

SEPTEMBER: BALLET MONTHLY SNAPSHOTS



PRE BALLET 1 & 2	BEGINNER BALLET	JUNIOR BALLET	BEGINNER/ INTERMEDIATE BALLET	INTERMEDIATE BALLET
<p>OBJECTIVE The dancer will be able to distinguish between pointed toes and flexed feet. The dancer will be able to execute straight knees and bent knees on command.</p> <p>CLASS OVERVIEW Tendus Plies Stretch w/ flexed feet Stretch w/ Pointed toes Exercises highlighted above to help focus on this month's learning objectives. Dancers will still participate in plies, tendus, degages, piques, rond de jambes, arabesques, port de bras, sautes, reverence and a fun movement game.</p>	<p>OBJECTIVE Strengthen fundamentals learned in the pre-level and re-introducing technique from previous year. Know all 5 feet and arm positions without help. Begin to understand how to spot heads while turning.</p> <p>CLASS OVERVIEW Barre excercises (Plié, Tendu, Relevé, Rond de Jambe) Sitting rotation excercise Pretty feet/ugly feet Dancer stance/grandma pose Staring contest (Spotting with a partner) Sauté in first and second Stage Directions</p>	<p>OBJECTIVE The dancer will be able to execute a proper preparation at the ballet barre moving from en bas, to demi second, back to en bas, through first and place fingers on the barre. The dancer will be able to describe and execute ballet barre etiquette. The dancer will be able to saute with straight knees and pointed toes.</p> <p>CLASS OVERVIEW Preparation Repetitions Discussion/Review of ballet barre expectations Sautes (first, second, echappe) Exercises highlighted above to help focus on this month's learning objectives. Dancers will still participate in all ballet barre exercises as well as center exercises.</p>	<p>OBJECTIVE Turned out passe, spotting in a pirouette, turned out passe in pirouette, pointed feet in warm up, jumps and peitite allegro, taking off from plie and landing in plie in jumps</p> <p>CLASS OVERVIEW Extra tendues at barre for feet, multiple degashe combos at barre for pointed toes, balances on flat in passe to find turned out passe, hitting turned out passe on releve at end of combos while holding onto the barre, working on demi plies in every combination, start with small, slow warm up jumps with plies in center (before normal jumps), incorporate some deep plies before and after each jump</p>	<p>OBJECTIVE Focus on alignment. Combinations won't be incredibly hard for them so they can focus on their body more.</p> <p>CLASS OVERVIEW Theraband excercise with band tied around barre (Turning leg in and out in a passé) Center Tendu with Retiré hold Repeat center tendu with piroutte Basic warm up jump focusing on rolling through the feet and getting off the ground. Theraband excercise with band tied around each foot. Developpé the leg. They need a theraband in this class.</p>

