERS WILL WORK ON STRETCHING AND STRENGTH SPECIFICALLY FOCUSED ON INCREASING FLEXIBILITY.

### **FEET FOCUS**

\*DANCERS WILL WORK ON FOOT STRETCHING AND STRENGTHENING TO PROGRESS POINT AND RELEVÉ. DANCERS WILL NEED TO BRING THEIR OWN THERABANDS AND YOGA BLOCKS FOR CLASS.

### **TECHNICAL FUNDAMENTALS \*REQUIRED FOR COMPANY\***

\*DANCERS WILL WORK ON BREAKING DOWN FUNDAMENTALS NECESSARY TO IMPROVE STABILITY AND CONSISTENCY WITH LEAPS AND TURNS.

### **LEAPS AND TURNS**

\*ADDITIONAL TRAINING ON SPECIFIC LEAPS AND TURNS EACH DANCER WILL UTILIZE IN CHOREOGRAPHY AND COMBINATIONS.

### **IMPROV/COMBO**

\*DANCERS WILL WORK ON IMPROVING THEIR STYLE IN EACH AREA OF DANCE BY LEARNING DIFFERENT STYLE COMBOS EACH WEEK WHILE INCORPORATING DIFFERENT IMPROV EXERCISING TO HELP IMPROVE CONFIDENCE IN IMPROV.

## **TUMBLING FOR DANCERS:**

### **\*REQUIRED FOR ANYONE AUDITIONING FOR ACRO TEAM\***

#### **LEVEL 1 - 1 HOUR**

\*DANCERS WILL WORK ON TUMBLING TRAINING ON A HARD FLOOR TO LEARN HOW TO PREVENT INJURY AND GAIN CONFIDENCE IN TUMBLING SKILLS. **\*THIS LEVEL IS FOR DANCERS WORKING UP TO A BACK HANDSPRING\***

#### **LEVEL 2 - 1 HOUR**

\*DANCERS WILL WORK ON TUMBLING TRAINING ON A HARD FLOOR TO LEARN HOW TO PREVENT INJURY AND GAIN CONFIDENCE IN TUMBLING SKILLS. **\*THIS LEVEL IS FOR DANCERS WITH A SOLID STANDING BACK HANDSPRING SERIES\* NO EXCEPTIONS.\***

## **ACRO FOR DANCERS:**

### **\*REQUIRED FOR ANYONE AUDITIONING FOR ACRO TEAM\***

#### **ONE LEVEL - 1 HOUR**

\*DANCERS WILL WORK ON FLEXIBILITY AND CONTROL ON ACRO SKILLS AND TRANSITIONS FROM DANCE SKILLS INTO TUMBLING SKILLS.