**EVOLVE STUDIO FOR THE ARTS**

**CLASS DESCRIPTIONS 2020-2021 SEASON**

**RISING STARS 2-4 YEARS OLD BALLET/TAP**

Rising Stars Ballet/Tap is a forty-five minute children's intro level ballet and tap class for 2-4 year olds. There is a separate class for 2 year olds & then class options for our 3-4 year olds. Students will learn the basic fundamentals of ballet and tap as well as typical dance etiquette and what is expected of dancers. Class is built around creating a FUN and engaging environment focusing on motor skills, musicality, and building friendships.

REQUIREMENTS:

- Student must be potty trained.

 -Must be 2 or 3 by their 1st day of class.

**RISING STARS 3-4 YEARS OLD TUMBLERS**

Acrobatics is a structured Tumbling program that is designed to increase flexibility and strength, while teaching technique. Combining movement and tricks, we shape well rounded acrobats using only mats. Students will learn acrobatic/tumbling skills needed for dancers. They will start with the basics (rolls, handstand, cartwheel, back bend) and progress gradually to a higher level of skills (aerials, handsprings, chest roll, tucks). No experience is needed for this level - open to all 3-4 year olds ready for FUN!

**MINI STARS 5-7 YEARS OLD BALLET/TAP**

Mini Stars Ballet/Tap is a children's beginning level forty-five minute ballet and tap class for 5-7 year olds. Students will expand their knowledge of skills and basic ballet and tap steps. This class is built around creating a FUN and engaging environment for children to grow their motor skills, musicality, and friendships. No experience is needed for this class!

**MINI STARS 5-7 YEARS OLD JAZZ**

Mini Stars Jazz is a children's beginning forty-five minute class into jazz for 5-7 years olds. This class is designed to teach students the fundamentals of a jazz. Students will learn basic steps and combinations as well as grow in their knowledge of different dance styles. This is a FUN and upbeat class where students can learn to break out of their shell. No experience needed!

**MINI STARS 5-7 YEARS OLD HIP HOP**

Mini Stars Hip Hop focuses on the all various styles of hip hop including pop & funk. Dancers are encouraged to push themselves to explore new movements and to understand the elements of choreography, music, and performance. Mini Stars is an introductory beginner level class that explores the fundamentals of hip hop including basic foot work and understanding variety in movement. No experience is necessary for this class!

**MINI STARS 5-7 YEARS OLD TUMBLERS**

Acrobatics is a structured Tumbling program that is designed to increase flexibility and strength, while teaching technique. Combining movement and tricks, we shape well rounded acrobats using only mats. Students will learn acrobatic/tumbling skills needed for dancers. They will start with the basics (rolls, handstand, cartwheel, back bend) and progress gradually to a higher level of skills (aerials, handsprings, chest roll, tucks). No experience is needed for this level - open to all 5-7 year olds ready for FUN!

**MINI STARS 5-7 YEARS OLD MUSICAL THEATRE**

Musical Theatre is a jazz-based class that focuses on dance styles found in Broadway musicals & rooted in performance jazz. Students not only learn dance technique, but also work on acting skills and performing with emotion and stage presence. Mini Stars/JR I Musical Theatre is designed for dancers with no or beginner jazz dance experience.

**JR I BALLET**

A classical form of dance focusing on proper body alignment & fluid movement. Barre, center floor, & across the floor progressions are all used to develop proper ballet technique. Junior I Ballet will focus on the foundations such as learning all ballet positions as well as basic turns and jumps.The benefits are grace, poise, discipline, strength, flexibility, and FUN! JR I Ballet is a beginner/lower intermediate level class for ages 8-10 years old. No experience is needed for this class.

**JR I JAZZ**

Jazz class combines upbeat, stylized movement with proper technique. Each class consists of a warmup using isolated movements, across the floor progressions, and current choreography always set to age appropriate music. Benefits are self confidence, coordination, strength, flexibility, endurance, and FUN! JR I Jazz is a beginner/lower intermediate level class for ages 8-10 years old. No experience is necessary.

