



# 2011-2012 Class Descriptions

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**Class Levels: Level 1-Beginner ■ Level 2-Intermediate ■ Level 3- Advanced**  
**some classes combine Levels I and II and/or Levels II and III**

## **Creative Ballet (ages 2½-3)**

This 30-minute class is a few steps from mom and a great stepping stone for independence in the classroom. Classes will focus on following direction, listening skills, body awareness, motor skills, rhythm, coordination, balance, and imagination. We believe in repetition, creativity, and a positive and encouraging learning environment. *Participants accepted must turn 2 1/2 by August 30.*

## **Intro to Dance (ages 3-4)**

This 45-minute class will focus on dance in the area of creative expression, pre-ballet and basic tap. Classes are designed to introduce basic steps, vocabulary, creative movements and styles. Class may include some tumbling and/or mat work.

## **Pre-Dance I (ages 4-5) and Pre-Dance II (ages 5-6)**

These classes will introduce a stronger foundation in the area of ballet. Classes will continue to build on following direction, listening skills, body awareness, motor skills, rhythm, coordination, balance, and imagination. Dancers will learn basic steps with terminology and work on proper body placement. Our emphasis will be placed on proper ballet technique and a positive learning environment through encouragement and repetition through choreography and creative center work. Students will learn pre-ballet, beginner tap skills, and creative movement. Classes may include some tumbling and/or the use of mats. *Prerequisite for Pre-Dance II is Pre-Dance I or teacher evaluation.*

## **Elementary Combo I (ages 7-8) and Combo II (ages 9-10)**

Dancers will incorporate three basic styles of dance—ballet, tap and jazz. In this 1 hour class, we will introduce basic ballet steps and positions, barre and center work, the rhythm and syncopation of tap sounds, and basic jazz technique with an emphasis on proper technique. Technical corrections will be made with positive reinforcements. (Minimum age requirement is 7 years and must be entering the 2nd grade. Level I is appropriate for first and second year students. Level II is best for intermediate dancers. *Prerequisite for Elementary Combo I is Elementary Combo II or teacher evaluation.*

## **Pre-Ballet (ages 4-6), Jr Ballet (ages 7-11) and Ballet (ages 12 and up)**

Ballet is the most important dance discipline and the foundation of all types of dance. Ballet is where dancers can develop a technical base for all other dance forms. Ballet is a classical dance that is beautiful and graceful. Our classes will introduce the fundamental principles of ballet and will progress with each class and/or program. Positions of the feet and arms, proper alignment, ballet vocabulary, barre exercises and center work will be taught. Classes focus on overall body alignment, correct muscle usage for dance technique, and awareness with emphasis on proper usage of feet and legs and execution of turnout. Dancers will be provided with exercises that build strength, increase flexibility and provide a foundation that can be applied to all dance styles. This class is a great addition to any class and strongly recommended. *Prerequisite for Levels II and III are Levels I and II or teacher evaluation. Students will be given practical and written examination in order to proceed to the next level.*

## **Pre-Pointe (ages 9-12) and Ballet en Pointe (ages 12 and up)**

Dancing on pointe, or en pointe, is when the dancer is able to stand on the tips of their toes while performing steps from ballet. Ballet en pointe requires very strong strength in dancer's ankles, legs, back, and abdominal muscles. *All students must be evaluated by the Director before enrolling into one of our Pointe classes. You are also required to take at least 2 hours of ballet a week. Dancers should have a solid background in ballet before going on pointe.*

## **Jr Tap (ages 7-11) and Tap (ages 12 and up)**

Our tap classes begin with an introduction to sound and movement for all dancers. Knowledge of tap terminology is provided. Students will begin to learn basic foundation for tap and vocabulary through playful and creative teaching strategies. Class emphasis is placed on proper body placement, positioning, weight shifts, clarity of tap sounds and rhythms. Covers times steps, progressive foot work and varies rhythms and styles. Dancers progress to tap combinations and later routines. We incorporate many tap styles such as Hoofin', Broadway, and Rhythm tap. *Prerequisite for Levels II and III are Levels I and II or teacher evaluation.*

## **Tap Technique (ages 7 and up)**

This class is designed to provide students with an opportunity to work on increasing their level of difficulty by breaking down rhythmic patterns and steps. Students will be challenged to learn more complex steps and combinations. Students have the opportunity to work with the instructor on a one/one basis. Terminology will be taught and enforced.

