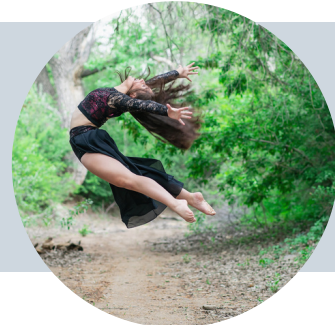


# CLASS DESCRIPTIONS



## DDM - DISCOVERDANCE W/ME!

Explore the joy of movement with your little one and discover the many benefits of early childhood dance classes. We will dance, sing, and play in both one-on-one activities and group activities. Through circle songs, open exploration, and gross motor development exercises, children will blossom with each passing class as they grow with their caregiver during this precious time together.

## DDT - DISCOVERDANCE TOTS

Watch your child's independence and confidence soar, as our DDTS explore and discover the benefits of a more structured dance class. Following directions, waiting for our turn, and collectively problem solving will encourage emotional and social development. Live singing, musical play, and sensory props will have these little ones moving and grooving with their friends and eager to return to class each week!

## DD1 - DISCOVERDANCE LEVEL 1

Discover the magic of imaginative play with live singing, structured explorations, and skill development. Our DD1 classes offer an outlet for creative expression, physical growth, and social interaction. Children will explore the essence of movement that will lead to the discovery of multiple styles of dance.

## DD2 - DISCOVERDANCE LEVEL 2

As a continuation of our DiscoverDance 1 classes, our DiscoverDance 2 dancers continue the exploration of concepts with more emphasis on physical growth, flexibility, and coordination. Short choreographic combinations assist in memory development as structured explorations continue to assist the development of problem solving and social interaction.

## DD1 & DD2 ACRO - DISCOVERDANCE LEVEL 1 & 2 ACRO

Dancers will continue to explore the concepts and ideas from DiscoverDance 1 & 2 while introducing floor work and basic tumbling skills.

## EXPLORE LEVELS

As students begin to mature, we transition from discovering all the ways our bodies can move to exploring a deeper movement vocabulary that will prepare dancers for the classical styles of dance. Using the concepts from DiscoverDance, the dancer learns more about the specific genre, while still engaging in age appropriate exercises.

## BALLET

Dancers will learn to move with grace and strength while focusing on proper alignment in this artistic, precise, and highly formalized form of dance. Mastery of technical skills come with time and practice. We recommend 2-3 ballet classes per week and use a blend of the different schools of ballet to help dancers become well rounded.

## PRE-POINTE & POINTE

Pre-pointe is a conditioning class for dancers to gain the necessary strength to go en pointe. It focuses on all around body strength with an emphasis on the feet, ankles and calves. Pointe class guides dancers safely through warm up, barre, center and across the floor exercises while en pointe. Dancers also get to learn several ballet variations from world famous ballets. A minimum of 2 ballet classes per week is required to take pre-pointe and pointe.

## MODERN

This expressive technique class is done barefoot where the dancer utilizes all body parts, levels and shapes in order to create movement. A blend of codified techniques are used in modern at LCDC to keep dancers skilled and knowledgeable.

## JAZZ

Jazz is an exciting technique performed from the core with clean and strong lines emanating from the hips and chest. Jazz uses popular music to execute syncopated and dynamic movements.

## CONTEMPORARY & LYRICAL

Contemporary and Lyrical are expressive and accessible forms of dance. Based in modern dance, but utilizing ballet, jazz and hip hop the exact style is subject to the teacher/choreographer.

## HIP HOP

Hip hop is a fusion dance genre that incorporates elements of popping, locking, breaking, jazz, ballet, tap and other styles and is typically performed to hip-hop, R&B, funk, electronic or pop music.

## TEEN OPEN

Teen open is the perfect class for older dancers who are just starting out. They will learn ballet, jazz and modern/contemporary and eventually transition into a single genre class.

## TAP

Tap dance is a style that develops rhythm, sounds and coordination using both Broadway and Rhythm tap techniques.

# REQUIREMENTS



## DiscoverDance - ages walking to 4

- DDM - DiscoverDance W/Me! (Ages walking to 3 with a grown up)
- DDT - DiscoverDance Tots (Age 2 independent class, must be 2 by October 1, 2023)
- DD1 - DiscoverDance level 1 (Age 3 independent class, must be 3 by October 1, 2023)
- DD2 - DiscoverDance level 2 (Age 4 independent class, must be 4 by October 1, 2023)

## 4 year old tap/hip hop

- TT/THH - Tap and Hip Hop combo class (Age 4, must be 4 by October 1, 2022)

## Explore Classes - kindergarten aged students

- Explore Ballet (EB) - Explore Ballet
- Explore Jazz/Modern (EJ/M) - Explore Jazz and Modern combo class
- Explore Tap/Hip Hop (ET/HH) - Explore Tap and Hip Hop combo class
- Explore Ballet/Tap (EB/T) - Explore Ballet and Tap combo class

## **Student levels 1-5 & Teen Open - ages 6-17 class options:**

**Level 1:** Ballet, Modern, Jazz, Hip Hop and Tap (Approximate ages 6-8 with 0-3 years experience)

**Level 1.5:** Ballet (Approximate ages 6-9 with 1-3 years experience)

**Level 2:** Ballet (2 ballet classes per week are encouraged) Modern, Jazz, Hip Hop, \*\*\*Lyrical and Tap (Approximate ages 7-9 with 2-3 years experience)