**JR I TAP**

Students will learn the foundations of tap and study all styles from Broadway to Rhythm. Tap is great for developing musicality and coordination skills. JR I Tap is a beginner/lower intermediate level class that will focus on name recognition of steps, articulation through the feet, being able to perform steps on both sides of the body and reverse them. The benefits of JR I Tap are rhythm coordination, pattern recognition, memorization skills, and FUN! JR 1 Tap is a beginner/lower intermediate level class for ages 8-10 years old and no experience is necessary.

**JR I MUSICAL THEATRE**

Musical Theatre is a jazz-based class that focuses on dance styles found in Broadway musicals & rooted in performance jazz. Students not only learn dance technique, but also work on acting skills and performing with emotion and stage presence. Mini Stars/JR I Musical Theatre is designed for dancers with no or beginner jazz dance experience.

**JR I STRENGTH & STRETCH**

Stretching has a number of benefits for dancers. Stretching helps keep muscles long, while exercise gives them additional strength. This class will teach how stretching properly helps to prevent injury, by making the muscles more pliable. In addition, students will work on improving posture, increasing flexibility and range of motion and strengthening the muscles. It will also aim at increasing the core body strength essential for a dancer. A theraband and yoga block are required for this class. This is a beginner/lower intermediate class for ages 8-10.

**JR I TURNS & LEAPS**

Turns & Leaps classes will focus on the jazz technique of turns, leaps, jumps and progressions across the floor. Students will also work to increase flexibility, balance and core strength through across the floor and center combinations and drills. This is a beginner/lower intermediate class for ages 8-10.

**JR I CONTEMPORARY**

Contemporary instruction will blend technique and movements from a variety of dance genres (ballet, modern, etc.) to teach dancers how to move in a range of ways, whether the movements be fluid or staccato. Contemporary focuses on the choreographer’s interpretation of the music. Dancers will learn to project emotion and tell a story through this expressive dance genre. This is a beginner level class for ages 8-10.

**JR II BALLET**

A classical form of dance focusing on proper body alignment & fluid movement. Barre, center floor, & across the floor progressions are all used to develop proper ballet technique. Junior II Ballet will continue to build on the foundation laid out in JR I. The focus will move to slightly more advanced steps such as pirouettes from fifth and one footed jumps. The benefits are grace, poise, discipline, strength, flexibility, and FUN! JR II Ballet is an upper intermediate/advanced level class for ages 8-11. Some experience is necessary. This class meets on Mondays & Wednesdays and students MUST BE ENROLLED IN BOTH CLASSES.

**JR II JAZZ**

Jazz class combines upbeat, stylized movement with proper technique. Each class consists of a warmup using isolated movements, across the floor progressions, and current choreography always set to age appropriate music. JR II Jazz is an upper intermediate/advanced level class that will focus on building upon each students' foundation of technique and exploring all styles of jazz such as lyrical, contemporary, musical theatre and commercial jazz while learning more advanced and linked steps. Benefits are self confidence, coordination, strength, flexibility, endurance, and FUN! JR II Jazz is an upper intermediate/advanced level class for ages 8-11. Some experience is necessary.

**JR II TAP**

Students will learn the foundations of tap and study all styles from Broadway to Rhythm. Tap is great for developing musicality and coordination skills. JR II Tap is an upper intermediate/advanced level class where students should know all time steps, be able to reverse steps and turn them, utilize syncopation and tone. The benefits of JR II Tap are rhythm coordination, pattern recognition, memorization skills, and FUN! JR II Tap is an upper intermediate/advanced level class for ages 8-11 experience is necessary.

**JR I/II HIP HOP**

Hip Hop focuses on the all various styles of hip hop including pop & funk. Dancers are encouraged to push themselves to explore new movements and to understand the elements of choreography, music, and performance. JR I/II in a beginner/intermediate level class that expands on the fundamentals of hip hop by exploring the transfer of weight, working on isolations, and musicality. This class is for ages 8-11.

**JR II STRENGTH & STRETCH**

Stretching has a number of benefits for dancers. Stretching helps keep muscles long, while exercise gives them additional strength. This class will teach how stretching properly helps to prevent injury, by making the muscles more pliable. In addition, students will work on improving posture, increasing flexibility and range of motion and strengthening the muscles. It will also aim at increasing the core body strength essential for a dancer. A theraband, yoga block, and set of 1LB ankle weights are required for this class. This is an upper intermediate/advanced level class for ages 8-11.

