



SUMMER 2021 GENRES, SPECIALTY CLASSES, LEVELS & CAMP DESCRIPTIONS

GENRES/YOUTH CLASSES:

Li'l Funky Freedom & Funky Freedom

This class is designed to promote self-expression through music, creative movement, dance games and acting exercises. It strengthens a child's trust in his/her own creative freedom and boosts their confidence. Various dance techniques are integrated in age appropriate ways so that children get a well-rounded and truly enjoyable dance experience.

Li'l Dreamers Ballet

Enter the world of ballet through the forest. Bourre through the trees and learn the grace of a butterfly in an imaginative pre-ballet class that will introduce classical ballet terminology, engage young creative minds, and build gross motor skills and spatial awareness.

Ballet

Each class and level will focus on the basics of positions, terminology, and fundamental movements essential for all dance techniques. There will be short anatomy lessons which will help develop skills with the language of dance. There will also be added flair to traditional ballet bringing joy to the rigor.

Contemporary

This popular dance form often emphasizes emotional story-telling. It mixes the control of ballet with the expressive movements of modern dance and jazz. For both the experienced dancer and "older" beginners wanting to dive into moving from within the body. Experience the popular style from the inside out and while it's often seen as angsty, this class will explore all emotions including confidence and joy.

Hip Hop

Each class involves a warm-up, copy me section, weekly focus on isolations and various dance vocabulary from the past and present ending with choreography. It will inspire dancers to be themselves receiving positive reinforcement and feeling good vibes while learning awesome dance moves to appropriate current and classic music. It's appropriate for those who have never danced to those who have been for years. Check levels below.

Jazz

These classes will explore the techniques of classical ballet and modern dance with the current forms of popular dance ranging from the isolation of certain body parts to the movement of the entire body. From the streets to Broadway, dancers will find the accents of musical rhythms through their bodies.

Tap

Dancers will learn basic tap vocabulary and build upon it with experience. There will always be focus on basic footwork and timing to have, and maintain, a solid rhythmical foundation allowing progression. There will be warm-ups, exercises, combinations based on the level and choreography.

Turns & Leaps

This class is appropriate for dancers who are taking Ballet, Jazz and/or Contemporary with focus on mastering turns and leaps. The focus is not necessarily choreography and will include technique, strengthening and conditioning, and take your dancing to the next level allowing for more dynamic choreography in other classes.

Contemporary on Film

Over 6 weeks on two days a week, dancers will choose music, create their own dances, design their own costumes, and collaboratively construct a dance short film. Students will learn design basics for constructing performance art and focus on themes of their own creation. A video recording device is required for this course as small video segments will be created weekly. A “performance” link will be (password protected) shared with families by the end of the course. Some days the focus will be on creation, learning, and planning the piece INDOORS. Other days producing the piece INDOORS or OUTDOORS will occur. TRAVEL PLANS? This class is flexible for summer travel. Dancers may Zoom in on creation days and do their own “on location” production days if they happen to be on vacation.

Ballet Technique/Footwork

This class is for continuing ballet students and will focus on developing foot and ankle strength and flexibility - geared specifically for those starting pre-pointe in the class immediately following, though it is not a requirement to enroll in that portion of class.

Ballet Pre-Pointe

In the month of June, students going on pointe shoes will need to make an appointment with Bela for a fitting at Contra Costa Dancewear in Walnut Creek or at your other favorite local dance store.

This class is specifically for dancers who are brand new to working in toe shoes and follows the ballet class prior. You must be enrolled in the technique class that also meets 2 days a week to enroll in the pre-pointe class. Dancers will gain the critical skills necessary to develop foot and ankle stability, flexibility, and strength as they approach working “en pointe”.

ADULT CLASSES:

PARKING LOT Adult Cardio Jam (18+)

Enjoy exercise and dance the stress away as you follow along to one routine after another. It’s a basic formula where you repeat the same moves throughout the song. The more you do it, the more fun it becomes. It’s definitely a great work out and quite possibly the best hour of the week.

PARKING LOT Adult Hip Hop (18+)

Get your groove on in this choreography based class. Each week will offer warm-ups, copy me dancing, and new choreography to create a fun routine which will be broken down into sections and taught. Sometimes it’s street inspired, at times more jazz funk, and often super sassy. It’s always fun!

CAMPS:

Broadway Bound

A class to help singers and musical theater performers feel more comfortable moving on stage and become familiar with basic "classic" stage steps in combination with theatrical exploration and improvisational games. Focus will be on character work and development, building emotional connection to dancing, and choreography to classic and contemporary Broadway tunes. It's sure to help inspire those who don't feel like dancers first boosting their confidence.

Grit & Grace (Contemporary Hip Hop)

With the refinement of Ballet to the powerful attitude of Hip Hop, this CAMP is a great balance for dynamic storytelling. Through games, exercises, and choreography, this camp will emphasize on movements from those genres to create a well rounded dancer. It's sure to be a lot of fun finding fierceness through fluency.

Spirit Week Dance Camp

Let JOY move you through a spirited week of themed daily games, activities, crafts and a dabble in several dance styles such as Jazz, Ballet, Contemporary and Hip Hop. DRESSING UP daily is HIGHLY encouraged. Of course, we want to be sure outfits are suitable for dancing. We do have a changing room if it's necessary.

Campers should bring water and a snack each day. We will have popsicles on Friday.

**Please let us know of any dietary restrictions so that we can accommodate each dancer accordingly.*

SPIRIT WEEK THEMED DAYS WILL BE:

1. Monday - **PAJAMA DAY**
2. Tuesday - **ISLAND DAY**
3. Wednesday - **SPORTS DAY**
4. Thursday - **CRAZY HAIR DAY**
5. Friday - **SUPER HERO DAY**

Let *joy* Move You!

LEVELS:

Intro & Beginning/Continuing

Suitable for new dancers, those with minimal dance experience, and those who may want to really focus on the fundamentals and basic techniques of that genre.

Continuing

We don't want anyone to feel discouraged. This label suggests it's for those who have had some dance experience.

Intermediate

For those who have had a couple to a few years of dancing under their belt and are ready for more of a challenge and want to find more embodiment in their dancing.

Intermediate/Advanced

For those who have danced for several years.