

Levels, Description & Placement

All levels above Beginning Levels require previous experience, a placement class or summer audition class. Students are thoughtfully placed based on technical ability and mental maturity.

Children's Lower Levels

Children at these levels begin to discover their dance voices and explore movement. As they move up the levels they begin to explore more of the quality of movements while also exploring different styles of dance.

Preschool Ballet (Ages 3 and up; once per week)

Children learn the structure and discipline of a ballet class setting while improving listening skills, coordination, balance, flexibility, strength, and spatial awareness. Props are used as aids in learning classroom etiquette and respect for others, music awareness and expression, and spatial awareness along with basic ballet terminology. Must be potty trained.

Jazz Tap combo (Ages 4-5; once per week)not available 2020-2021 school year

Designed to focus on improving coordination, listening and motor skills with musical awareness in a creative dance environment building jazz and tap technique and acting skills seen on the Broadway stage using. Must be potty trained.

Pre-Ballet (Ages 5 and up; once or twice per week)

Children explore both the creative and physical dimensions of ballet fundamentals while gaining greater awareness of music, rhythm, and movement. Activities are designed to develop strength, coordination, creative thinking, and expression. Children refine motor skills and listening skills through classroom activities. They further develop an understanding of the structure and discipline of a ballet class setting while building better focus and poise.

Beginning Ballet (Ages 7 and up; once or twice per week)

Young dancers are introduced to increased structure and discipline, music awareness, greater focus, more ballet terminology and steps, and stage direction. Students will begin to use the ballet barre. This is the first year the young dancers will be performing on a professional stage during the Spring Concert and may audition in September for City Ballet of Cleveland's *Uniquely Cleveland Nutcracker* performances for December.

Boys' Beginning Ballet (Ages 7-10; additional ballet class recommended during the week)

This class is taught by a male teacher building on specific strength and movement qualities necessary for male dancers while bringing boys together in a positive environment building mutual camaraderie. The class includes gentle stretching, coordinating movements while instilling knowledge and use of the basic ballet vocabulary and gaining awareness of correct posture and proper turn-out, increasing balance and weight transference. This class works on continually building coordination and strength, listening and social skills, and musicality

Beginning Jazz (ages 7-10) Works on placement, fundamentals for turns and jumps, musicality and weight transitions while connecting movement phrasing and building jazz terminology. It is recommended students also take ballet to build strength.

Beginning Tap (Ages 6-10) Its musicality and precise footwork is beneficial for students in musical theater. Tap technique includes center technique, rhythm sequences, progressions and choreography focusing on the clarity of movement and sound. It is recommended students also taking jazz.

Beginning Hip Hop (Age 7-10)

Hip-Hop adds urban moves to jazz technique in an energetic face-paced setting as seen in music videos of today and hip concerts incorporating acting with more attitude. Students will learn the fundamentals and strengthening techniques such as body isolations, breaks and dynamic moves. It is recommended students also take jazz.

Children's Beginning Modern (Ages 6-9) no prerequisite is required. An introduction to the basic elements of modern dance including using the ground, making shapes with the body, elements of exploring space and utilizing our most basic movement impulses, such as breathing, walking, running, hopping, and leaping.

Musical Theater A (Ages 8-12) Theatre and dance go hand in hand. It is even important for performers to have nice lines and body movement. This class melds together dance and performance techniques. Half the class is focused on basic ballet and jazz foundations and the other half of the class is focused on learning/picking up choreography in different styles of dance. Students learn to adopt the character that the particular dance requires. The combinations come from a wide array of musicals such as *The Wiz*, *Mary Poppins*, *The Tap Dance Kid* and many more. Musical productions that come to Cleveland also inspire the type of dances we perform in class.

Upper Levels

Students ages 9 and older must attend a placement class or summer audition. All students are thoughtfully placed based on their technical ability and mentally maturity, to challenge students and reduce injury. At these levels dancers ignite a deeper understanding of movement, increase their artistry, and build stronger technique with maturity of character and work ethic.

BALLET

Ballet I (Ages 9-12; twice a week recommended)

To instill knowledge and use of the basic ballet vocabulary while gaining awareness of correct posture and proper turn-out. Work on increased balance and weight transference. Build upper body strength for future partnering.

Boys' Beginning Ballet (Ages 7-12; additional ballet class recommended)

To continue instilling knowledge and use of the ballet vocabulary while gaining greater awareness of correct posture and proper turn-out. Work on increased balance and weight transference for more difficult turns and jumps. Build upper body strength for future partnering.

Ballet I/II (Ages 10-15; twice a week)

To continue building knowledge and ballet vocabulary while gaining awareness of correct posture. As strength and body awareness increases, more complex application for technique and added coordination of *port de bra* and *épaulement* will be added along with striving to show more performance quality and artistry. This class build more toward those setting their sights on dancing on pointe.

Boys' Ballet I (Ages 11-15; must take additional ballet classes weekly)

To continue building knowledge and ballet vocabulary while gaining awareness of correct posture. As strength and body awareness increases, more complex application for technique and added coordination of *port de bra* and *épaulement* will be added along with striving to show more performance quality and artistry.