**Level 3:** \*Ballet, \*\*\*Pre-Pointe (2 ballet classes per week required, cannot take pre-pointe without ballet prior), Modern, Jazz, \*\*Contemporary, \*\*\*Lyrical, \*\*\*\*Poms/leaps/tricks, Hip Hop and Tap (Approximate ages 8-11 with 3-5 years experience)

**Level 4:** \*Ballet, \*\*\*Pre-Pointe/pointe (2 ballet classes per week required, cannot take pre-pointe/pointe without ballet prior), Modern, Jazz, \*\*Contemporary, \*\*\*\*Poms/leaps/tricks, Hip Hop and Tap (Approximate ages 10-15 with 5+ years experience)

**Level 5:** \*Ballet, \*\*\*Pre-Pointe/pointe (2 ballet classes per week required, cannot take pre-pointe/pointe without ballet prior), Modern, Jazz, \*\*Contemporary, \*\*\*\*Poms/leaps/tricks, Hip Hop and Tap (Approximate ages 13-17 with 5+ years experience)

**Teen Open:** Teen Open 1 is for those with no experience and Teen Open 2 is for those with 1-2 years experience - Incorporates ballet, contemporary and jazz (Approximate ages 10-15 with 0-3 years experience)

**\*Ballet levels 3,4,5 are required to take at least 2 ballet classes a week**

**\*\*Must take Modern**

**\*\*\*Must take the ballet class before**

**\*\*\*\*Must be enrolled in another class in addition**

Ballet levels 1, 1.5 and 2 are encouraged to take 2 classes per week  
Ages and years of experience are estimations. Each dancer is evaluated on their own skills and will be placed in the level that is best suited for them to thrive.

# DRESS CODES

Littleton Contemporary Dance Center uses a dress code to promote discipline, create a sense of community and belonging, allow for a full range of motion in class and to ensure dancers remain focused by eliminating distractions.



## DISCOVERDANCE LEVELS

DDM - grown ups wear comfortable clothes you can move in

Kiddos - follow the DDT/1/2 dress code or comfortable clothes they can move in

DDT, DD1, DD2, DD1 & DD2 Acro Option 1 - pink leotard with NO attached skirt, pink footless tights and no shoes

DDT, DD1, DD2 DD1 & DD2 Acro Option 2 - white tee shirt and black shorts or pants, no shoes

## EXPLORE LEVELS

Explore Ballet & Explore Ballet/Tap

Option 1 - pink Leotard, pink tights, pink ballet slippers

Option 2 - white shirt, black pants or shorts, black ballet shoes

Explore Jazz/Modern

Option 1 - leotard, tights/leggings/shorts, black jazz shoes and bare feet for modern

Option 2 - solid color tee-shirt, pants or shorts, black jazz shoes and bare feet for modern

Explore Tap/Hip Hop & 4 year old Tiny Tappers/Tiny Hip Hoppers

Comfortable clothes they can move in, no skirts, tap shoes and either bare feet or clean sneakers for Hip Hop

## BALLET LEVELS 1-5, POINTE/PRE-POINTE

Option 1- black leotard, pink tights, pink ballet slippers, skirts may be worn with teacher approval

Option 2 - white tee-shirt, black tights or pants, black ballet slippers

## MODERN LEVELS 1-5

Option 1- leotard, black tights or leggings, bare feet

Option 2- solid color tee-shirt, black tights or pants, bare feet

## JAZZ LEVELS 1-5

Option 1- leotard or tank top, tights/leggings/shorts, black jazz shoes

Option 2- solid color tee-shirt, black tights/pants/shorts, black jazz shoes

## CONTEMPORARY & LYRICAL

Option 1- leotard or tank top, tights/leggings/shorts, bare feet or socks with teacher approval

Option 2 - solid color tee-shirt, black tights/pants/shorts, bare feet or socks with teacher approval

## HIP HOP LEVELS 1-5

Option 1- tank top or form fitting tee-shirt, leggings or sweat pants, clean shoes that will not mark up the floor, and have not been worn outside

Option 2- solid color tee-shirt, pants or shorts, clean shoes that will not mark the floor and have not been worn outside

## TAP LEVELS 1-3

Option 1- leotard or tank top, leggings or shorts, tap shoes

Option 2- tee-shirt or tank, pants or shorts, tap shoes

## TEEN OPEN

Follow dress codes for ballet, jazz and contemporary depending on the style taught that week

## ADULT CLASSES

Comfortable clothes you can move in. Clean sneakers for WERQ. Ballet slippers for ballet. Bare feet for ballet burn. Any style of tap shoe for tap.

## IMPORTANT REMINDERS

**ABSOLUTELY NO STREET SHOES ALLOWED IN EITHER STUDIO 1 OR 2 AT ANY TIME.**

**Dance shoes should never be worn outside, including ballet, jazz, hip hop and tap shoes .**

**It is up to each dancer to ensure they are wearing clean shoes that do not mark up the floor.**

**Tap shoe screws must be checked before each class to make sure they are fully screwed in to the shoes.**

**Please practice proper hygiene before dance classes.**

**Any damage to the floors will result in substantial fines.**

**Ballet bun for ballet and hair pulled neatly away from face for all other genres.**

**No jewelry in any class.**

**No gum in class.**

**No eating, except in lobby area.**

**Water only in studio 1 and 2.**