



Age Groups and Class Descriptions

FALL 2024-2025

Classes begin Tuesday, September 3rd 2024

Pre-School – 6 Week Session Kinder Classes (18 months-4 years)

Me & My Shadow (45 min) is a fun-filled class created just for you and your 1.5-3-year-old to share the journey of dance together! Join in the fun while singing music your kiddos know and love and learning beginner dance moves with a ballet and jazz foundation. Both loved one and toddler will learn all about warming up, stretching, singing nursery rhymes, role playing and acrobatic obstacle courses to foster a love for dance and enhance gross motor skills. This class is offered in 6-week sessions running September through May and does not perform in our recital.

Session I- Week of September 17th-October 22nd, 2024

Session II- Week of October 29th – December 10th, 2024 (Thanksgiving off)

Session III- Week of January 14th – February 18th, 2025

Session IV- Week of February 24th -April 8th, 2025 (Spring Break off)

Kindercise (60 min) is one of our company fav's! Don't think we can keep your preschoolers engaged for 60 minutes? Well, let us tell you...our non-stop fantastically fun class has a little taste of ballet, jazz and acrobatics. Your kiddos will sing, dance, bounce, roll, turn upside down and come home happy and tired! During this class, you can find all of us muscling a parachute up and down, kicking and dribbling balls, "hula-ing" hula hoops and using any other fab props to keep your dancer having fun and keeping fit! This class is offered in 6-week sessions running September through May and does not perform in our recital.

Session I- September 21st-October 26th, 2024

Session II- November 2nd – December 14th, 2024 (Thanksgiving off)

Session III- January 18th – February 22nd, 2025

Session IV- March 1st -April 12th, 2025 (Spring Break off)

Pre-School – Full Year Kinder Classes (3-4 years)

Kinder Acro (30 min) is the most fun a kid can have getting stronger, more flexible and learning an acro trick or two! Kinder Acro will challenge your kinder kid to jump, roll, bounce and turn upside down all while secretly fostering a healthy body and mind! A Tumble Track, progression mats, and props help to make this class one hoppin' experience! Our Kinder Acro kids will also learn basic dance skills to create their dance routines. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Kinder Ballet (30 min) is a gentle introduction to classical ballet using creative, imaginative role-playing and fun props. This ballet class is full of energetic movement that will keep our Kinder

kids on their toes while gaining self-assurance, posture, and a light-footed presence! This class may involve pretending to be animals, playing instruments to learn rhythm, learning balancing, skipping, running and you might even catch us leaping over “mud puddles” or walking the “tightrope” (shhhh..we’re also working on our imagination and acting skills) to develop our full body coordination. This ballet class is non-stop singing and dancing to fun, catchy tunes that will help even our tiniest dancers become pros at speaking French ballet terms. It is suitable for both boys and girls who are having so much fun that they don't even realize that they are learning the fundamentals of ballet technique along the way. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Kinder Jazz (30 min) is a fun, fantastical, fast-paced intro to our “Tot Bop” jazz! Using upbeat music, lots of props, tons of energy and enthusiasm, students will build coordination, creativity and confidence while singing and dancing to their fav songs! This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Kinder Tap (30 min) will have your child learning super fun basic tap skills in an imaginative way while also playing with instruments to help promote rhythm. We will toe-heel, heel-toe, stomp, stamp and “shuffle it out” while making as much noise as we can! We will also turn on our “thinking caps” while practicing balance, motor and coordination skills as in our fun, safe and educational environment! Oh, and yes...we still practice vocal skills singing cheery songs while using our dancing feet! This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Tot Classes (5-6 years)

Tot Acro (45 min) builds on kinder skills allowing our kids to become stronger and more flexible while building up those basic acro skills! Tot Acro will challenge our kids with slightly more complex tricks always emphasizing learning both right and left sides and starting progressions (tricks linking together). We’ll “get em” tired for you with ramping up the cardio and strength portions in this class! We’ll learn to move up, down and all around and all while becoming physically fit! A Tumble Track, progression mats, and props help to make this class one hoppin’ experience! Our Tot Acro kids will also learn basic dance skills to create their acro routines. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

