

# AURORA DANCE ARTS

## STYLE & LEVEL DESCRIPTIONS



### **General Information:**

The Aurora Dance Arts Continuous Children's Dance Program is progressive dance education for students, ages 3 to 20 years, and consists of a comprehensive, nine-month program with classes currently in ballet, pointe, tap, jazz, contemporary, choreography, conditioning & hip hop. Highly qualified instructors implement an established syllabus for beginning through advanced level dance classes designed to grow with your child. This program is designed to provide dance education for the diverse community of the city of Aurora and welcomes any students interested in training in dance for both physical and emotional growth and fulfillment.

Students in the Continuous Program take dance classes from September-May, parallel to the school year. The Continuous Dance Year culminates with a large-scale Spring Dance Recital, in which dancers get to learn dance choreography, wear a costume & perform for a live audience on stage!

Children are placed in classes based on age, ability & technique level. Classes are arranged sequentially so that each student progresses safely, without gaps in training, and are well-prepared for the next technique level. Instructors may recommend a transfer to another class (up or down a level) based on ability & the best interest of the student. Students should expect to spend 2-3 years in any given level/style in this program for proper training & development.

## **AURORA DANCE ARTS BALLET & POINTE STYLE & LEVEL DESCRIPTIONS:**

**TIPPY TOES** - This class is intended for 3-year-old learning & includes an introduction to dance & creative movement. Emphasis is on spatial awareness & motor skill development while having lots of whirling & twirling fun!

**PRE BALLET** - This class is for dancers, ages 4-6. Includes an introduction to basic ballet steps & terminology. Students will also explore musicality with dance rhythms & creative movement, more fully develop fine motor skills & spatial awareness & have fun! Pre Ballet/Hip Hop and Pre Ballet/Tap Combo classes include 30 minutes of this Pre Ballet class content.

**ADV PRE BALLET** - This class is mainly for 6-year-olds who have already completed at least one year of Pre Ballet. This class continues the introduction to basic ballet steps & terminology, includes fun music & creative movement & is a transitional level toward a more structured ballet class.

**BEG BALLET** - This class is intended for dancers, ages 7-10. Class content includes an introduction of the 5 basic ballet positions. Also included is technique & terminology, including: barre work, combinations in the center & across the floor. This is the first level in the program where class is fully structured with ballet content only. Beg Ballet/Tap Combo & Beg Ballet/Hip Hop Combo classes include 45 minutes of this class content.

**BALLET I** - This class is intended for dancers, ages 9-13, who were enrolled in either Beg Ballet or Ballet I previously. Level recommendation is required for this level. Class content is a continuation to a more structured ballet class, with focus on more complex, intermediate technique & terminology, including barre work, combinations in the center & across the floor.

**BALLET II** - This class is intended for dancers, ages 10-16, who were enrolled in Ballet I or II previously and have been recommended for placement in this level. Developmental level of instruction, more in-depth study of technique & terminology & more challenging barre work, combinations in the center & across the floor.

**BALLET II/III** - This class is intended for dancers, ages 11-16, who were enrolled in Ballet II or Ballet II/III previously and have been recommended for placement in this level. Transitional level of instruction for dancers developing their skills in preparation for the more advanced Ballet III class. Includes challenging combinations at the barre, in the center & across the floor.

**PRE POINTE** – This class is available paired with the Ballet II or Ballet II/III only, and dancers must have a minimum of 6 months to 1 year experience in Ballet II. This class is designed for dancers who wish to work toward dancing "en pointe" & includes exercises & technique to develop foot, ankle, leg & core strength towards this goal. Dancers who take this class are encouraged to take 2 ballet technique classes per week.

**BALLET III** - This class is intended for dancers, ages 12-18, who were enrolled in Ballet II/III or Ballet III previously and have been recommended for placement in this level. Intermediate to advanced level of instruction, which includes diverse technique & terminology & challenging barre work, combinations in the center & across the floor. Emphasis on epaulement, transitions between steps, flexibility & strength included in this level.

**BEG POINTE** – This class is available paired with the Ballet III only, and dancers must have a minimum of 1-2 years of experience in Pre Pointe and have been approved for work in pointe shoes in 2020-2021. Beg level of instruction of pointe work at the barre & center to build dancers' strength towards executing ballet technique in pointe shoes. Dancers who take this class are encouraged to take 2 ballet technique classes per week.