SEPTEMBER: BALLET/POINTE MONTHLY SNAPSHOTS



INTERMEDIATE/ ADVANCED BALLET	ADVANCED BALLET	BEGINNER POINTE	INTERMEDIATE POINTE	ADVANCED POINTE
<p>OBJECTIVE The dancer will be able to learn complex combinations through a variety of strategies. The dancer will be able to execute balancés to the left, right, forward, backward and traveling. The dancer will be able to complete a double pirouette that ends in a balance and finishes with control.</p> <p>CLASS OVERVIEW Complex combinations Waltzes with multiple balancé directions Pirouette combinations from fourth and fifth. Exercises highlighted above to help focus on this month's learning objectives. Dancers will still participate in all ballet barre exercises as well as center exercises.</p>	<p>OBJECTIVE The dancer will be able to identify and isolate specific muscles to improve turnout. The dancer will be able to sustain their true (not forced) turnout throughout barre combinations. The dancer will be able to utilize full port de bras with an emphasis on the movement of the head throughout barre and center.</p> <p>CLASS OVERVIEW Warmup exercises to identify rotator muscles. Turn in/out during tendu, fondus, rond de jambes Complex center combinations that emphasize head/torso connection Exercises highlighted above to help focus on this month's learning objectives. Dancers will still participate in all ballet barre exercises as well as center exercises.</p>	<p>OBJECTIVE The dancer will be able to sew and tie pointe shoes correctly. The dancer will be able to name each part of the pointe shoe. The dancer will be able to execute elevés at the barre fully pushing over the box.</p> <p>CLASS OVERVIEW Practice tying multiple times per class, discussion around pointe shoes sewing, elevés at the barre in parallel and turned out positions.</p>	<p>OBJECTIVE The dancer will be able to execute the first three exercises in the pointe warm up from memory. The dancer will be able to fully push both feet over the box of the pointe shoe at barre and in center. The dancer will be able to execute a clean single pirouette en pointe.</p> <p>CLASS OVERVIEW Warm Up-Treads Warm Up-Tendus Warm Up-Relevés Exercises completed at a tempo to allow dancers to have time to focus on pushing over their box Pirouettes-regular pirouette exercise Exercises highlighted above to help focus on this month's learning objectives. Dancers will still participate in full pointe warm up as well as center exercises to improve pointe technique.</p>	<p>OBJECTIVE Execute complex combinations with only verbal cues, petite allegro (normal, reverse and with beats), no less than 2 pirouettes, must have 16 fouettes (with turn out), incorporate heads in all combinations.</p> <p>CLASS OVERVIEW Give combinations verbally, doing barre combinations reverse and repeated on relevé, balance in pas de deux at barre, add beats in frappe to prepare for petite allegro with beats, combination, do 32 fouettes at the end of every class, petite allegro with beats, normal and reverse</p>

SEPTEMBER: JAZZ MONTHLY SNAPSHOTS



PRE JAZZ 1 & 2	BEGINNER JAZZ	JUNIOR JAZZ	BEGINNER/ INTERMEDIATE JAZZ	INTERMEDIATE JAZZ
<p>OBJECTIVE Gain flexibility and strength Gain Jazz vocabulary Gain body movement and mobility</p> <p>CLASS OVERVIEW Right Split, Left Split, Middle Split, Butterfly Stretch, Battement, Passe, Leap (saut de chat), Basket</p>	<p>OBJECTIVE Learning the pirouette prep puzzle pieces, Classic jazz skill, Pivot Turn</p> <p>CLASS OVERVIEW Warm Up Heel Stretch on backs (Working proper placement) Passé on backs (Working on proper placement) Pirouette Prep puzzle piece 1 (Tendu second into fourth plié) Standing Passé hold (Talk about holding their favorite food on leg) Sassy Walks down the red carpet Chassé and Pivot Turn Jump claps</p>	<p>OBJECTIVE Gain flexibility and strength, Gain an understanding of Jazz terminology, Gain the ability to count music</p> <p>CLASS OVERVIEW Right Split, Left Split, Middle Split, Butterfly Stretch, Battement, Passe, Leap (saut de chat), Heel Stretch, Passe Holds, Pirouette preps from second into fourth into 1/4, 1/2 pirouettes. Introduction to spotting technique.</p>	<p>OBJECTIVE Strengthening turn technique, Working flexibility for extensions, Building strength for jumping</p> <p>CLASS OVERVIEW Warm Up Heel stretch on ground (for placement) Quarter turn, Half turn, Single pirouette (Focusing on holding at the end and understanding proper alignment) Standing heel stretch (grabbing with two hands) Jump combo from corner (Chassé, Saut de chat 2x, Side leap) Toe Touches Warm up consists of cardio, strength building exercises, and stretching. For stretching really start to explain what muscle or muscles they should be stretching.</p>	<p>OBJECTIVE Increase flexibility and strength with conditioning and hyperextension. Gain ability to immediately recall choreography. Engage specific muscles for technique execution.</p> <p>CLASS OVERVIEW Warm up (conditioning & stretch extensions), Single and double pirouettes, saut de chat variations, Introduction to firebirds, calypsos (the very basics), combing technique, improving self confidence!</p>