On Your Toes Tot Ballet (45 min) is a sequel to Kinder Ballet that continues to teach classical ballet using imaginative role-playing and fun props! This ballet class is full of energetic movement that will keep our tots on their toes while gaining self-assurance and learning the beginnings of body awareness and posture. Tot Ballet continues to build on ballet tech and terms

in a fun, rewarding learning environment. Expanding on rhythm, balance, locomotor movement all the while using our imagination and acting skills! Don't worry, we won't stop singing and dancing to fun, catchy tunes while learning to plie, releve, saute! This class is suitable for both boys and girls who are having so much fun that they don't even realize that they are learning the fundamentals of ballet technique along the way. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Tot Bop Jazz (45 min) is a class for our older kiddos who are 5-6 years of age. The music for this class is super fun and familiar to them and expands on the techniques learned by our younger classes. We'll do some warming up, stretching and hoppin' progressions across the room. We'll pivot, chasse and pas de bourre along with skips, kicks and basic turning skills to put together on fantastical jazz routine for our show! This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Tappin' Tots (45 min) is a class expanding our "Let's Make Some Noise" skills! Our dancers will build upon their basic tap skills with super fun songs and slightly more complex rhythms. We will begin to expand our skill set with fun steps like Cramp Rolls, Buffalos, Maxi Fords and not to worry...a few Shuffle Ball Changes sprinkled in there! We will continue wearing our "thinking caps" while practicing balance, motor and coordination skills in our fun, safe and educational environment! This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Tot Hop (45 min) is a mini version of, unsurprisingly, one of the most popular dance classes we offer! It is fun...it is funky...it is fast-paced and its Hip Hop! Kids will not even realize how much effort they are putting into it and the beat just keeps them moving. Hip hop dance moves are fast and explosive to match the tempo of the music and in our Tot Hop world...we love to pop, lock, and break it down in our own age-appropriate way!! Oh yeah, don't forget to wear your fav urban style hip hop wear! This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Beginner I-II-III (7-9 years)

Beginner Acrobatics (45 min): We have known for a long time that kids love nothing more than attempting and perfecting new "tricks." Remember learning to cartwheel? We sure do, and it is that sense of pride and exhilaration that we love to pass on to all students. Our Acro class is taught by our fully qualified gymnastic teachers and the class levels for this discipline are skill-

based using our own syllabus cards. Our Acro classes will also teach basic dance steps to enable our students to perform a fully choreographed Acro dance routine in our year-end dance recital!

Pre-Requisites:

Beginner I- No Experience Required

Beginner II- Cartwheel/ Wall Handstand Required

Beginner III-Backbend Pull-Up Required (working Back-Kickover)

Pre-Ballet Foundations (45 min): Ballet is considered the most graceful dance art form and the foundation of all styles of dance (thus the name of this class). This class will include shades of Enrico Cecchetti (a form of graded ballet technique) and provide theory, practice, and aesthetic fundamentals of all styles of classical ballet in a super-secret, fun way! Dancers will thrive from positive reinforcement and be proud of their accomplishments in their core technique by using creative learning tools such as roleplay, props, and fun songs. Students will have a wonderful time learning ballet history, correct body placement, turn-out, balance, transference of weight and coordination as they quietly become more nimble and technically strong dancers. This class allows opportunities for students to participate in primary Cecchetti exams and will be evaluated by our staff at the end of the year. The class structure will consist of exercises at the barre, center work, turns, jumps and traveling movements. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Beginner Contemporary (45 min): Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. You might say Contemporary is a “mish mash” of many styles of dance. Contemporary dancers strive to connect the mind and the body through many different movements ranging from the most fluid to strong darting actions. This class must be taken in conjunction with Pre-Cecchetti Ballet and Jazz and meets one time a week from September through June ending with our grand finale of performing in our annual recital.

Munchkin Hip Hop (45 min): This wildly popular dance phenomenon is free-moving, fast, and funky! Hip hop dance moves are wild and explosive to match the tempo of the music. We will still pop, lock and break it down in our own age-appropriate way while donning our fav urban style hip hop wear! This class must be taken in conjunction with a jazz class and meets one time a week from September through June ending with our grand finale of performing in our annual recital.

