

Horizons' Youngest Dancers



Age: 3 - 5 for Creative Movement Class,

5 - 8 for all other classes offered

Showcase vs. Competition Classes

All 45 & 60-minute classes dance in the Showcase.

Classes marked with an asterisk (Monday Commercial Jazz & Tuesday Petite Team) will also attend one competition during the season. Dancers wear the same costume for both events. Group numbers at competition cost around \$60.

Creative Movement Class: Ages 3-5

Monday 5:40 to 6:40 pm

This class aims to create a love of movement, to impart a positive social experience, and to offer a strong foundation comprised of varying dance disciplines. Dancers will learn basic **Ballet** positions and technical elements, begin an understanding of body isolations through **Jazz** dance, perform some **Tap** movements minus the shoes, execute some basic **Acrobatic** moves such as forward rolls and crab walks, and even have fun with **Freeform** styles, involving improv through guided musical offerings. Dancers will work with props—scarves, ribbons, & hula hoops—and begin the foundations for turns. The combo class offers dance fundamentals and works as a cornerstone for dance. A lead instructor and assistant are both present.

Classes Ages 5-8

Monday *5:35 to 6:35 Commercial Jazz/Hip Hop

Monday 6:40 to 7:40 Acrobatics

Tuesday 5:40 to 6:40 Petite Ballet/Jazz

Wednesday 5:40 to 6:40 Ballet/Lyrical

Wednesday 6:45 to 7:30 Tap (w/Permission)

Petite Team Ages 6-9

Tuesday *6:45 to 7:45 pm

Young dancers who wish for the team experience will compete at one to two competitions during the season. You need to attend the Tuesday 5:40 Ballet/Jazz class and at least 1 additional class to participate on the Petite Team. Dancers will compete in small groups and possibly duos/trio.

Class Descriptions

MONDAY

**5:35 to 6:35 Commercial Jazz/Hip Hop*

This class will focus on 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 7:40 Acrobatics

Cardio/Stretch warm-up followed by basic acrobatics such as somersaults, bridges w/backbend work, cartwheels, handstands, headstands, etc., and moving onto limbers and walkovers. Students work at their individual paces. Handspring and aerial preparation will also be included for individuals ready to execute such moves. We utilize mini-trampolines for extra bounce and wedge mats to encourage safety. Instructors have been trained in spotting techniques.

TUESDAY

5:40 to 6:40 Petite Ballet/Jazz

Class will include Classical Ballet in the style of Vaganova and Cecchetti—barre work, center, and across the floor. Dancers will transition to jazz, beginning with traditional isolations, and quickly followed with a section of jumps and turns. Choreography (often up-tempo combos) will complete each class hour.

Wednesday

5:40 to 6:40 Ballet/Lyrical

Each class will begin with Ballet barre work in the style of Cecchetti. Dancers will listen to music with lyrics during this class and/or instrumental music variations of popular music. Lyrical 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.

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. Previous tap experience is encouraged to take this class. For dancers younger than 8, instructor permission is needed to sign-up for this class.

For dancers wishing to improve their overall technique and conditioning, check out Horizons' 30-minute Tech. offerings. Instructor permission is required to sign-up for these classes.

Don't hesitate to ask!

Monday 5:00 to 5:30 Ballet Tech.

Tuesday 5:00 to 5:30 Conditioning/Balance

Wednesday 5:00 to 5:30 Jazz Tech.

Wednesday 6:30 to 7:00 Stretch/Conditioning

**See Descriptions under the Showcase & Competition Classes' Document.*