

# Royal YOUth Dance Ensemble



## 2023-2024 Class Descriptions

**Pre-ballet I/Creative Movement:** ages 3-4 This is a fun class for a special age! Designed to introduce young dancers to creative expression, movement with dance props and the introduction of basic ballet positions and stretching. Your little dancer will develop rhythm and coordination and gain strength, poise, and grace! Focus is placed on building confidence, balance, creativity and self-regulation skills. Intended to introduce preschoolers to the concepts of rhythm, movement and expression, as well as some basic dance terminology and discipline. The instructor uses games, stories, and songs to teach balance, rhythm, movement, coordination, and basic ballet steps. All students should be potty-trained prior to beginning class and wear comfortable clothing. Class uniform: Ballet pink leotards, pink tutu or pink ballet skirt (optional), pink tights, and pink ballet slippers. For boys, white t-shirt, black shorts or sweatpants, bare foot, or black ballet slippers.

**Pre-ballet: ages 3-5** This class introduces students to beginning ballet skills while encouraging fun and creativity! An excellent preparation for continuing dance training in any discipline. The joy of ballet begins with Pre-Ballet classes. We introduce young children to the fundamentals of classical ballet, focusing on proper body alignment, basic ballet technique and terminology, and musicality. As part of the RYDE family, your energetic young child will learn much more than ballet. Exposure to dance reinforces important life skills like creativity, discipline, and team participation—all in a safe, fun, nurturing environment.

**Beginner or Ballet I: ages 6-9** In this class basic elements of ballet warm-ups and traveling steps are taught in a developmentally appropriate way that includes creative improvisation and expressive dancing inspired by stories, songs and nature. This class continues to follow the traditional ballet class format and introduces young dancers to the fundamentals of ballet while building strength, flexibility and agility. Students will further their education in the elementary exercises of ballet used for mastering the placement of the body, the legs, the arms, and the head. Proper posture of steps is introduced with emphasis on body position and strength building. Barre work is introduced, and center work focuses on basic steps and movement across the floor.

**Intermediate or Ballet II : ages 10-13** Students are introduced to the formal study of ballet. Dancers will couple learning proper terminology and reasoning for ballet exercises and positions with the fun of dancing combinations of steps with music. Repetition and reinforcement of Ballet I exercises will be emphasized, increasing in number, stressing the development of strength in the legs and feet through exercises on half-toe, and the coordination between the movements.

**Advanced or Ballet III: ages 13-17** Students will continue their study of the vocabulary and study of classical ballet. Students will increase their understanding of the positions of the body, the arabesque positions, the basic port-de-bras, and the types of tours and jumps. Difficulty of exercises will increase as well as frequency of execution on demi-pointe. Exercises are performed en-tournant and en l'air, and the further development of jumps and tours begins. Level 3 dancers may be eligible for pre-pointe or pointe classes.



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**Lyrical: ages 8-17** Contemporary combines ballet and modern techniques with musical and emotional expression with a strong focus on modern techniques (contractions and release, off-center balances and suspension) as well as musicality and self-expression. As students advance, dancers will continue with introductory and foundational levels of technique while focusing on interpreting music and choreography. Students will work on the ability to pick up stylized choreography and movements.

**Tap: ages 6-9** This class introduces children to the basics of single-double step tap dancing within the structure of a traditional tap class. They will also learn the vocabulary of steps. Students will learn how to link these steps in combinations and complete a small routine. Students develop rhythmic coordination, rhythm and musicality and learn beginner tap steps, along with being introduced to tap vocabulary.

**Jazz I: ( 5-7)** This class will be an introduction to the jazz dance style. It will teach dancers the beginning fundamentals of jazz dance. They will learn rhythm, performance, and self-confidence through dance.

**Jazz II: (8-10)** This class will start to focus more on the technique of jazz such as jumps, turns and leaps, while continuing to build off of what was learned in jazz I. We will focus on what direction we are turning, leaping and landing on one foot, and jumps taking off from two feet.

**Acro I/II: (ages 5-13)** Students will work hard to build upper body strength and flexibility. Students will work on balance, coordination, and flexibility. Students will also work on tumbling, cartwheel variations, bridge variations, backbends, and headstand variations.

**Sparkling Jewels: ages 5-17** This dance class is for kids with Special Needs, offering students of all abilities the chance to dance and achieve goals beyond what they believe is possible. In this supportive, positive environment, students with disabilities are paired with typically developing peers to maximize participation, while encouraging social interactions and relationship-building. This class develops basic dance skills, explores movement concepts, musicality, improvisation, and basic technique in various dance disciplines. Students will learn developmentally-appropriate choreography and explore artistic expression, while working towards functional goals. This class is a great way to develop confidence, coordination, motor skills, team work, and make new friends! Informal performances will be held throughout the year at the end of the normal class time to celebrate the dancers' progress and achievements.



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**Pre-school Hip-Hop (ages 3-6)** This class serves as an introduction to hip-hop dance for the younger student. Using games and music, the class focuses on rhythm, musicality and basic footwork. It is a great way to get kids moving!

**Kids Hip-Hop I (ages 7-10)** This class incorporates a variety of old and new urban dance styles. The dancing represents body movements that go with the beat and rhythm of Positive, inspirational or instrumental hip-hop music. Hip-hop dancing is very dynamic and helps the dancers improve flexibility, develop body balance, and coordination. Great for beginner/intermediate level dancers looking for a fun, upbeat class.

**Teen Hip-hop (ages 11-16)** This class is a high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Our dance instructor will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Hip-hop dance requires students to have the strength and stamina to successfully perform moves. Therefore, class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for more intense movements.

**Musical Theater: (ages 6-9) (ages 10-13) and (ages 14-17)** This class will focus on theatrical presence and pantomime/lip sync. Students will learn confidence in artistic expression and light choreography as they prepare for our Winter Performance in December. Our dance instructor will be working with their students to master movement and theatrical storytelling with movement, and then add in vocal techniques in the spring.

**RYDE Cheer Clinic:** a great introduction to cheer and will teach cheers, jumps and hand/arm movements, stunts, and lifts. Cheer Clinics are a great way to introduce your children and youth to the fundamentals of cheer. Dancers will learn routines, stunts, lifts, cheer & pom, cheer chants, as well as learn jazz skills & drills. They will also build their confidence by creating their own choreography, learning how to work together as a team, and showcasing a cheer routine in our Winter Performance and Spring Recital showcase.