Beginner Boys Hip Hop (45 min): This wildly popular dance phenomenon is free-moving, fast, and funky and dedicated specifically to the guys! Even though all boys are welcomed in all our dance classes, sometimes the guys just like to pop, lock and break it down in their own arena! Hip hop dance moves are wild and explosive to match the tempo of the music. This class meets

one time a week from September through June and ends with our grand finale of performing in our annual recital.

Beginner Jazz (45 min): In this class, students are building on the basics of the traditional jazz curriculum to fun, popular and age-appropriate music. Not only do jazz dancers follow a syllabus for more tech work, but they also have an opportunity to develop creativity and imagination through the freedom of expression and individuality introducing improvisation time. Jazz is popular, exciting, and upbeat and one of our fav's! This core dance subject follows a syllabus that takes approximately 2-3 years to complete. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Beginner Lyrical (45 min): Lyrical is a class that dances in meaningful and insightful ways and makes it necessary for the dancer to find their “inner emoji” or emotional attachment to a piece of music. Lyrical is like acting out a song! The dancers travel with high and soaring leaps and graceful turns and walks that challenge dancers to interpret the music. Movements in lyrical are fluid, continuous, and graceful, with the dancer flowing seamlessly from one move to another with little or no stopping, holding finishing steps if possible. These expressive dance moves help the dancer connect on an emotional level with the audience. This class must be taken in conjunction with ballet and meets one time a week from September through June ending with our grand finale of performing in our annual recital.

Beginner Tap (45 min): Tap is like “playing the drums with your feet”! Students learn the basics of tap technique and build on their sense of rhythm and confidence in performances. Layered, syncopated and more complex rhythms are introduced. Our tappers love dancing to popular, age-appropriate music and getting LOUD! This core dance class follows a syllabus that takes approximately 2-3 years to complete. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Tech and Skills (60 min): This class gives our dancers the edge they need to become greater technicians who are fiercely strong in body, mind and spirit! Using various props to aid in body strength and flexibility, dancers will be held accountable to do their ultimate best in exercises “out of the norm” from their regular technique classes. Basic skills will include pirouettes, enforcing skills in turn-out, and all types of jete's. Open to all, but a must for all competitive dancers, mini level and higher. Must be taken in conjunction with jazz. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Junior, Intermediate and Advanced (9 –18+ years)

Acrobatics: We've known for a long time that kids love nothing more than attempting and perfecting new "tricks." This class will challenge our students to work hard, strengthen their body and set goals. Following our acro syllabus cards as a guide, kids will feel a sense of pride and exhilaration when attaining their goals at their own pace. Our Acro class combines the strength for power tumbling (on our fabulously fun Tumble Track) along with balancing tricks showing grace, strength, and flexibility. Choreography and synchronization add flare and creativity to this class! Our Acro classes are taught by our fully qualified gymnastic/acrobatic teachers and the class levels for this discipline are skill-based. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital. Pre-Requisites:

Junior- (60 minutes) Backbend Kick-Over and Front Limber Required+ one additional class.

Intermediate I- (60 minutes) Front and Back Walkovers Required (Working Back Handstands) + two additional classes.

Intermediate II- (60 minutes) Front and back Handstand Required + two additional classes.

Intermediate III/Advance- (75 minutes) Permission Only + two additional classes.

Cecchetti Ballet Foundations: Ballet is the beautiful basis of all dances! This ballet program offers a sequence of graded levels that train dancers in a way that has been carefully measured to ensure progression of ballet technique. Our goal is for dancers to take pride in receiving a Cecchetti certificate earned through an exam with hard work, self-determination, and perseverance. It is guaranteed that each student will finish each examination with a feeling of personal fulfillment and satisfaction that will be carried through a lifetime.

Levels:

Cecchetti I Ballet Open- (60-minute class, meets once a week) This is the interim level class following completion of Pre-Cecchetti classes or for the older beginner.