**INT POINTE** – This class is available paired with the Ballet III or IV only and dancers must have a minimum of 1-2 years of experience in Beg Pointe and received approval for placement in this class. Int-Adv level of instruction of pointe work at the barre, center & across the floor, along with challenging technical variations to build dancers' overall ballet technique, strength, stamina & artistry. Dancers who take this class are encouraged to take 2 ballet technique classes per week.

**BALLET IV** - This class is intended for dancers, ages 14-18, who were enrolled in Ballet III/IV or Ballet IV previously. Advanced technique & terminology & high level of difficulty in barre work, combinations in the center & across the floor. Emphasis on strength & control, complexity of movement, flexibility, artistry & elevated level of ballet knowledge are explored in this level.

**ADV POINTE** – This class is available paired with the Ballet IV only and dancers must have a minimum of 2-3 years of experience in Int/Adv Pointe and received approval for placement in this class. Very Adv level of instruction of pointe work at the barre, center & across the floor, along with challenging technical variations to build dancers' overall ballet technique, strength, stamina & artistry. Dancers who take this class are encouraged to take 2 ballet technique classes per week.

## **AURORA DANCE ARTS TAP STYLE & LEVEL DESCRIPTIONS:**

**PRE TAP**- This class is for dancers, ages 4-6, and includes an introduction to clapping rhythms, very basic tap steps, musicality & creative ideas. This level is intended to fully develop fine motor skills & spatial awareness & have fun! Pre Ballet/Tap Combo class includes 30 minutes of this Pre Tap class content. Tap shoes required for participation.

**BEG TAP** - This class is intended for dancers, ages 7-10, and class content includes an introduction of basic, beginner tap steps & rhythms including a warm up, center work & across the floor. Beg Ballet/Tap Combo class includes 45 minutes of this class content. Tap shoes required for participation.

**TAP I** - This class is intended for dancers, ages 9-13, who were enrolled in Tap I/II previously and have been recommended for this level. Class content includes an intermediate level of instruction, more in-depth study of various tap steps & terminology & more challenging rhythms and musicality in combinations in center & across the floor. Tap shoes required for participation.

**TAP II** - This class is intended for dancers, ages 11-15, who were enrolled in Tap I/II previously and have been recommended for this level. Class content includes a higher level of instruction, more in-depth study of various tap steps & terminology. Dancers also focus on rhythm patterning, musicality & artistry. Tap shoes required for participation.

**TAP III** - This class is intended for dancers, ages 12-16, who were enrolled in Tap I/II or III previously and have been recommended for this level. Class content includes intermediate/advanced level of instruction. Students focus on higher difficulty tap technique that includes more complicated coordination and focus on musicality. Dancers also work on distinct clarity of sounds & rhythms, both in their technique & center dance combinations. Tap shoes required for participation.

**TAP IV** - This class is intended for dancers, ages 13-18, who were enrolled in Tap IV in previously and have been recommended for this level. Class content is for advanced level tap students only. Focus is on high-difficulty tap technique requiring clarity of sounds, complicated foot actions & ankle strength. Students will also be asked to work towards picking up challenging tap dance combinations quickly & adding artistry to those combos within a short time period. Tap shoes required for participation.

## **AURORA DANCE ARTS JAZZ STYLE & LEVEL DESCRIPTIONS:**

**BEG JAZZ** - This class is intended for dancers, ages 7-10, and class content includes energetic & fun elements such as: body isolation, technique & stretching, jumping & turning across the floor & a center combination promoting stylized expressiveness.

**JAZZ I**- This class is intended for dancers, ages 9-13, who were enrolled in Beg Jazz or Jazz I/II in previously and have been recommended for this level. Class content includes an intermediate level of instruction, more in-depth study of various jazz elements & terminology & more challenging technique in combinations in center & across the floor.

