

Academy of Dance, LLC.

8 Lunar Drive, Woodbridge CT 06525 ·

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Since 1952

PHILOSOPHY

At Academy of Dance, good training is not a luxury. Students are provided with opportunities to develop self-confidence, grace, poise, creativity, and concentration skills.

Academy of Dance believes in the educational development of the total child and recognizes that each learns and develops differently. Therefore, we offer a variety of programs to meet the needs of each individual. Our students have appeared in many theatrical productions, videos, and have been winners in local and national competitions. We are proud of their accomplishments as well as those of all of our students.

Tiny Tot — Ages 3 & 4

This class is designed to provide a positive atmosphere in which your child will:

- develop concentration,
- explore musical forms,
- discover joy of movement,
- develop imagination, and
- explore directions and concepts of right and left

Pre-Dance — Ages 5 & 6

This class is designed for the dancer who is 5 years old and has one or two years of experience in the Tiny Tots dance class, or is 6 years of age. This class is designed to further provide a positive atmosphere that continues to develop concentration skills necessary in developing academic or artistic skills. This class will help your child:

- explore music and how it makes them feel,
- use their body correctly — how they are put together/flexibility/easy stretches
- simple combination of steps
- explore the fundamentals of tap

Basic — Ages 6 & 7

This class is designed for the dancer who is 6 years old and has 3 years of experience, or is 7 years of age. This class is designed to provide a healthy, non-threatening environment in which your child will begin to further develop the physical dexterity necessary to progress to the next level. This class will focus on:

Pre-Ballet

- Simple movements,
- Terminology, Parts of the body
- Listening/following directions

Tap

- Terminology
- Short combinations, and Concentration.
- easy Rhythms

a child of six or seven and does not impair development."
On Your Toes by Wendy Neal.

Beginner — Ages 8 & up

This class is designed for the child who is 7 years of age with 2 years of experience or 8 to 9 years of age.

Advanced Beginner — Ages 9 & up

This class is designed for the child who is 9 with 2 years of experience or 10 years of age.

Beg/Intermediate — Ages 10 & up

This class is designed for the child who is 10 years of age with 2 years of experience or is 11 or 12 years of age

Beginner through Beginner Intermediate

These classes will focus on:

Ballet

- Body parts,
- Alignment,
- Terminology, and Self-awareness.
- barre exercises/ combinations

Tap

- Terminology,
- Styles.
- Rhythms, and
- Combinations complexity varies with individual class.

Jazz

- Exercises to develop endurance and flexibility,
- Isolations,
- Exposure to various styles of jazz, and
- Combinations — complexity varies with individual classes.

Petite, Junior, Teen/Senior

These classes are designed to further develop technique in each of the respective areas. Dancers will move to these levels upon teacher recommendation

Parents, please keep in mind that structured ballet should not begin "until the age of eight, as the body is not sufficiently developed to be able to take the strain and growth will be hampered. Pre-ballet can safely be given to