**JR II TURNS & LEAPS**

Turns & Leaps classes will focus on the jazz technique of turns, leaps, jumps and progressions across the floor. Students will also work to increase flexibility, balance and core strength through across the floor and center combinations and drills. This is an upper intermediate/advanced class for ages 8-11.

**JR II BALLROOM**

Ballroom dance instruction centers around partner dancing. Standard moves involve the waltz, tango, and foxtrot, and Latin moves include the samba, cha-cha, and rhumba. This style of dance teaches dancers accountability and how to rely on one’s dance partner. This is an upper intermediate/advanced level class for ages 8-11. Heeled shoes may be required for female dancers.

**JR II MUSICAL THEATRE**

Musical Theatre is a jazz-based class filled with Broadway style dancing and music. Classes incorporate the style of dance one would typically see on a Broadway stage. This form of dancing emphasizes learning performance skills such as connecting with the audience and facial expressions. JR II/Teen ADV Musical Theatre in an intermediate/advanced level class.

**JR II CONTEMPORARY**

Contemporary instruction will blend technique and movements from a variety of dance genres (ballet, modern, etc.) to teach dancers how to move in a range of ways, whether the movements be fluid or staccato. Contemporary focuses on the choreographer’s interpretation of the music. Dancers will learn to project emotion and tell a story through this expressive dance genre. This is a lower intermediate/advanced level class for ages 8-11.

**PRE-POINTE/POINTE**

Pre-Pointe classes are offered to ballet dancers who are not yet on pointe to further develop and strengthen the muscles necessary to go en pointe. Pre-Pointe classes stress correct alignment and correct classical ballet technique. Pre-Pointe will include exercises in demi pointe to strengthen calf muscles, ankles, and arches of the feet. Exercises will begin at the barre for safety and stability. Dancers will progress to exercises in the center to practice their balance and increase their strength. Dancers must take a Ballet class to participate in Pre-Pointe.  You must have permission for pre-pointe. Pointe class is for experienced ballet dancers, teacher invitation only, and requires an additional Ballet class. You must set an appointment for evaluation for pointe class.

**JR I/II TUMBLING**

Acrobatics is a structured Tumbling program that is designed to increase flexibility and strength, while teaching technique. Combining movement and tricks, we shape well rounded acrobats using only mats. They will start with the basics (rolls, handstand, cartwheel, back bend) and progress gradually to a higher level of skills (aerials, handsprings, chest roll, tucks). Students must be 8 years old and up.

**TEEN BEG/INT BALLET**

A classical form of dance focusing on proper body alignment & fluid movement. Barre, center floor, & across the floor progressions are all used to develop proper ballet technique. Teen BEG/INT Ballet pushes for more advanced steps. While continuing to build upon the foundation and technique of each student, in this level they will work towards multiple consecutive turns and building strength in both small and large jumps. The benefits are grace, poise, discipline, strength, flexibility, and FUN! Teen BEG/INT Ballet is a beginner/lower intermediate level class for ages 12 and up and no experience is necessary.

**TEEN BEG/INT JAZZ**

Jazz class combines upbeat, stylized movement with proper technique. Each class consists of a warmup using isolated movements, across the floor progressions, and current choreography always set to age appropriate music. Teen BEG/INT Jazz is a beginner/lower intermediate level class that will focus on building upon each students' foundation of technique and exploring all styles of jazz such as lyrical, contemporary, musical theatre and commercial jazz while learning more advanced and linked steps. Benefits are self confidence, coordination, strength, flexibility, endurance, and FUN! Teen BEG/INT Jazz is a beginner/lower intermediate level class for ages 12 and older and no experience is necessary.

**TEEN ADV BALLET**

A classical form of dance focusing on proper body alignment & fluid movement. Barre, center floor, & across the floor progressions are all used to develop proper ballet technique. Teen ADV Ballet is an Int/Adv Level class that starts to work towards a pre-professional level of ballet. In this class students focus on solidifying the technique learned so far while starting to work towards the standard grandiose steps of classical ballet. The benefits are grace, poise, discipline, strength, flexibility, and FUN! Teen ADV Ballet is an intermediate/advanced level class for ages 12 and up and students MUST be enrolled in BOTH classes on Monday and Wednesday. Students must have experience.