**JAZZ II** - This class is intended for dancers, ages 11-15, who were enrolled in Beg Jazz or Jazz I/II previously and have been recommended for this level. Class content includes an int-adv level of instruction, more in-depth study of challenging technique in combinations in center & across the floor. Emphasis on stylized jazz choreography and musicality will be explored in this level

**JAZZ III/IV** - This class is intended for dancers, ages 12-18, who were enrolled in Jazz I/II or III/IV previously and have been recommended for this level. Content includes an advanced level of study of highly challenging jazz technique in combinations in center & across the floor. Emphasis on conditioning, stylized jazz choreography and musicality will also be explored in this level, to further develop dancers' artistry & ability to pick up choreography quickly.

## **AURORA DANCE ARTS CONTEMPORARY STYLE & LEVEL DESCRIPTIONS:**

**CONTEMPORARY I** - This class is intended for dancers, ages 9-13, and class content draws its inspiration from the techniques of ballet, jazz & modern dance. Beg-Int instruction in a more lyrical style of movement & various techniques & terminology from the above-mentioned styles and start to explore expression of themes and emotions through movement.

**CONTEMPORARY II** - This class is intended for dancers, ages 11-15, who were enrolled in Contemporary I/II previously and have been recommended for this level. Intermediate level of instruction with more challenging center & across the floor technique such as turns, jumps, drags, leaps & floor work, drawing inspiration from ballet, jazz & modern dance. Students will explore expression of their emotions & moods.

**CONTEMPORARY III/IV** - This class is intended for dancers, ages 12-18, who were enrolled in Contemporary I/II or Contemporary III/IV previously and have been recommended for this level. This class is for advanced dancers and is a highly challenging level of instruction of a free, grounded style in which dancers use emotions for expression, explore fluidity of movement & draw inspiration from ballet, jazz & modern dance.

**LYRICAL III/IV** - This class is intended for dancers, ages 12-18, who were enrolled in Contemporary I/II or Contemporary III/IV previously and have been recommended for this level. This class is for advanced dancers and is a highly challenging level of instruction of dance using emotions for expression, explore fluidity of movement & draw inspiration from ballet, jazz & modern dance. This class is also mainly focused on learning new choreographic phrases & combinations each week & explores dancers' artistry & performance quality to a high degree.

## **AURORA DANCE ARTS HIP HOP STYLE & LEVEL DESCRIPTIONS:**

**PRE HIP HOP** - This class is intended for 4-6 year olds and is an introduction to the energetic style of hip hop, including: body isolations, funky steps & hip hop choreography. Class content includes musicality with dance rhythms, spatial awareness & motor skill development while having lots of fun! Pre Ballet/Hip Hop Combo classes also include 30 minutes of this Pre Hip Hop class content.

**BEG HIP HOP** - This class is intended for dancers, ages 7-10, and class content includes an energizing warm-up and body isolations. Dancers also focus on other technical hip hop elements such as floor work, popping & locking, tutting, across the floor steps & a dance combination of stylized choreography. Beg Ballet/Hip Hop Combo class also includes 45 minutes of this class content.

**HIP HOP I** - This class is intended for dancers, ages 9-14, who were enrolled in Beg Hip Hop or Hip Hop I previously and have been recommended for this level. Intermediate level of instruction with more challenging center & across the floor technique such as turns, jumps, tutting, popping & locking, breaking & floor work. Students will also explore stronger artistic hip hop expression & challenging choreography.

## **AURORA DANCE ARTS SPECIALTY STYLE & LEVEL DESCRIPTIONS:**

**CHOREOGRAPHY** - This class is intended for dancers, ages 10+, and is a mixed level class that requires previous dance experience. Class content includes lecture & active movement creation for dance students who have an interest in learning the fundamentals of choreography and conceptualization of themes & ideas through the art of dance.

**DANCE CONDITIONING** - This class is intended for dancers, ages 10+, and is a mixed level class in which previous dance and/or fitness experience is highly advised. Class content includes cardiovascular training, plyometric & body weight-based strength conditioning, and extended flexibility/mobility exercises designed to enhance dancers' training in other styles of dance. This class can be taken for fitness purposes or as a supplement to dancers' other dance training.

**BEG POMS**- This class is intended for dancers, ages 7-12, and class content includes energetic & fun elements of jazz & hip hop. Dancers will explore technique such as: body isolation, conditioning & stretching, jumping & turning across the floor, arms patterns & other techniques with pom poms, stomping/clapping/cheer patterns & center combination that pull together all of these afore-mentioned elements.