Ballet II (Ages 10-15; additional weekly ballet classes recommended)

To continue building knowledge and ballet vocabulary while gaining awareness of correct posture. As strength and body awareness increases, more complex application for technique and added coordination of *port de bra* and *épaulement* will be added along with striving to show more performance quality and artistry. This is the level when dancers may audition to become apprentices with the City Ballet of Cleveland. Pre-Pointe and Beginning Pointe weekly if appropriate

Ballet III (Ages 11-16; additional weekly ballet classes recommended)

Continuing to improve alignment and posture; increase range of turn out and more extensive use of *port de bra* and *épaulement*. Increase better application of known steps. Add more strenuous and longer combinations as well as working more with *en avant* and *en arrière*. This is also when female dancers are invited to pre-pointe leading to beginning pointe. This is the level when dancers may audition to become apprentice or junior company members with the City Ballet of Cleveland. Pre-Pointe and Beginning Pointe weekly if appropriate.

Ballet IV (Ages 14-21; additional weekly ballet classes recommended)

Add more strenuous and longer combinations, as well as more difficult steps in all their varieties. Ladies will often be taking technique class on pointe during the week. Saturday conditioning class is to build strength for a dancer's core, turn-out, alignment, and feet to reduce chance of injuries as well as to prepare for what is necessary for pointe work. Pointe three times a week.

Pointe classes

Pre-Pointe and Beginning Pointe

Students take Ballet II three times a week and have been place in this pointe class. Dancers have danced a minimum of three years and have been screened for pointe readiness.

Pointe I

Must be enrolled in Ballet III, three times a week including the ballet class prior to this pointe class. Students have been dancing for four or more years and placed in this class.

Ballet IV & Pointe

Pointe in conjunction with more advance classes

JAZZ

Beginning Jazz (Ages 6-10); Works on placement, fundamentals for turns and jumps, musicality and weight transitions while connecting movement phrasing and building jazz terminology. Ballet is recommended for increased strength

Jazz I for ages (9-14; previous experience & ballet required)

Builds on work from beginning jazz while building additional strength and better balance and coordination of movements increasing terminology and increasing coordination working toward turns and jumps.

Jazz II for ages (12-16; previous experience & ballet required)

Working on increasing strengths developed in previous levels adding more variety in jumps while increasing terminology and creating more artistic individual expression. Must also be taking ballet

Contemporary/Jazz III (Ages 14-and up; previous experience & ballet required) by placement only and strong ballet background is necessary. Work on building more strength and flexibility from previous levels and working toward more difficult coordinated turns and jump sequences while developing more freedom in movement and expression. Must also be taking ballet.

Lyrical I (ages 12 and up) or Lyrical II (ages 14 and up)

Pre-requisite is to be in Ballet II or Higher and Jazz II or Higher. The technique in lyrical will build upon ballet and jazz techniques and work with mature themed concepts. The students will work on conveying a motivation or meaning through their dancing. Previous experience, ballet and placement required.

Musical Theater A (Ages 8-up) & Musical Theater B (Ages 14 and up);

Theatre and dance go hand in hand. It is even important for performers to have nice lines and body movement. This class melds together dance and performance techniques. Half the class is focused on basic ballet and jazz foundations and the other half of the class is focused on learning/picking up choreography in different styles of dance. Students learn to adopt the character for each dance. The combinations come from a wide array of musicals such as *The Wiz*, *Mary Poppins*, *The Tap Dance Kid* and many more. Musical productions that come to Cleveland also inspire the type of dances we perform in class.

MODERN

Children's Beginning Modern (Ages 6-9; no pre-requisite required).

An introduction to the basic elements of modern dance including using the ground, making shapes with the body, elements of exploring space and utilizing our most basic movement impulses, such as breathing, walking, running, hopping, and leaping.

Modern I (Ages 10 and up; concurrent enrollment in ballet required)

This includes an introduction to the basic elements of Graham-based modern dance technique, such as the concepts of contraction / release and spirals. This class emphasizes correct alignment and placement and efficient use of the breath while exploring rhythmic and spatial accuracy and

performance qualities. Students should have some ballet experience, and concurrent enrollment in Beginning Ballet or Ballet I is required.

Modern II (Ages 12 and up; concurrent enrollment in ballet required)

An exploration of the fundamentals of Graham-based modern dance technique emphasizing on the maintenance of static and dynamic anatomical alignment and correct display of effort. Also emphasized is the incorporation of the basic elements of contraction / release and spirals into more complex movement phrases.

Modern III (Ages 14 and up; concurrent enrollment in ballet required);

Based on evaluation (must take ballet) Ages 14 and up with concurrent enrollment in Ballet IV; by placement of instructor. The further development and application of Graham-based modern dance technique and Horton technique, particularly maintenance of static and dynamic anatomical alignment and correct display of effort will be used. Emphasis on the incorporation of these fundamentals into advanced technical skills, such as turns and falls, and complex movement phrasing.

