

Types of Dance That Van Dance offers:

The category refers to the type of dance. We have tried to place this list in the proper order students should add classes to their dance repertoire.

TINY TOT: This category is for 3 year olds and new 4 year olds. It is a structured ballet based class however some fun dance games, introduction to different rhythms of music and general structure to prepare students to group work is also introduced.

KINDERTOT: This is a category for 4 year olds who have taken a year of Tiny Tot or 5 year old (Kindergarten age) students. This is a Tap/Ballet combo class. We build on the ballet skills which were introduced in Tiny Tot and the rhythm skills by the addition of Tap. This class is an excellent base for years to come.

BALLET

This category is for dance that uses any recognized classical technique and is interpretive of the music. Each class will consist of ballet steps and technique in the traditional style such as balance, turns, jumps. Classical Ballet is the base of all dance forms. It teaches poise, grace and technique for all other dance forms. A minimum of 2 classes of ballet a week is recommended as there is so much work to cover within each grade. The worldwide Royal Academy of Dance syllabus is used by our fully registered ballet staff.

TAP

This category is for a dance that produces varying rhythmic patterns. Emphasis in this category is on tap technique. Tap is a fun exciting energetic form of dance for those students who enjoy working with rhythm and music. Our tap staff is fully trained in both the Al Gilbert and Canadian Dance Teachers syllabi. We currently offer exams in the Gilbert Exam Program.

JAZZ

This category is for a dance technique based on isolation of the body and/or contraction/releases. Students participating in jazz must be taking ballet as jazz is a ballet based dance style. Jazz requires both flexibility and strength so it is recommended that **all** jazz students participate in a stretch class once over the age of 8. Our jazz instructors are using CDTA, ADAPT as well as free style jazz techniques. We offer exams in the ADAPT syllabi.

HIP HOP

This category is for a dance that consists of hip-hop, house, and street dance technique. Hip Hop is a culture. This class is full of energy and is a good work out for students. Use of the entire body is needed for hip hop. It is a "let it go" energized form of dance. Our focus this year will be on many different styles of hip hop such as house, krump, tutting, funk, locking, popping, waving and funk.

BREAKDANCE

Break Dance is reserved for our boys this year and will be taught within the boys Hip Hop classes. Break dance uses strength and balance skills to create all sorts of trick like gymnastic dance skills.

MUSICAL THEATRE

This category is for a performance that includes singing & dancing, vocalizing, miming, mouthing of words, lip synching, dramatization, stage, etc. Small props will be used within this class. Our focus this season will be on the song and dance portion of musical theatre. This is the class where students learn to compliment there dance by using drama and vocals. They learn to be "Triple Threats". This class builds much confidence and rids the dancer of inhibitions.

CONTEMPORARY MODERN

This category is for a dance that draws on modern dance techniques as well as newer philosophies of movement that **depart** from classical dance techniques. Contemporary dance can be a collaboration of many styles of dance and performers express movement through the whole body. A contemporary dancer integrates the mind, body and spirit with the music and the movements. Modern can incorporate many free form ideas or build on a solid theme or idea. Our focus this season will be **free movement**.

LYRICAL:

This category is for a dance that incorporates a sense of balance and control with smooth flowing lines derived from jazz technique as well as strong ballet base, to express emotion. A minimum age of 11 years old is required for dancers to participate in the Lyrical Jazz category. Our focus in lyrical is to instruct an excellent base of ballet technique within a slow jazz style. Lyrical dancers should have ballet, jazz and modern experience before attempting this style.

CHARACTER:

This category is for a dance where the whole body becomes the character (e.g. dance from another country, mode of living). Character will contain dances of ethnic-national decent. We encourage the use of classical music. Students must be working at a strong level in ballet class to participate in character.

POINTE: Pointe work is introduced in ballet classes working at major ballet levels. This is ballet on hard toe shoes and needs strength and proper bone density before it can be attempted.

DEMI-CHARACTER (Not a class...used in ballet groups, solos and duos only)

This category is for a dance that portrays a character or tells a story using classical structure and develops the character through dance in the classical form. Dancers must use classical technique from the waist down, and portray the character with upper body **only**.