## **Jr Jazz (ages 7-11)**

Our classes will focus on teaching basic body isolations of the head, shoulders, ribcage, feet and arms and will layer jazz style over the traditional technique of ballet. Dancer will be able to master basic jazz steps including kick ball change, step ball change and jazz runs.

Classes are high energy and progress with warm-up, floor crossings and combinations. Our emphasis will be placed on developing coordination, rhythmic awareness, individual expression, and flexibility. We will put a strong emphasis on incorporating ballet into our jazz programs for a solid foundation. *Prerequisite for Levels II and III are Levels I and II, or teacher evaluation.*

### **Jazz (ages 12 and up)**

Our jazz class is one of the most popular classes for pre-teens and teens. Classes incorporate many styles such as Fosse, Lyrical, Character, and Theatre, to name a few. Classes will work dancer's technical skills through work in the center and progression work. The class emphasis will be on flexibility, control, conditioning, and incorporating ballet techniques. Class will work on extensions, leaps, and turns which are incorporated into choreographed warm-ups/routines to challenge the dancer's ability to conform. This class time is divided to include warm-up, across-floor, and technique, ending with choreography. Some classes will utilize lyrical movements to sharpen the dancer's technical skills. *Prerequisite for Levels II and III are Levels I and II, or teacher evaluation.*

### **Leaps, Extensions & Turns (LET) Technique Classes (ages 7 and up)**

This class will put an emphasis on ballet and jazz technique. Dancers will continue to build a solid foundation and build a solid center frame of the body through rigorous workouts with the emphasis on stretch, flexibility, and control. Class will incorporate turns, leaps, jumps, extensions, and improving ones flexibility. Classes explore each dancer's potential. Across the floor combinations and center choreography will be taught to encourage dancers to utilize their techniques.

### **Lyrical/Contemporary (Jr Levels ages 7-11) and (Pre-Teen/Teen Level 12 and up)**

So you think you can dance? Learn the history of contemporary jazz dance while learning the moves. This form of dance puts the words, idea, and a story through dance. Dancer's technique is put to work while exploring choreography that is influenced by an expressive of the lyrics in the music of today. Dancer's learn strength, flexibility, grace, technique and alignment necessary for the leaps, turns, kicks, emotion, and fluid movement in Lyrical. *Prerequisite for Lyrical/Contemporary is 2-3 years of ballet training and/or teacher evaluation.*

### **Hip Hop, Pop & Lock, Breakdance (ages 5 and up) and B-Boy (boys only)**

Fast, Energetic, and Funky. This is a popular class for all age levels. Teaching Hot Street, Club, Freestyle, Old School, New School, Funk, Pop and Lock techniques. These moves can be seen in the latest hip-hop, pop and R&B videos. There is constant movement, across the floor, center, formations and body isolations. Class will incorporate hip hop history. This is a great class for dancer's to improve their precise movements and accents. *Level I: It is helpful if students have taken dance before but is not a requirement. Prerequisite for Levels II and III are Levels I and II or teacher evaluation.*

### **Jr/Sr Latin Mix (ages 7 and up)**

Do you want to dance like the stars? This class is fun, progressive and a combination of high-energy jazz taught with a Latin flare. Dancers will explore many different Latin rhythms, including salsa, Cha-Cha, Merengue, Samba, Rumba and Mambo. This is a fun class that is hot, hot, hot! *Prerequisite for Level I or teacher evaluation.*

### **Kids Zumba (ages 4-12)**

Kids love to crank up the music, shake, wiggle and have a blast with their friends. So why not get fit while they're at it? Kids zumba combines fun Latin rhythms with easy-to-follow moves to create a one-of-a-kind fitness program that kids will enjoy. Kids will be working out and getting fit without even knowing it.

### **Adult Zumba**

The Zumba program fuse hypnotic Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away. The goal is simple: we want you to work out, love working out, and get hooked. You will achieve long-term benefits while experiencing an absolute blast in an exciting class of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class.

### **Tumbling**

#### **(Tumblers Ages 4-6) (Tumblers Ages 7-9) and (Tumblers Ages 10-18)**

This class is a combination of tumbling and dance. Students will work on body placement, alignment, strength, flexibility, and control. Students are evaluated individually and will progress accordingly. We encourage less time on your feet and more time in the air.

### **Poms (Mini Poms K-5th grades, Jr. Poms 6th-8th grade and Teen Poms 9th-12th grade)**

This class is designed for students who are on cheer teams, pom squads and kicklines. It is a combination of jazz/hip hop dance technique and use of pom poms, and concentrates on flexibility, coordination, jumps, arms, and proper body placement.