

Age Groups and Class Descriptions

Pre-School - Kinder Classes (18 months-4 years)

Me & My Shadow- This fun-filled class is 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 45-minute class is offered in 6-week sessions running September through May and does not perform in our recital.

Kindercise is one of our company fav's! Don't think we can keep your pre-schoolers engaged for 60 minutes? Well, let us tell you...our non-stop fantastically fun class has everything in it but the kitchen sink! With a little taste of ballet, jazz and acro, your Kinder kid 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 60-minute class is offered in 6-week sessions running September through May and does not perform in our recital.

Kinder Acro 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 acro routines. Kinder Acro is a 30-minute class that runs from September through June and ends with our grand finale of performing in our annual recital!

Kinder Ballet is a 30-minute 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 runs from September through June and ends with our grand finale of performing in our annual recital!

Kinder Jazz is 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 runs 30 minutes one time a week from September through June and ends with our grand finale of performing in our annual recital!

Kinder Tap - In this 30-minute class your child will be 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 runs from September through June and ends with our grand finale of performing in our annual recital!

Tot Classes (5-6 years)

Tot Acro 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. Kinder Acro is a 45-minute class that runs from September through June and ends with our grand finale of performing in our annual recital!

On Your Toes Tot Ballet is a 45-minute 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 runs from September through June and ends with our grand finale of performing in our annual recital!

Tot Bop Jazz 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 is 45 minutes and runs from September through June and ends with our grand finale of performing in our annual recital!

Tappin’ Tots is a 45-minute 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 runs from September through June and ends with our grand finale of performing in our annual recital!

Tot Hop is mini version of, unsurprisingly, one of our most popular dance classes we offer! It's fun...it's funky...it's fast-paced and it's Hip Hop! Kids won't even realize how much effort they're 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 runs 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: We've known for a long time that kids love nothing more than attempting and perfecting new "tricks." Remember learning a cartwheel? We sure do, and it's 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 full choreographed Acro dance routine in our year-end dance recital! This class runs from September through June and ends with our grand finale of performing in our annual 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- 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) as well as 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 45 minute long class runs from September through June and ends with our grand finale of performing in our annual recital.

Beginner Contemporary (Ages 9+) 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 45-minute class must be taken in conjunction with Cecchetti Ballet and Jazz and runs from September through June. It also ends the dance year with our grand finale of performing in our annual recital!

Munchkin Hip Hop- 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 45-minute class must be taken in conjunction with a jazz class and runs from September through June and ends with our grand finale of performing in our annual recital!

Beginner Boys Hip Hop- 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 45-minute class runs from September through June and ends with our grand finale of performing in our annual recital!

Beginner Jazz 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 45-minute core dance subject follows a syllabus that takes approximately 2-3 years to complete. This class runs from September through June and ends with our grand finale of performing in our annual recital.

Beginner 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. Lyrical is like acting out a song! 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 45-minute class must be taken in conjunction with ballet and runs from September through June and ends with our grand finale of performing in our annual recital!

Beginner Tap is like "playing the drums with your feet"! Students learn the basics of tap technique as well as building on their sense of rhythm and their confidence when it comes to performances. Layered, syncopated and more complex rhythms are introduced. Our tappers love dancing to popular, age-appropriate music and getting LOUD! This 45-minute core dance class follows a syllabus that takes approximately 2-3 years to complete. This class runs from September through June and ends with our grand finale of performing in our annual recital.

Tech and Skills: This 60-minute 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 another class and this class does not perform 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 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. Our Acro classes will also teach dance steps to enable our students to perform a full choreographed Acro dance routine in our year-end dance recital! This 60-75 minute class runs 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 Handsprings) + two additional classes.

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

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

Cecchetti Ballet Foundations: Ballet is the beautiful basis of all dance! 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 the accomplishment of receiving a Cecchetti certificate that is 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. This 60 or 75-minute class runs from September through June ending the season with a performance in our annual recital!

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: The 75-minute 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 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 60-minute class must be taken in conjunction with ballet and runs from September through June. It also ends the dance year with our grand finale of performing in our annual recital!

Hip Hop- 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 60-minute class must be taken in conjunction with a jazz class and runs from September through June and ends with our grand finale of performing in our annual recital!

Boys Hip Hop- 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 45-minute class runs from September through June and ends with our grand finale of performing in our annual recital!

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 the freedom of expression and individuality introducing improvisation time.! This 60–75-minute core dance subject 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) Must be taken in conjunction with ballet.

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 60-minute class must be taken in conjunction with ballet and runs from September through June and ends with our grand finale of performing in our annual recital!

Pointe- 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 important 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 45-minute class focuses largely on learning proper placement in the shoes while also working on building strength. As they progress, they learn to perform more and 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. This class runs from September through June and ends with our grand finale of performing in our annual recital.

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 is a 60-minute 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 does not perform in our annual recital.

Adult Dance (18+ years)

Our Adult dancers are offered a variety of different dance classes in four 6-week sessions throughout our season. Get out of the house, meet new friends and fulfill any “bucket lists” by enrolling in one or all four of our sessions. Our most popular adult classes are tap, jazz and ballet. So, we’ve got the style you’ve always wanted to try!

Session I- Sept 19th-Oct 24th

Session II- Oct 31st-Dec 12th

Session III- Jan 16th-Feb 20th

Session IV- March 5th-April 16th

Specialty Classes(Ages 4+)

Choreography Class

Hey dancers! Want to focus on just the coolest choreography by embracing diversity and...

1. Tell the music's story through your movements.
2. Practicing imaginative steps mixed with impactful technique.
3. Test your memory and ability to learn quickly WITH precision.
4. Challenge yourself with unique rhythms, styles, and techniques.
5. Don't be afraid to learn something new weekly.

This 60-minute class will be incorporating jazz, contemporary, modern and funk and will make dance class fresh and fun each week! This class runs during our Summer 2023 session.

6 Week Session Classes

Looking for something new to do throughout the season! Let us “change-up” our classes for you every 6 weeks on **Wednesdays from 5:15pm-6:15pm** all year! Whether you are looking to enhance your back handsprings, pump up your tricks for the Youth Cheer auditions or transform into each one of fav Disney Princesses, we’ve got the session to fit your needs! Check out the schedule below!

Back handspring Clinic (Ages 7+)

Session I- September 20th-October 25th, 2023

Youth Cheer Clinic (Ages 6-12)

Session II- November 1st – December 13th (Tues. & Wed. before Thanksgiving off)

Princess Camp (Ages 4-6)

Session III- January 17th – February 21st, 2024

Youth Cheer (Ages 6-12)

Session IV- March 6th -April 17th, 2024