Cecchetti I and II- (75-minute class) Must be taken in conjunction with Cecchetti Variations.

Cecchetti III-VII- (75-minute class) Must be taken in conjunction with Cecchetti Variations and Pointe. (Once Cecchetti IV certification is achieved, higher level exam certification will be left to the discretion of the dancer and teacher.)

Cecchetti Ballet Variations (75 min): The class will continue building ballet technique by focusing on the adage, allegro and enchainment's of the Cecchetti Method. It is designed to compliment and broaden skills introduced in the Cecchetti Foundations class. Students will feel their bodies strengthen, their technique sharpen and their minds grasping how to perfect their own posture, placement, and alignment in all forms of dance. All variations classes must be taken in conjunction with Cecchetti Foundations.

Contemporary (60 min): Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through many different

movements ranging from the most fluid to strong darting actions, centered to off-centered movement and full body contraction to releases. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Hip Hop (60 min): Hip-hop dance is a vibrant form of dance that combines a variety of freestyle movements to create a cultural piece of art. This wildly popular dance phenomenon at AADbK is free-moving, fast, and funky! Hip hop dance moves are wild and explosive to match the tempo of the music. Dancers will pop, lock, and break it down while donning their fav urban style hip hop wear! This class must be taken in conjunction with a jazz class and meets one time a week from September through June ending with our grand finale of performing in our annual recital.

Boys Hip Hop (45 min): This wildly popular dance phenomenon is free-moving, fast, and funky and dedicated specifically to the guys! Even though all boys are welcomed in all our dance classes, sometimes the guys just like to pop, lock and break it down in their own arena! Hip hop dance moves are wild and explosive to match the tempo of the music. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Jazz: Jazz is popular, exciting, and upbeat and one of our fav's at AADbK! Jazz students have a blast building on the basics of our traditional jazz curriculum to fun, popular music. Not only do jazz dancers follow a syllabus for more tech work, but they also have an opportunity to develop creativity and imagination through freedom of expression and individuality introducing improvisation time! This core dance subject follows a syllabus that takes approximately 2-3 years per level to complete. This class meets one time a week from September through June and ends with our grand finale of performing in our annual recital.

Levels:

Junior (60 minutes)

Intermediate I and II (60 minutes) Must be taken in conjunction with ballet.

Intermediate III/Advanced (75 minutes) Must be taken in conjunction with ballet.

Lyrical (60 min): Lyrical is like acting out a song through dance! Lyrical dance is meaningful and insightful and makes it necessary for the dancer to find their “inner emoji” or emotional attachment to a piece of music. The dancers travel with high and soaring leaps and graceful turns and walks. It challenges dancers to interpret the music. Movements in lyrical are fluid, continuous, and graceful, with the dancer flowing seamlessly from one move to another with little or no stopping, holding finishing steps if possible. These expressive dance moves help the dancer connect on an emotional level with the audience. This class must be taken in conjunction

with ballet and meets one time a week from September through June ending with our grand finale of performing in our annual recital.

Pointe (45 min): Many young girls dream of the day they can dance on their toes. Pointe is an exciting, but also serious undertaking, where proper training and timing are crucial factors. Students who start too young can easily develop bad habits and risk chronic injuries. It is for these reasons that we wait until students have passed their Grade 2 Cecchetti exam to be placed on pointe. This class focuses on learning proper placement in the shoes while also working on building strength. As they progress, they learn to perform more ballet elements on pointe. Maintaining strong ballet technique is vital to one's pointework, so pointe must be taken in conjunction with Cecchetti III+ Foundations and Cecchetti III+ Variations. Pointe is available and highly encouraged for students in Cecchetti Foundations I and Cecchetti Variations I but is not required.

Pre Pointe- Pre Cecchetti Foundations III and higher, flat ballet shoes

Beginner/Junior Pointe- Cecchetti II & III, on pointe shoes (permission only)

Intermediate Pointe- Cecchetti IV and higher (permission only)

Tap: Tap is like “playing the drums with your feet”! Students expand on tap technique by building their sense of rhythm and confidence when it comes to performances. Students are challenged by speed, accuracy, and musicality by producing layered, syncopated and more complex rhythms with their feet! Our tappers love dancing to popular music keeping it “light on their feet” yet LOUD! This 60–75-minute core dance class follows a syllabus that takes approximately 2-3 years per level to complete. This class runs from September through June and ends with our grand finale of performing in our annual recital.