TAP

Tap I or Tap II (Ages 9 and up); Its musicality and precise footwork is beneficial for students in musical theater. Tap technique includes center technique, rhythm sequences, progressions and choreography focusing on the clarity of movement and sound. More complex rhythms and technique continue to build

Advance Tap by invitation

HIP-HOP

Beginning Hip-Hop (Ages 7-11) Students will learn the fundamentals including hip-hop culture and history embodied in the movements. This includes the dance element of hip-hop sound and origins, while delving into each style along with strengthening techniques such as body isolations, breaks and dynamic moves.

Intermediate Hip-Hop (Ages 12 and up) Students will learn the fundamentals including hip-hop culture and history embodied in the movements. This includes the dance element of hip-hop sound and origins, while delving into each style along with strengthening techniques such as body isolations, breaks and dynamic moves.

Teen/Adult Classes

BALLET

Beginning Adult Ballet (Ages 15 and older)

For students with no previous ballet experience or for those returning to ballet after several years away. Students will be introduced to the basic arm and leg positions, the concept of turnout and developing coordination through simple exercises at the barre and in the center.

Adult Ballet I (Ages 16 and older)

For those who have completed 1-2 years of Beginning Ballet in the past year and for individuals needing a refresher course after several years away from dancing. This class will help students build additional strength and increase technical vocabulary. The vocabulary is increased through longer combinations at the barre and the center. The concepts of turning, adagio and petit allegro are introduced as students develop their knowledge of ballet vocabulary. The goal is to move on to the Intermediate levels.

Adult Ballet II (Intermediate)

For students who have completed at least one year of the Adult Ballet I class or have had at least 2-3 years of prior ballet experience. Additional technical challenges include new vocabulary, increased physical coordination and strength, and refinement of ones' musicality and artistry. Barre work includes balances in all positions, turning and port de bras. Centre work includes the use of the body directions in combinations and building of grand allegro (large traveling jumps). Adults at this level may also take Ballet II in the student division.

Adult Ballet III (Intermediate)

For students with a complete knowledge of barre and center work, or who have completed the Ballet II level. More complex combinations of steps are introduced, and classes are taught at a faster pace. At a Level III you may take Level II or Level III student classes

Therapeutic Ballet (Beginner)

For students with little to no experience wishing to delve into comprehension of balletic movement including breaking down the steps. Class also incorporates additional stretching and strengthening exercises using a resistance band (Thera-band).

Therapeutic Ballet I

For students with experience wishing to delve into greater comprehension of balletic movement including breaking down the steps. Class also incorporates additional stretching and strengthening exercises using a resistance band (Thera-band).

Level II-IV Ballet

This morning ballet class is available for dancers at various ages at an open intermediate to advance level. Dance with adults, pre-professionals, visiting professional dancers, and touring ensembles.

CONDITIONING

Strength & Toning with Pilates

Based on the classical Pilates series of mat exercises, which focuses on developing and maintaining dynamic core strength while increasing flexibility and lengthening muscles. Emphasis is placed on developing a healthy awareness of posture and breath supporting the flow and efficiency of movement. Thera-Bands and light weights may be incorporated for greater resistance training. Like many training techniques, consistency is key. In a month you will begin seeing results like people who take ballet classes consistently.

ADDITIONAL DANCE FORMS

Teen/Adult Hip-Hop

Adds urban moves to jazz technique in an energetic face-paced setting as seen in music videos of today and hip concerts incorporating acting with more attitude. Students will learn the fundamentals and strengthening techniques such as body isolations, breaks and dynamic moves.

Teen/Adult Jazz (for beginners to those with two- years of recent experience)

Jazz dance is based on the technique seen on Broadway and in the LA scene. The training is based on growing from a strong ballet background emphasizing dynamic movements and passion. Jazz incorporates strong passionate acting skills

Teen/Adult Modern for beginners to those with up to two years of recent experience;

Modern dance emphasizes the exploration of our most basic movement impulses, such as breathing, walking, running, hopping, and leaping. Students will develop the means for individual expression and seek inner motivation for movement. Through *floorwork* exercises and movements across the floor, students will improve flexibility and strength in the hips and core muscles while exploring rhythmic, spatial and performance challenges.

Teen/Adult Tap for beginners to those with up to two years of recent experience; Tap was created in the United States. Its musicality and precise footwork is beneficial for students in musical theater. Tap technique includes center technique, rhythm sequences, progressions and choreography focusing on the clarity of movement and sound.

Advance Tap by tap teacher recommendation

MASTER CLASSES

Master classes occur throughout the year. Some of these classes occur in conjunction with Broadway Shows performing in Cleveland. Some master class teachers are brought in to enhance dancer training for one day to an entire weekend.

Please call for information and updates.

The following teachers have presented master classes

Lauren Anderson 2018
Laura Alonso 2015, 2017
Emily Jeffries 2017
Jimmy Kichler 2016
Roni Mahler 2016, 2017
Jeffrey Rockland 2015, 2017, 2019
Jennifer Savelli 2020
Shannon Sterne 2016