

Showcase & Competition Classes



Age: 8 & Up (Younger with Instructor's Permission)

Showcase vs. Competition Classes

All 45 & 60-minute classes will dance in the Showcase (30-minute Monday 7:10 Commercial Jazz included).

Classes marked with an asterisk will also attend one competition during the season. Dancers wear the same costume for both events. Group numbers at competition cost around \$60.

Technique & Conditioning Classes

Monday	5:00 to 5:30 Ballet Tech.
Monday	6:40 to 7:10 Modern Tech.
Monday	7:10 to 7:40 Acro Tech.
Monday	7:45 to 8:15 Turns/Jumps/Tricks
Tuesday	5:00 to 5:30 Condition/Balance
Wednesday	5:00 to 5:30 Jazz Tech.
Wednesday	6:30 to 7:00 Stretch/Conditioning
Thursday	5:00 to 5:30 Ballet Tech./Condition

45 & 60-Minute Classes (Sr. & Jr. Levels)

Monday (Sr.)	*5:35 to 6:35 Contemporary
Monday (Jr.)	*5:35 to 6:35 Comm. Jazz./Hip Hop
Monday	6:40 to 7:40 Acrobatics
Monday	7:10 to 7:40 Commercial Jazz
Tuesday (Sr.)	*5:30 to 6:30 Sr. Ballet/Lyrical Tech.
Tuesday (Jr.)	*5:30 to 6:30 Jr. Ballet/Lyrical Tech.
Tuesday (Sr.)	*6:30 to 7:30 Sr. Jazz/Theatre
Tuesday (Jr.)	*6:30 to 7:30 Jr. Jazz/Theatre
Wednesday	*5:30 to 6:30 Contemp./Intermedia
Wednesday (Jr.)	5:40 to 6:40 Ballet/Lyrical
Wednesday	6:45 to 7:30 Tap

*Classes not listed as Senior or Junior will accept both levels during the specified class time.

Class Descriptions

MONDAY

5:00 to 5:30 Ballet Tech. - Half hour of Vaganova & Cecchetti ballet techniques.

***5:35 to 6:35 Sr. Contemporary (Junior welcomed with Instructor Permission)**

Contemporary combines elements of Ballet, Jazz, Modern, and free movement styles. Choreography may seem disordered, gestural, and unpredictable. Dancers will go barefoot. Class will consist of warm-up, center, across the floor, and combos danced in groups, pairs, and solo.

***5:35 to 6:35 Commercial Jazz/Hip Hop (Jr.)**

Commercial Dance/Hip Hop used in music videos, movies, social media, and live shows. It is dance for the entertainment industry. Dancers will continue to work on freezes, breaking, weight bearing, and intricate movement phrases, but can also enjoy more turns and bigger jumps to emphasize and strengthen performance styling. Any clean sneakers are fine for this class. We encourage students to bring their unique style into class, so they can freestyle and allow for improvisational movement phrases.

6:40 to 7:10 Modern Tech.

Modern Technique will focus on the styles of Horton, Graham, Taylor, & Limon, teaching fortifications, floorwork, across the floor, and combos linking the techniques.

7:10 to 7:40 Acro Tech. or 7:10 to 7:40 Commercial Jazz

Acro Technique will move right into tumbling and work at each dancer's level. Dancers attending this half hour may perform in the Showcase. (Dancers may choose to attend the full hour of acro from 6:40-7:40.)

Commercial Jazz will jump right into a combo emphasizing intricate phrasing and musicality. Commercial Jazz will perform in the Showcase.

7:45 to 8:45 Turns/Jumps/Tricks

Bring your TurnBoards for this class and get ready for turning combos. Dancers will work on power movements to encourage higher jumps with more suspension. A Trick move will be discussed and executed during each class.

TUESDAY

5:00 to 5:30 Conditioning/Balance

Dancers need hand weights (ranging from 5 to 10 pounds) and a Pilates Magic Circle. This class uses calisthenics, cardio, yoga, Pilates, and weight bearing, cross training exercises to build a stronger, more flexible, healthier dancer. BOSU balls may also be used during this class.

***5:30 to 6:30 Sr. Ballet Barre with Lyrical Tech. (Junior welcomed with Instructor Permission)**

Class will include Classical Ballet in the style of Vaganova and Cecchetti—barre work (pointe for advanced dancers), center, and across the floor. Dancers will listen to music with lyrics during this class and/or instrumental music variations of popular music. Lyrical tech. will focus on strength building, flexibility, and understanding of musicality/dynamics. This Senior class will perform a ballet dance at competition to a contemporary or classical musical offering (character piece).

***5:30 to 6:30 Jr. Ballet Barre with Lyrical Tech.**

Class will include Classical Ballet in the style of Vaganova and Cecchetti. Dancers will listen to music with lyrics during this class and/or instrumental music variations of popular music. Lyrical tech. will focus on strength building, flexibility, and understanding of musicality/dynamics. The end-of-class combo will consist of choreography utilizing movements to express the song's lyrics and themes. This Junior class will perform a lyrical dance at competition.

****6:30 to 7:30 Sr. Jazz/Theatre (Junior welcomed with Instructor Permission)***

Jazz warm-up emphasizing isolations/stretch followed by center work, across the floor, & combos using songs from Broadway/Musical Theatre. Combos will showcase classical theatre as well as contemporary variations of the classics. This class may perform barefoot or possibly in heels if agreed upon. There will be one large group number but class may also incorporate smaller groups as well.

****6:30 to 7:30 Jr. Jazz/Theatre***

Jazz warm-up emphasizing isolations/stretch followed by center work, across the floor, & combos using songs from Broadway/Musical Theatre. Combos will showcase classical theatre as well as contemporary variations of the classics. This class may perform barefoot or possibly with Bloch jazz shoes. There will be one large group number but class may also incorporate smaller groups as well.

For 7:30 Junior & Senior Team Rehearsals, please refer to the Competitive Teams' document. Dancers attending these rehearsals are strongly encouraged to start class with us at 5:00 pm (Conditioning).

WEDNESDAY

5:00 to 5:30 Jazz Tech. - Half hour of placement, kicks, turns, and jazz technique.

****5:30 to 6:30 Contemporary/Intermedia***

This Contemporary class will take a multimodal approach to enhance the dynamics of class. Students will utilize exercises to explore the space, including negative and positive. Lifts, weight bearing, mirroring, and other techniques will be studied. Students will have the opportunity to incorporate their own choreography. They will also learn to use enhancements such as photos, spoken and written word, and other modes of expression into their work. This is still a contemporary class with technique but using more advanced practices.

6:30 to 7:00 Stretch/Conditioning

A Pilates magic circle and Yoga blocks would be helpful for this class. Flexistretcher optional. Core work, yoga, and tandem stretching (partner) are just a few of the techniques we will utilize in class.

6:45 to 7:30 Tap

Dancers will warm-up ankles and feet, go across the floor, and learn combos, focusing on understanding tempo, rhythm, and overall musicality.

7:00 to 7:30 Private Lessons

Work one-on-one with instructors for \$25 per half hour. Dancers can get solo feedback or work on specific problem areas. Contact us to schedule ... horizonsdance@aol.com.

THURSDAY

5:00 to 5:30 Ballet Tech./Conditioning

Ballet barre incorporating weights. Bring your 5-pound weights.

For 5:30 Duo/Trio Rehearsal & 6:30 Elite Team Rehearsal, please refer to the Competitive Teams' document.