

# CLASS DESCRIPTIONS



**Inspire seeks to create an atmosphere where dancers can thrive as artists, grow in technique, and reach their full potential in a loving Christian environment.**

The Pre-Dance Division is open to dancers ages 2.5-5. Dancers in the Student Division (Levels 1 through 5) are placed at the Directors' discretion (not just age alone). The following criteria is used to assess level placement: ballet vocabulary, flexibility, experience, maturity, and class etiquette. The Pre-Professional Program is by audition only. Dancers will progress through levels at various paces, therefore it does not benefit a dancer to be placed at a skill level that is too advanced for their current ability without the proper foundation.

## STUDENT DIVISION LEVELS

**Dress Code:** *Black Leotard (black skirt or dance shorts optional) with pink tights and ballet shoes. Hair slicked back in a bun. For Levels 3 and up: Capezio Seamed Professional Mesh Tights in Theatrical Pink preferred. Canvas split sole ballet shoes (any brand) preferred. Students may wear a colored leotard on Saturdays.*

<p><u>Level 1 Student (Ages 5-7)</u></p> <p><i>No Experience-some Pre-Ballet</i> Designed around a structured classical ballet class for beginner students. Students use the ballet barre to learn technique and vocabulary, flexibility, coordination, and confidence.</p>	<p><u>Level 2 Student (Ages 6-9)</u></p> <p><i>Min 1 Yr Experience</i> Classes are built on a foundation of Level 1 vocabulary. Students entering this level know body positions and basic ballet terms (plie, tendu, releve).</p>	<p><u>Level 3 Student (Ages 8-12)</u></p> <p><i>Min 2 Yrs Experience</i> Able to execute single pirouettes, chaines turns, pique turns, beginning petite allegro, tour jetes.</p>
<p><u>Level 4 Student (Ages 9-13)</u></p> <p><i>Min 3 Yrs Experience</i> *3 Classes per week</p> <p>Understand difference and can execute en dedans/en dehors pirouettes, Intermediate petite allegro.</p>	<p><u>Level 5 Student (Ages 10-16)</u></p> <p><i>Min 3 Yrs Experience</i> *4 classes per week, two of which must be Ballet</p> <p>Classes are geared towards dancers intent on pursuing the Pre-Professional Level. Dancers may be starting or continuing training on Pointe at this level.</p>	<p><u>Pre-Professional (Ages 13 &amp; Up)</u></p> <p><i>Placed by audition only</i> *Three ballet classes, two electives, and Conditioning</p> <p>Dancers at the Pre-Professional level have several years experience. Commitment to dancing en pointe is required. Artistic growth is emphasized in an encouraging environment and performance opportunities are based on skill level, ability, and artistry.</p>

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## Pre-Dance DIVISION

**Dress Code:** *Solid Colored Leotard (skirt optional) with pink tights and ballet shoes.  
Hair slicked back in a bun.*

<p><u>Twinkle Toes</u> (Ages 2.5-4)</p> <p>Dancers will focus on beginning ballet vocabulary and travelling across the floor while using props.</p>	<p><u>Creative Movement</u> (Ages 3-4)</p> <p>Children will enjoy dancing and moving to music, while learning basic dance vocabulary, and improving gross motor skills and muscle flexibility. Props used during classes.</p>	<p><u>PreBallet</u> (Ages 4-5)</p> <p>A prelude to formal ballet instruction focusing on musicality and beginning ballet vocabulary.</p>
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## ELECTIVE CLASSES

**Dress Code:** *Solid Colored Leotard (black skirt or dance shorts optional) with pink, tan, or black tights or leggings. Hair pulled away from face in ponytail, braid or bun.*

*Boys: athletic shorts and t-shirt*

*Contemporary/Lyrical Shoes- Barefoot, Half-sole shoes or Ballet Shoes*

*Jazz Shoes - Tan Bloch or Capezio jazz shoes*

*Tap Shoes- Tan Bloch or Capezio tap shoes*

<p><u>Tap:</u> Tap Students will learn a variety of styles designed to train them in rhythm, sound, and coordination.</p>	<p><u>Lyrical:</u> Heavily influenced in ballet, dancers are challenged to interpret music through movement and emotion.</p>	<p><u>Contemporary:</u> Skills involved include freedom of expression, contraction and release, fall and recovery, floor work, control, and breathing.</p>
<p><u>Jazz:</u> Explore different high-energy jazz techniques focusing on isolations, movement patterns, and improving performance quality</p>	<p><u>Hip Hop:</u> Dancers will learn upbeat street dance styles performed to hip hop music.</p>	<p><u>Improvisation:</u> Dancers will become their own choreographers and explore movement through different guided frameworks and parameters.</p>
<p><u>Conditioning:</u> Exercises emphasizing strength, alignment, flexibility, and injury prevention. <i>*required for Pre-Professional Level</i></p>	<p><u>Modern:</u> Learn various modern techniques including Graham, Limon, and Horton to strengthen, stretch, and expand movement.</p>	<p><u>Boys Class:</u> Class for boys only! Learn dances from Broadway musicals and various dance styles.</p>

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