

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.