**TEEN ADV JAZZ**

Jazz class combines upbeat, stylized movement with proper technique. Each class consists of a warmup using isolated movements, across the floor progressions, and current choreography always set to age appropriate music. Teen ADV Jazz is an intermediate/advanced level class that students must be able to reverse combinations, have a double pirouette on both sides, and leap on both sides. This level will focus on weight changes, encompass all jazz styles, and challenge students to not only adapt to different styles but to perform and tell a story when dancing. Teen ADV Jazz is an intermediate/advanced level class for ages 12 and older and students MUST have jazz experience.

**TEEN ADV TAP**

Students will learn the foundations of tap and study all styles from Broadway to Rhythm. Tap is great for developing musicality and coordination skills. Teen ADV Tap is an intermediate/advanced level class where students should know all time steps, basic terminology, and turning steps. The focus will be towards the use of the upper body, doubling/tripling/quad time steps, variances in rhythms, and one-footed steps. The benefits of Teen ADV Tap are rhythm coordination, pattern recognition, memorization skills, and FUN! Teen ADV Tap is an intermediate/advanced level class for ages 12 and up and NO beginners are allowed - experience is necessary.

**TEEN ADV STRENGTH & STRETCH**

Stretching has a number of benefits for dancers. Stretching helps keep muscles long, while exercise gives them additional strength. This class will teach how stretching properly helps to prevent injury, by making the muscles more pliable. In addition, students will work on improving posture, increasing flexibility and range of motion and strengthening the muscles. It will also aim at increasing the core body strength essential for a dancer. A theraband, yoga block, and set of 1LB ankle weights are required for this class. This is an upper intermediate/advanced level class for ages 12 and up.

**TEEN ADV TURNS & LEAPS**

Turns & Leaps classes will focus on the jazz technique of turns, leaps, jumps and progressions across the floor. Students will also work to increase flexibility, balance and core strength through across the floor and center combinations and drills. This is an upper intermediate/advanced class for ages 12 and up.

**TEEN ADV MUSICAL THEATRE**

Musical Theatre is a jazz-based class filled with Broadway style dancing and music. Classes incorporate the style of dance one would typically see on a Broadway stage. This form of dancing emphasizes learning performance skills such as connecting with the audience and facial expressions. JR II/Teen ADV Musical Theatre in an intermediate/advanced level class.

**TEEN ADV CONTEMPORARY**

Contemporary instruction will blend technique and movements from a variety of dance genres (ballet, modern, etc.) to teach dancers how to move in a range of ways, whether the movements be fluid or staccato. Contemporary focuses on the choreographer’s interpretation of the music. Dancers will learn to project emotion and tell a story through this expressive dance genre. Teen ADV Contemporary is an upper intermediate/advanced level class for ages 12 and older.

**TEEN ADV BALLROOM**

Ballroom dance instruction centers around partner dancing. Standard moves involve the waltz, tango, and foxtrot, and Latin moves include the samba, cha-cha, and rhumba. This style of dance teaches dancers accountability and how to rely on one’s dance partner. This is an upper intermediate/advanced level class for ages 12 and up. Heeled shoes may be required for female dancers.

**TEEN ADV HIP HOP**

Hip Hop focuses on the all various styles of hip hop including pop & funk. Dancers are encouraged to push themselves to explore new movements and to understand the elements of choreography, music, and performance. Teen Adv Hip Hop in an Intermediate/advanced level class that expands on more advanced footwork, isolations, and variety of movement and grooves. Experience is necessary for this level of class - No Beginners Allowed! This is for ages 12 and up.

**TEEN ADV TUMBLING**

Acrobatics is a structured Tumbling program that is designed to increase flexibility and strength, while teaching technique. Combining movement and tricks, we shape well rounded acrobats using only mats. This is an advanced level class and students MUST HAVE A BACK HANDSPRING before enrolling in this class.