

CLASS DESCRIPTION

Creative Movement (Ages 3 – 5)

The Creative Movement Program is designed to develop motor coordination, interaction and self help skills, to increase rhythmic awareness, and to provide a positive learning experience. Work is presented in an imaginative, age-appropriate manner. Classes consist of ballet, tap and creative movement and follow a syllabus which includes four focal themes (balance, strength, flexibility and endurance).

Ballet I (Ages 6 – 8)

The beginner ballet reviews skills learned in creative movement such as basic feet and arm positioning. Students are introduced to fundamental vocabulary in ballet. The class is structured to begin at the barre; then proceed with traveling exercises and center work. Students begin to build strength and a further understanding of movement.

Ballet II A & Dance Prism (Ages 9 and older)

This is a continuation of Ballet I fused with Modern Dance. Students learn how to execute and master the technique and skills learned in level I. Class curriculum consists of extensive barre and center work with an emphasis on vocabulary, modern technique, travelling combinations, execution of new skill sets and choreography.

Ballet II B (by placement only)

This class is the 3rd level in the ballet curriculum at ADDC. Students continue to learn new skills and techniques while mastering the art of breathing and performances. Balance, lines and centering are the focal points of this class.

Ballet III A (by placement only)

This is an intermediate level ballet and the 4th level in the ballet curriculum at ADDC. This class reviews technique and skill sets learned in level II B and introduces students to more advanced terms. Students execute more advanced technique and traveling combinations. The curriculum for this level includes dance education, history and research.

Ballet III B

This is the 5th and highest level of ballet curriculum offered at ADDC. Students further their classical ballet training through the addition of pointe work. A rigorous

training schedule focuses on development of technical proficiency, stamina, artistry and performance.

Adult Ballet

This class offers a variety of levels and skills for adults with a wide range of experience. This class serves as a great format for exercise and body shaping. Adult ballet consists of barre work, center and traveling combinations. Students will be able to review their knowledge of ballet or for beginners – be introduced to the art form of ballet.

Tap I (Ages 6-8)

This class is offered to age appropriate advanced tap students, but does not exclude those at a younger age on an advanced level. Intermediate tap reinforces the skills learned in beginner tap and introduces tricks and new innovative tap techniques.

Tap II (Ages 9-13)

The Tap II curriculum is structured with the knowledge of basic tap vocabulary and then expands to include varied rhythmic and advanced technique skills. This class also explores a wide variety of musical styles, intricate rhythms, challenging combinations, and fast footwork to fit to all age level.

Spiritual Renewal/Adult Liturgical

This class is sponsored the Christians Dance Ministry, directed by Mrs. Shelita Pittman. Spiritual renewal is structured for adult Christian dancers of all skill levels to come together to reflect on scripture, fellowship, and renew their bodies. The class highlights different styles of praise dance each month, provides a ballet & modern technique workout, and weekly progressive, innovative choreography.

Tumbling for Dance

Students are introduced to acrobatic skills which are incorporated into dance choreography. This class promotes a healthy lifestyle through the enjoyment of physical activity. Confidence and self esteem increases as students learn the basics of tumbling (like forward rolls, cartwheels and backward rolls) and advance to handstands, bridges tricks & stunts. The curriculum centers around locomotor skills, balance and strength.

Performance Troupe (ages 13 and up)

The performance troupe is a non profit entity of A David Dance Company consisting of pre-professional and professional dancers. The Company is for committed dancers who love to perform and want to share their passion for dance with the community. The vision of the company is to create consistent and innovative works that challenge the members as well as viewing audiences. The repertoire is a combination of modern, ballet and liturgical. The mission of the company is to entertain and educate the community and to express in various ways our Christian faith through dance. The off-beat, syncopated choreography is second nature to company members and has an ability to inspire.

