

# 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!

## TUMBLING TOTS AND TAPPING TOTS

Tumbling Tots will incorporate gymnastic elements while Tapping Tots will start to build the foundation and love for tap!

## 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.

## HIP TAP HOPPERS FOR AGES 3 AND 4

Using the concepts of a traditional DiscoverDance class dancers will get to learn about rhythm while tapping and find their unique personal style in hip hop.

## 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. A pointe test is given bi-annually to the pre-pointe class. Dancers must pass this in order to go en 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.

## JAZZ/MUSICAL THEATER

Become a triple threat! Learn a variety of dance styles and hone your acting and singing skills at the same time.

## ACRO

Acro is a dynamic and exhilarating fusion of dance and acrobatic arts. Combining elements of ballet, jazz, and acrobatics, this innovative class allows you to defy gravity and experience the thrill of dance and gymnastics!

## TEEN BALLET

Teen ballet is the perfect class for older dancers who are just starting out. They will learn ballet at a pace that suits their ability.

## TAP

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