



## KICKS' 2011 - 2012 Class Descriptions

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### Fundamental Program

Using our own syllabus, KICKS' Fundamental Program is especially designed for children ages 3 through first grade. Keeping in mind the developmental abilities of each age group, these classes emphasize basic dance skills, creative movement and classroom etiquette. To ensure that every class is exciting and fun, we incorporate "prop dancing" into many of the activities. With the use of scarves, bean bags, rhythm instruments and many other props, students will learn the basic elements of dance movement: balance, body & spatial awareness, rhythm, coordination and quality of movement. With the emphasis on creative expression and physical awareness, you can be assured that your child is receiving a solid education and learning to love dance at the same time!

#### **Creative Dance: 3 year olds\* / 45 minutes**

*(Students in this class will perform a Creative Ballet dance in the recital.)*

The objectives for this class are to build a love for dance, discover movement as a form of self-expression, master basic developmental skills, get comfortable with standard classroom etiquette and introduce musical awareness skills. Students will learn through repetition and imitation. Consistency in class structure provides an atmosphere that will give dancers a feeling of control and accomplishment. Imaginations will be stimulated and coordination skills will improve as they fly like birds, pop like popcorn or "dress-up" for a special Ball. Other areas of focus will include body & spatial awareness, large & fine motor skills, coordination & balance skills and group participation. \* must be 3 by September 10th

#### **Creative Combo: 4 year olds & Pre K / 45 minutes**

*(Students in this class will perform a Creative Tap dance in the recital.)*

This level is very similar to that of Creative Dance but will allow students to explore tap dance in addition to creative ballet. Students will be further challenged through more advanced activities based on their added body control and longer attention spans. The introduction of tap will increase rhythmic & coordination skills and students will be encouraged to express their independent thinking skills through their creative dances rather than simply imitating movements.

#### **Kinder Combo: Kindergartners / 1 hour**

*(Students in this class will perform a Ballet dance in the recital.)*

Students at this level will be challenged to maintain focus and energy for a longer time period as their lesson is now extended to a full hour (1/2 hour each of Tap & Ballet). Basic ballet terminology will be presented along with steps that can be executed properly. These school-aged dancers will be taught how to perform more advanced formations & patterns and will learn how to memorize longer combinations of steps. Creative expression is developed more fully and will be exercised through abstract & advanced movement concepts.

#### **1st Grade Combo: 1st Graders / 1 hour & 15 minutes**

*(Students in this class will perform 2 dances in the recital - a Ballet & Tap.)*

At this level, students will be introduced to additional technique and terminology in both ballet and tap and the additional length of the class will be used to explore the movements of jazz dance. While creative dance and the use of props will continue to be present in many forms, students will be guided into activities requiring additional focus and control.



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## Classic Program

In KICKS' Classic Program students in grades 2 through 12 have the option of choosing their favorite subjects and will be challenged as they advance through each division. Dancers will find their experience the perfect outlet to enjoy music, movement, friends and fitness.

Understanding that children today are often involved with many different sports, school and church activities, this program is a fabulous way to incorporate dance into their lifestyles without having to choose it as their only activity. In addition to the obvious benefits of dance education, students will gain skills that are sure to enhance their other activities:

- \* Strength, Coordination & Flexibility for Sports
- \* Confidence, Creativity & Artistic Expression for Theater/Drama
- \* Presentation, Style & Attitude for Dance or Cheer Teams

### Division Breakdown

**Primary** (Beginner 1): 2nd Graders

**Elementary** (Beginner 2): 3rd & 4th\* Graders

*(\*4th graders who are currently dancing should move to the Junior Division - unless taking Tap or Ballet for the first time.)*

All Primary & Elementary classes are 1 1/2 hours long and will cover three different dance forms - you pick your favorite subjects. These divisions are designed to introduce the dance genres offered in the Classic Program and to solidify beginner skills and vocabulary. Each month the "major" subject of the class will rotate between the 3 genres, leaving the other two as "minor" focuses. Dancers are encouraged to try as many subjects as possible during these divisions - either by taking more than one class per week or by trying a different grouping each year. This will provide the most possible options to students once graduating to the Junior division. Note: To take Ballet or Tap beyond 4th grade, you must complete at least 1 full year in these divisions.

*(Students in these classes will perform 3 dances in the recital)*

**Junior** (Intermediate 1): 4th & 5th Graders

**Teen** (Intermediate 2): 6th-8th Graders

**Senior** (Advanced): 9th-12th Graders

As a progressive program, we take no beginners beyond 4th grade. Therefore, prior dance experience is required to enroll in the Junior, Teen or Senior Divisions. All of these classes are 1 1/2 hours long. Junior classes will cover three subjects, building on the skills taught in the previous levels. Teen and Senior classes will cover two different dance forms, allowing more time to challenge students in each genre. Some weeks the class may be broken up evenly between the subjects while other weeks may put the focus and emphasis on one style more than the other.

*(Juniors will perform 3 dances in the recital / Teens & Seniors will perform 2)*

### Subject Descriptions

**Ballet** is the foundation of all dance forms, providing important technique and personal discipline. Students will develop grace, control, strength and fluidity in their movement.

**Tap** dancing offers students a great opportunity to focus on their coordination and musical awareness. The skills gained in this class will carry over to every other subject.

**Jazz** classes are focused on commercial and dance-team styles of movement. Jazz instruction offers dancers over-all body fitness, flexibility & technique set to their favorite "top 40" music.

**Theater** classes offer students a Broadway style jazz. In addition to traditional jazz technique, these classes will have an emphasis on character & performance skills - perfect preparation for school Musicals.

**Hip Hop**, the newest dance craze, combines funk, video and street styles of movement. Students will gain a better sense of body control & coordination while enjoying the movement to today's most popular (age-appropriate) music.

**Lyrical** combines the fluidity and technique of Ballet with the style of jazz. Most frequently performed to moderate tempo vocals ("top 40" ballads), this subject is a great way to learn how to express emotion through movement.