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INTERMEDIATE/ ADVANCED JAZZ	ADVANCED JAZZ			
<p>OBJECTIVE</p> <p>Strengthen turn technique including a la secondes, Alignment</p> <p>CLASS OVERVIEW</p> <p>Set warm up Battement across floor (Battement front R & L, Developpé tilt on releve, Soutenu, pencil turn Pirouette across floor (Plié 2nd, pas de bouree, double pirouette, soutenu, triple pirouette Turning pas de bouree with pirouette Classic jump combo from corner Calypso and disc jump combo A la secondes - Work on some drills to strengthen turns. Need a theraband for this class. It is used in the warm up.</p>	<p>OBJECTIVE</p> <p>Alignment, Refine turn technique. Working on consistency, Conditioning for jumps</p> <p>CLASS OVERVIEW</p> <p>Set warm up Developpé in center Battement across floor (Battement front R & L, Developpé tilt on releve, Soutenu, pencil turn Pirouette across floor (Plié 2nd, pas de bouree, triple pirouette, soutenu, triple pirouette Classic Jump combo Baylor jump A la secondes (Floating, tuck jump, into reverse illusion) Need a theraband for this class. It is used in the warm up.</p>			

SEPTEMBER: LYRICAL MONTHLY SNAPSHOTS



PRE LYRICAL	BEGINNER LYRICAL	JUNIOR LYRICAL	BEGINNER/ INTERMEDIATE LYRICAL	INTERMEDIATE LYRICAL
<p>OBJECTIVE Learn how to use emotion while dancing, Learn the style of Lyrical movement Learn the ability to immediately recall choreography and gain additional flexibility.</p> <p>CLASS OVERVIEW Flexibility Warm-Up Emotion Based improvisation in enter or across floor. Lyrical choreography for performance opportunities</p>	<p>OBJECTIVE Learn how to use emotion while dancing including movement of the upper body. Learn the style of Lyrical movement at a deeper level and understanding of performance qualities. Learn the ability to immediately recall choreography and gain additional flexibility.</p> <p>CLASS OVERVIEW Additional Improvisation exercises, More emphasis on flexibility with splits, backs, tilts, etc. Intricate choreography</p>	<p>OBJECTIVE Learning to execute more difficult choreography such as incorporating skills and tricks with performance quality.</p> <p>CLASS OVERVIEW Combining skills and tricks across the floor and in combos. More structured improvisation across the floor. Choreography to reflect across the floor combinations with a focus on technique, performance, and musicality.</p>	<p>OBJECTIVE Incorporate ballet and jazz technique specifics into choreography and exercises, Learning to travel through space.</p> <p>CLASS OVERVIEW Incorporate proper technique including battements, pirouettes, and variation of saut de chats/jumps. Across the floor combinations with focus on traveling.</p>	<p>OBJECTIVE Higher level of choreography, incorporating improvisation into given choreography or throughout structured across the floor exercises, learning to stay grounded</p> <p>CLASS OVERVIEW Split Stretching, hyperextension, core strengthening, across the floor combinations incorporating floor work, weight exchange. Learn to tell a story through choreography.</p>

SEPTEMBER: LYRICAL MONTHLY SNAPSHOTS



INT/ADV & ADV LYRICAL				
OBJECTIVE To develop strong center technique to incorporate into across the floor and combinations. Developing a 150% work ethic.	<input type="checkbox"/>		<input type="checkbox"/>	
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CLASS OVERVIEW Warm Up Includes- Increase in heart rate, strengthening the core through ab exercises, planking, & additional stretching. Plie's tendu's, extensions, executed in center and or across the floor. Across the floor exercises to strengthen timing, attack, musicality, technique, and performance. Combinations are taught each week to increase spacial awareness, their travel capacity, and to become very comfortable with execution at 150%	<input type="checkbox"/>		<input type="checkbox"/>	
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SEPTEMBER: ACRO MONTHLY SNAPSHOTS



