

DESCRIPTION OF CLASSES 2017-18

Pre- Ballet -2/3 year old class (Each class is a 30-minute class once a week for 6 weeks. Emphasis is on introducing ballet and creative movement to the student. The students must be 2 by the start of class)

Ballet & Tap Combination Classes – (combination of ballet & tap with creative movement incorporated in the younger classes.)

Preschool – ages 3-5 (no experience required)

Older Beginner – ages 8-12 (no experience required)

Older Advanced Beginner – ages 8-12 with some experience

Advanced Beginner I – Kindergarten age & beginner 6 year olds

Advanced Beginner II – ages 6-7 w/ experience

Intermediate I – ages 7-8 w/ experience (pre-requisite Adv. Beg. II or permission of instructor)

Intermediate II – ages 8-10 (pre-requisite Intermediate I & instructor's permission)

Advanced Level Dance Classes (each subject is at least a 45 minute class & placement by the instructor is required. These are not beginner classes, they are the advanced level.)

Ballet I – 9 yr. olds & up with experience & instructor's permission (Level ballet classes are a combination of classical ballet & lyrical)

Tap I – 9 yr. olds & up with experience & instructor's permission

Ballet, Tap, Jazz, Ballet Technique & Hip Hop- Levels II, III & IV must have mastered the prior level and obtain the permission of the instructor to register for these classes.

Separate Classes (each subject is a 45 minute class)

Jazz I – ages 7 & up (Jazz students must also take a ballet class either in a combination class or a ballet technique or an advanced level class. Jazz is set to popular music & is a fun dance style that relies heavily on ballet training and often uses bold, dramatic body movements, including body isolations and contractions.) No previous jazz class required.

Ballet Technique I – ages 8 & up (classical ballet with the focus on barre work & placement of the body.) No previous ballet class required.

Hip Hop I – ages 7 & up (Hip Hop dance refers to street dance styles primarily performed to hip-hop music. It includes a wide range of styles primarily breaking, locking, and popping. JMAD hip hop includes age appropriate songs & movements) No previous dance class required.

Gymnastics

Preschool Tumbling – ages 3-5 (Preparation for the full beginner gymnastic class. Includes tricks & exercises in balance and strength. Includes rhythm skills and lots of props. Great pre-requisite for Beginner Gymnastics)

Gymnastic classes - (include basic floor tumbling skills. A floor balance beam is used to strengthen balance and a mini-tramp is used to develop spring skills. With each level the skills get a little more advanced up to the handsprings & ariels.)

Beginner Gymnastics – ages 4 – 8 (Cordova) ages 4-6 and 6-8 (Arlington)

Advanced Beginner/Intermediate Gymnastics– ages 7 & up with experience (these levels are combined at the Cordova studio & separated at the Arlington studio)

Advanced Gymnastics– Permission of instructor