Levels:

Junior - (60 minutes)

Intermediate I and II (60 minutes)

Intermediate III/Advanced – (75 minutes)

Tech and Skills (60 min): This class gives our dancers the edge they need to become greater technicians who are fiercely strong in body, mind, and spirit! Using various props to aid in body strength and flexibility, dancers will be held accountable to do their ultimate best in exercises “out of the norm” from their regular technique classes. Basic skills will include pirouettes, enforcing skills in turn-out, and all types of jete's. Open to all, but a must for all competitive dancers, mini level and higher. This class meets one time a week from September through June and does not perform in our end of year recital.

Adult Dance 6 Week Sessions (18+ years)

Adult Tap (60 min): Find your inner rhythm in this adult tap class for beginners! No experience necessary! Tap your way to fitness and fun in this upbeat and energetic class designed specifically for adults. You will learn the fundamentals of tap, develop musicality to help you move confidently with the music, coordination, and agility with playful footwork patterns, and short, easy to follow routines that will leave you feeling accomplished and smiling!

Session I- September 17th-October 22nd, 2024

Session II- October 29th – December 10th, 2024 (Thanksgiving off)

Session III- January 14th – February 18th, 2025

Session IV- February 24th -April 8th, 2025 (Spring Break off)

6 Week Specialty Session Classes

Looking for something new to do throughout the season! Let us “change-up” our classes for you every 6 weeks on **Thursdays from 5:15pm-6:15pm** all year! Whether you are looking to enhance your back handsprings, aerials, blossom as a butterfly ballerina or pump up your tricks for the Youth Cheer auditions, we’ve got the session to fit your needs! Check out the schedule below!

Back handspring Clinic (Ages 7+)

Session I- September 19th-October 24th, 2024

Defy gravity and unlock the secrets of the desired back handspring! This dynamic class is your gateway to flipping fun and mastering this iconic move! You can expect expert guidance with our enthusiastic coaches, progressive drills, and a high energy, safe and supportive atmosphere! By the end of this clinic, you’ll walk away with a newfound sense of accomplishment, a stronger body, and the skill to confidently land your back handspring!

Aerial Clinic (front, side and back- Ages 7+)

Session II- October 31st – December 12th, 2024 (Thanksgiving off)

Take Your Aerials to New Heights: Front, Side & Back Aerial Clinic! Our experienced instructors will break down each step ensuring safe and successful execution. Whether you're a beginner or looking to polish your existing aerials, this clinic will provide drills and progressions to help you achieve cleaner and more confident movements. Gain the necessary physical foundation to master these aerials. We'll incorporate conditioning exercises to build the strength and flexibility required for each aerial variation. Don't miss this opportunity to take your aerial artistry to the next level!

Butterfly Ballet (Ages 3-6)

Session III- January 16th – February 20th, 2025

Flutter into fun! This magical camp will whisk your little one away on a fluttering adventure, combining the grace of ballet with the wonder of butterflies! Your little butterfly will enter a nurturing environment where they will hatch into butterflies through playful movements, crafts and dress-up. They will learn to fly with ballet by practicing fundamental ballet steps that will prepare them for the grand butterfly ballet performance! Join us for an unforgettable camp experience where laughter and creativity take flight!

Youth Cheer (Ages 6-12)

Session IV- February 27th -April 10th, 2025 (Spring Break off)

Hey Youth Cheerleaders! Get Tryout-Ready for the 2024-25 Season! Calling all future cheer stars! You will master essential gymnastics skills, soar high with explosive jumps, build a rock-solid core, unlock your flexibility and most important... boost your confidence! Are you ready to dominate next year's tryouts and take your cheer skills to the next level? This clinic is YOUR chance to shine bright and achieve your goals!