PRE ACRO 1 & 2	BEGINNER ACRO	JUNIOR ACRO	BEGINNER/ INTERMEDIATE ACRO	INTERMEDIATE ACRO
<p>OBJECTIVE Improve flexibility, strength, balancing, limbering and tumbling through exercises focused on student's age and individual abilities.</p> <p>CLASS OVERVIEW Strengthening Exercises (plank, superman, table top, V sit, Wall sit, etc.) Balancing Exercises (Right and Left retiré, rise on relevé, etc.) Flexibility Exercises (Butterfly, Forward bend, square hip exercise, straddle stretch, rock and roll, Cobra) Limbering Exercises (Ball pose, pike, tuck, straddle, pike, tuck, point and flex fleet, baby bridge, push up to bridge) Tumbling (Hollow position, log rolls, L handstands, Gallops, Step hop in retiré, somersault, forward pike roll)</p>	<p>OBJECTIVE Improve flexibility, strength, balancing, limbering and tumbling through exercises focused on student's age and individual abilities.</p> <p>CLASS OVERVIEW Flexibility Exercises (Pre-splits, toes to head, forward bend) Strength Exercises (Plank, superman, table top, V sit, Upper body lifts, Bridge, Wall sit, Handstand facing the wall) Balancing Exercises (Baby scorpion, Quarter scorpion, Teddy Bear stand, Headstand) Limbering Exercises (Flex and point feet, Walk down the wall to bridge and walk baack up, walk down the wall to bridge) Tumbling Exercises (Forward roll, 2 consecutive straddle rolls, candle, backward roll, cartwheel, handstand)</p>	<p>OBJECTIVE Improve flexibility, strength, balancing, limbering and tumbling through exercises focused on student's age and individual abilities.</p> <p>CLASS OVERVIEW Warm-Up Exercises- Jumping Jack. Tuck Jumps, Donkey Kicks, Candle sticks, planks, push ups, etc. Strength Exercises- Forearm Plank, V Ups, Superman, Bridge (leg up), side planks, wall sit, handstand pushups. Introduce Balance beam exercises for balancing and strengthening. Introduction to rebounds, 1 handed cartwheels, back walkovers, handstand roles, back bridges on wall, aerials, headstands straight legs</p>	<p>OBJECTIVE Improve flexibility, strength, balancing, limbering and tumbling through exercises focused on student's age and individual abilities.</p> <p>CLASS OVERVIEW Flexibility Exercises (Splits, toes to head, forward ben, shoulder stretches) Strength Exercises (Superman, V sit, upper body lifts, push ups, bridge, handstand facing the wall) Balancing Exercises (Headstand, Chest stand, Forearm stand, one arm shoulder stand, leg hold, half scorpion) Limbering (Bridge recover, Rocking bridges, bridge to chest roll, tick tock, moon walkover from two knees, fish flop) Tumbling Exercises (Back extension roll, flying cartwheel, Side aerial, front walkover, back walkover, roundoff)</p>	<p>OBJECTIVE Building strength for more advanced acro skills Refining basic acro technique</p> <p>CLASS OVERVIEW Plank cardio warm up Bridge exercises (Arms up, legs up, Bridge prances) Down the mat (Walkovers, Back limber) Handstand Walks down the mat Aerial drills/more advanced aerial skills (Chasse, Calypso, Step, etc) Front Aerial Drills (only those with a clean front walkover) Back Handsprings (Only dancers who are ready/can already do one) Headstands and forearm stands</p>

