

CONCORD DANCE ACADEMY 2011-2012

LIST OF CLASS DESCRIPTIONS ages 9 and older

Ballet

Our ballet curriculum focuses on proper body placement, strength and stretch of legs and feet, fluid arm carriage, flexibility and musicality. Dancers continue to learn ballet terminology based on a combination of Vaganova and Cecchetti methods and techniques. Class placement to be decided by instructors.

BALLET 2 (Ages 9-11) – TUE 6:30-7:30
BALLET 3 (Ages 10-13) – TUESDAY 4:00-5:30
BALLET 4 (Ages 12+) – MONDAY 4:00-5:30

Lyrical and Contemporary

Lyrical dance is a combination of ballet, jazz and modern with a fluid, continuous style, expressing lyrics and emotions through your dancing.

LYRICAL 2 - WEDNESDAY 6:30
LYRICAL 3 - TUESDAY 7:30
CONTEMPORARY 3 – MONDAY 5:30

Tap

Students will continue to work on the fundamentals of tap, focusing on rhythms and musicality. Class time consists of a warm-up, across the floor exercises and center floor combinations.

TAP 1 - TUESDAY 5:30
TAP 2 - WEDNESDAY 5:30
TAP 3 - MONDAY 6:30

Jazz

Your typical jazz dance class includes a warm-up and stretch, across the floor movement and center floor combinations. Our jazz classes include popular dance styles and theater dance.

JAZZ 1 - TUESDAY 4:30
JAZZ 2 - WEDNESDAY 4:30
JAZZ 3 - MONDAY 7:30

Hip Hop

Our Hip Hop is based on basic jazz principles. This is a fun, upbeat, funky and popular class for all levels.

HIP HOP 2 - THURSDAY 5:30
HIP HOP 3 - THURSDAY 6:30
BOYS HIP HOP - FRIDAY 6:30

Strength and Conditioning

Ages 11+ THURSDAY 4:00P-5:00P
BOYS FRIDAY 4:30P-5:30P

Karate

KARATE (5-9)	WEDNESDAY 5:30
KARATE (10 +)	WEDNESDAY 6:30
KARATE (13 AND UP)	WEDNESDAY 7:30
KARATE (5-8)	FRIDAY 6:30
KARATE (9-12)	FRIDAY 5:30

Adult Classes

ADULT TAP (COMP)	TUESDAY 6:30
ADULT TAP	THURSDAY 6:30
ADULT BALLET	TUESDAY 7:30