

All Stars Talent, Inc. & Perinton Dance Company

CLASS DESCRIPTIONS

DANCE:

* **Combination Dance Classes (ages 18 months to 7yrs, divided by age)** - a great way to learn a variety of different things in one class each week. Classes include instruction in basic Jazz, basic Tap, Pre-Ballet/Ballet, Creative Movement, Fun Songs, development of fine and gross motor skills, early music skills/rhythm development, the use of props and basic rhythm instruments, social skills, and lots of fun! (Ballet & Tap shoes are needed)

* **Princess Dance Combo (ages 3-5)** This class is very similar to our Combination Dance Class for this age level, however most music, dance and activities follow the Princess theme in each class and for the recital performance. (Ballet and Tap shoes are needed)
Perfect for your own dancing little Princess.

* **Storybook Dance Combo (ages 4-6)** Fairytales come to life through dance! This class is very similar to our Combination Dance Class for this age level, however most music, dance and activities follow the theme from popular dance related stories (Swan Lake, Sleeping Beauty...) in each class each week and for the recital performance. Stories will be read and discussed in class and related dances will take place to keep the theme, excitement & learning going. This class will give your tiny dancer the opportunity to bring these fantastic stories to life!

* **Jazz** - classical Jazz dance combined with more modern dance movement or Broadway style Jazz choreography. Classes include warm-up exercises, isolations, combinations in the center and across the floor, fun and unique routines. (Ballet or jazz shoes are needed – check w/ the studio/Instructor for details)

* **Technique/Ballet (ages 5 & up, divided by age)** – Classical Ballet Technique, leaps, jumps, turns, barre and center work, stretching and conditioning exercises, the use of proper body placement and posture... This class helps to improve and gain skills necessary for nearly all forms of dance to help dancers meet their full potential. Competition dance students are required to take this class. It is also open to all AST/PDC students. (Ballet shoes and proper attire are needed – check w/ studio for details)

* **Ballet** - Ballet is a dance form that originated in Italy and became popular in the French court of King Louis XIV about 300 years ago. The word ballet is French but comes from the Italian word ballare, which means “to dance.” Ballet is the foundation of nearly all forms of dance.

* **Pointe** – (En Pointe) is a form of Ballet presented on the tips of the toes, made possible by specialized shoes. There are different varieties of ballet en Pointe, but for the most part they focus on grace and specific technique. Dancers must have sufficient strength and technique before beginning Pointe work, the development of which can take anywhere from six months to three years or more (Pre-Pointe Class). It is also important for students beginning Pointe to be at least twelve years of age before going en Pointe. This is because bones and growth plates in the feet are often not yet fully hardened and developed prior to this age, and can be injured very badly by Pointe work, despite the strength and skill that the student may have. Ankles must be very strong on Pointe dancers. Available by approval of our Ballet Instructors only!

* **Pre-Pointe** - a ballet class in which specific exercises are done and taught in order to train and prepare students to go on Pointe in a safe way. Ankles and other muscles must be properly strengthened to prepare for Pointe and to prevent injuries. (Pointe shoes will be needed after the second class with Instructor recommendations/info.)

* **Tap Dance**– rhythm and sound patterns created by tap shoes on the dancer’s feet. Choreography includes level appropriate turns, progressions across the floor and in the center, skill building exercises, and creative choreography in the style of Broadway, Rhythm Tap, or a combination of multiple tap styles. (Tap shoes are needed – check with the studio for style needed)

* **Lyrical Dance**– a beautiful interpretive style of dance based on Ballet Technique/ Jazz usually performed to music with lyrics. The dancer expresses the feelings and lyrics of the piece through movement.

* **Musical Theater Dance** – a combination of dance and acting, fun and energetic, the dancer performs a piece from a musical theater production or character piece. Entertaining and fun! (Check w/ instructor for type of shoes needed)

* **Hip Hop** - a street style Jazz dance with modern upbeat music. Classes include stretching, isolations, combinations in the center and across the floor. Choreography is similar to dance seen on upbeat MTV videos. Very popular, a great form of exercise, and fun! (Dansneakers are needed.)

* **Break Dance** - is a popular style of street dance that was created and developed as part of hip-hop culture youths in New York City. The dance consists of four primary elements: *toprock*, *downrock*, *power moves* and *freeszes/suicides*. It is danced to both hip-hop and other genres of music that are often remixed to prolong the musical breaks. The musical selection for breakdancing is not restricted to hip-hop music as long as the tempo and beat pattern conditions are met. A practitioner of this dance is called a b-boy, b-girl, or breaker. (Dansneakers are needed.)

* **Modern Dance** – devised of techniques developed to express human passions and universal social themes. As dance continues to evolve, Modern has become a staple in Ballet and Jazz companies, as well as in the training needed to become a professional dancer. This training is essential in becoming a well-rounded and versatile dancer. Today’s choreographers demand a knowledge of all dance forms, and the ability to adapt to contemporary movement styles. Choreography is based on combinations of pioneer and 20th century styles. Students are educated in the history behind the forms and styles.

* **Contemporary Dance** - uses dance techniques and methods found in ballet, modern dance and postmodern dance and it also draws from other philosophies of movement that are outside the realm of classical dance technique. The term "contemporary dance" is sometimes used to describe dance that is not classical jazz.

* **Tumbling/Creative Movement** (3-7yrs, divided by age): Basic tumbling combined with fun dance skill. Creative Movement is a fun early introduction to movement. Class activities include early pre-dance techniques to fun themes, such as animals, nature and much more. The focus of this class will be to develop the flexibility and strength required to learn basic tumbling, such as forward & backward rolls, headstands, back bends, etc. Tumbling and creative movement skills will be incorporated into a choreographed routine.

* **Dance Competition Teams (ages 5 & up, by ability/age/subject)** – for the more dedicated dancer, by invitation/audition only. Students must take Technique class in addition to regular Competition Classes. Students perform at local festivals, charity events, competitions and in AST recitals and at 2 - 4 competitions per season. (See studio dress code)

MUSIC:

* **Movement & Music (ages 12 – 18 months w/ adult)** – Enjoy fun songs, instrument playing, dancing, socializing with peers and adults spending quality time with a special child in their life. This class is a great early start to the world of music and dance with the comfort of sharing the experience with a familiar adult.

* **Voice Lessons (ages 4 & up)** – Private singing lessons with a strong emphasis technique. Lessons include warm-up exercises, breathing, proper posture, placement of sound, vowel sounds, articulation, singing a variety of pieces, performance tips, developing range, sight reading, music theory, and much more! Lessons are created to meet the needs and goals of each individual student.

* **Music Appreciation/Theory (ages 14 & up)** - a must for all musicians! Class includes instruction in note reading and writing, basic music history, sight reading, and more

* **Private Piano Lessons (ages 6 – adult, beginner)** – This is a great way to learn the basics of piano playing while learning technique and music theory as it pertains to the keyboard. Lessons are created to meet the needs and goals of each individual student.

MORE:

* **Craft & Story Time (ages 3-7)** - making theme crafts, enjoying related stories and movement activities while making friends.

This is a perfect chance for parents to run errands while children are learning and having fun.

* **Injury Prevention Workshops** – learn about common injuries of dancers and athletes and ways to prevent them. These workshops are taught by a Doctor of Physical Therapy, with a Minor in Dance from Ithaca College (plus a lifetime of dance training/experience in California). Contact us for workshop dates/details.

* **Workshops & Master Classes with Guest Instructors** – We frequently bring in Guest Instructors from professional backgrounds, dance companies and other areas from all over the US to provide unique learning experiences for our students.

Contact us for dates/details.