INT/ADV ACRO	ADV ACRO	STRETCH AND STRENGTH		
<p>OBJECTIVE</p> <p>Building strength focusing on upper body Choosing which skill they would like to focus on most for the semester (Aerials, back handspring, back tuck, front aerial, etc.)</p> <p>CLASS OVERVIEW</p> <p>Plank cardio warm up Bridges (Arms up, Legs up, Bridge prances with straight legs) Handstands at wall Handstand walks down mat Aerials (Drills for those who are working on them) Back handspring (Drills or walkovers for those not ready) Headsprings and kip ups Work on skills of their “choice”</p>	<p>OBJECTIVE</p> <p>Improve flexibility, strength, balancing, limbering and tumbling through exercises focused on student’s age and individual abilities.</p> <p>CLASS OVERVIEW</p> <p>Balancing Exercises (handstand walking, headstand press to handstand, stands) Limbering Exercises (Tick tock, back walkover, one hand back walkover, arabian front walkover, scorpion) Tumbling (Flying front walkover, front aerial, side aerial, round off backhandspring, tuck, layout step out) Flexibility (Splits, toes to head) Strength (Handstand shoulder touches, V snaps, Upper body lifts with height, Push ups, crocodile, straddle press)</p>	<p>OBJECTIVE</p> <p>Gain better flexibility and strength, Learn exercises for different muscles and proper execution, Learn the importance of teamwork, Set and plan goals they want to achieve through the season.</p> <p>CLASS OVERVIEW</p> <p>Stamina Warm-up to loosen and warm the temperature of the body, active fluid stretching exercises to warm the muscles and increase flexibility such as deep lunges in parallel and turned out, releasing of the hip flexors, outer hip stretches, hamstring exercises, both standing and laying. Core strengthening series (set) introduction to over stretching, proper way to execute.</p>	<div> <input type="checkbox"/> </div> <div> <input type="checkbox"/> </div> <div> <input type="checkbox"/> </div> <div> <input type="checkbox"/> </div>	

BEG/JR HIP-HOP/MUSICAL THEATRE	BEG/INT & INT HIP-HOP/MUSICAL THEATRE	ADVANCED HIP-HOP		
<p>OBJECTIVE</p> <p>To educate students on Hip-Hop history and styles. Introduce Musical Theatre stylized dancing and the difference between Jazz. Importance of Performance</p> <p>CLASS OVERVIEW</p> <p>Warm-Up exercises include Core strengthening, isolations, free style, circle improve. Hip Hop introduction to strong hitting movements through choreography. Musical Theatre movement choreography, emphasizing the importance of large movements, How to perform to an audience in the back of the theatre. Introduction to the Musical Theatre world, specifically Broadway musicals and Disney movies.</p>	<p>OBJECTIVE</p> <p>Gain a better understanding of what Musical Theatre is and the difference between it and Jazz, Gain a better understanding of what the Hip-Hop style is. Learn how to isolate different body parts Improve the ability to immediately recall choreography, Learn how to use different emotion for different dance styles</p> <p>CLASS OVERVIEW</p> <p>Musical Theatre Emotion through combinations, expressions to tell a story when dancing through movements. Current Musicals: Hamilton, Aladdin. All classes included core strengthening, emphasis on musicality both through hip-hop styles and musical theatre. More Intricate and quicker choreography.</p>	<p>OBJECTIVE</p> <p>Improve the ability to immediately recall choreography Gain a better understanding of the Hip-Hop genre Gain confidence in themselves Learn how to isolate different body parts Learn how to stylize their movement</p> <p>CLASS OVERVIEW</p> <p>Class warm-up: Core strengthening exercises, crunches, sit-ups, planks, etc. Define Hip-Hop Genre, Stylized Movements, learning short combinations or "hip-hop moves" to be stylized, emotion in hip-hop, executing different textures of movement by providing dancers different elements in combinations, increasing confidence by hyping and cheering.</p>	<div> <input type="checkbox"/> </div> <div> <input type="checkbox"/> </div> <div> <input type="checkbox"/> </div> <div> <input type="checkbox"/> </div>	

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