



CLASS DESCRIPTIONS & ATTIRE

ATTIRE

Students are required to wear dancewear in NCDA school colors. School colors include **Black, White, Pink, Gray** and **Burgundy**. Please **NO STREET WEAR & NO SOCKS**. Specific attire for each class may be found on our Class Description page, *please scroll down*.

NCDA adheres to a strict attire policy for the benefit of our students. When students feel confident in their attire and are dressed appropriately for dance class, NCDA faculty can provide proper feedback and students can successfully evaluate their own corrections in the mirror. It is physically impossible to teach proper technique and placement when students are not wearing the correct dance attire and dance shoes, impeding growth as a dancer, and leading to bad technique.

In order to encourage this policy and to make the classroom a fair experience for all participating, we will take the following measures when students are not dressed properly:

1. Verbal warning from Teacher
2. Email home to Parent
3. Phone call home to Parent
4. Teacher asks student to sit out of class until proper attire can be acquired

CLASS LEVELS

Beginner: 0-2 years of experience. No prior knowledge of dance terminology/still working on beginner skills.

Beg/Int: 2-6 years of experience. Basic knowledge of discipline and dance terminology. Beginner skill level has been mastered.

Int/Adv: 5-8 years of experience. A comprehensive knowledge of discipline and dance terminology. Able to easily pick-up/interpret choreography. Able to recite terminology back to instructor and perform through dialogue not total demonstration.

Advanced: 8+ years of experience. A complete knowledge of discipline and dance terminology. Able to easily pick-up/interpret choreography; able to answer own choreography questions by watching instructor. Proficient enough in style to be self-directed at times (ie. stretch, practice choreography, reinterpret movement spatially).

Open: Any level of experience. This class often is run at the Beg/Int level but allows students at any level to work on building their own individual skills.

** *Asterisks:* indicate classes that require one of the following: Audition (Advanced Hip Hop Only), an Invite (Academy Tap only) or a Teacher

Recommendation/Approval: (All Int/Adv Lyrical, Modern, Ballet, Jazz classes). If you are a former student or a new student who would like to be evaluated for these classes, please email our Director Elaine Young at: elaine@ncdacademy.com

CLASS DESCRIPTION

PRE-BALLET / CREATIVE MOVEMENT (Ages 3-5)

This is a drop-off class (i.e. parents/caregivers do not participate). Students learn stretching, ballet positions and technique. Students learn the building blocks of ballet (leaping, galloping, class structure etc.) in a fun, creative, nurturing and encouraging environment.

Attire:

Pink leotard (tutus welcome!), pink tights, pink ballet slippers.

This class will perform in our Spring Recital!

BALLET (Kindergarten and up)

Ballet students are introduced to traditional ballet terminology and technique through center work, across the floor and combinations. Beginner students begin ballet class in center; Intermediate and advanced students begin class at the ballet barre. The American Ballet Theatre syllabus and the Cecchetti method are currently used to help structure/inspire NCDA's syllabus.

Attire:

Girls: Pink/Black leotard, Pink/Black ballet skirt, Pink tights,

Pink ballet shoes (canvas/leather), hair in bun.

Boys: White shirt, tight black pants/men's ballet tights, black/tan ballet shoes.

NO BAGGY PANTS.

BREAKDANCING (Kindergarten and up)

Breakdancing students are taught floor work, tricks, freezes and strength. This class consists of a cardio warm-up, center work and combinations. Mat work done in some classes.

Attire:

Sweatshirt, tight fitting top, sweatpants/dance pants that cover the knees (for floorwork), clean sneakers. **SHOES for this class MUST NOT BE WORN OUTSIDE** - even from the parking lot or front door. Shoes track in dirt, glass, rocks that can injure dancers in classes that require bare feet OR hurt your bare hands. Please change shoes in the lobby. **The shoes that you wear for this class should ONLY BE USED FOR THIS CLASS.**

CONTEMPORARY (7th grade and up)

Contemporary dance borrows from jazz, ballet and modern styles. It often uses gestural and pedestrian components to build choreography, relationship, and story. Classes will include center work, across the floor and choreography. Dancers will be challenged to emotionally connect with movement/story.

Attire:

Girls: Leotard, tight fitting dance shorts, tights, leggings or jazz pants. Shoes not required. Foot undies may be worn. **NO SOCKS.**

Boys: Tight fitting top in school colors, jazz pants. **NO SWEATPANTS or BAGGY PANTS.**

LYRICAL (5th grade and up)

This class incorporates both lyrical and contemporary choreography. Classes includes stretching, center work, across the floor and choreography.

Attire:

Girls: Leotard, tight fitting dance shorts, tights, leggings or jazz pants. Shoes not required. Foot undies may be worn. **NO SOCKS.**

Boys: Tight fitting top in school colors, jazz pants. **NO SWEATPANTS or BAGGY PANTS.**

HIP-HOP (Kindergarten and up)

Hip-Hop students are introduced to contemporary hip hop dance styles as well as old school moves. Class consists of a cardio warm-up, center work and dance combinations to appropriate current pop and Hip-Hop music.

Attire:

Tight fitting top, sweatpants/dance pants that cover the knees (for floorwork), clean sneakers. **SHOES for this class MUST NOT BE WORN OUTSIDE** - even from the parking lot or front door. Shoes track in dirt, glass, rocks that can injure dancers in classes that require bare feet OR hurt bare hands. Change shoes in the lobby. **The shoes that you wear for this class should ONLY BE USED FOR THIS CLASS.**

JAZZ (Kindergarten and up)

Students are introduced to traditional jazz terminology and technique through stretching, center work, across the floor and combinations. Students are introduced to more difficult movement, turns, leaps and jumps as their technique, strength and flexibility builds.

Attire:

Girls: Leotard, tight dance shorts, jazz pants, tights and tan jazz shoes or any color that is flesh tone. Hair off the face. **Longer hair in a ponytail or bun.**

Boys: Tight fitting top in school colors, jazz pants. NO SWEATPANTS or BAGGY PANTS.

ACRO (2nd grade and up)

This class is for students looking to work on their turns, leaps and acrobatics. This class will include center work, across the floor and mat work. Students will work alone and in pairs to work on technique, strength, and flexibility. The primary focus of this class will be to build skills necessary to excel in acro and other disciplines. Each student will work on their own syllabus, in their own time frame.

Attire:

Girls: Leotard, tight fitting dance shorts or leggings. Shoes not required. Jazz shoes/'foot undies' can be worn, otherwise bare feet. NO SOCKS.

MOM & ME: TINY TOTS: Ages 18-30 months/Accompanied by a Parent/Caregiver.

Currently not on our schedule

Tiny Tots is a fun opportunity for child and parent/caregiver to bond and move in an open, creative & active play space. The instructor helps raise awareness of different parts of the body and aids in the progress of gross motor skills: skipping, running, jumping, galloping, singing and clapping. Little ones are introduced to shapes, colors, nursery rhymes & following directions. Parents assist students by helping them fly, spin, skip & breakdance!

Attire:

Parents/Guardians: Comfortable clothing/work-out attire. No shoes.

Children: Ballet clothes (tutus welcome!) or comfortable attire. Ballet Shoes or bare feet.

No formal recital. Open house/informal recital.

MOM & ME: HIP-HOP (Kindergarten and up)

Currently not on our schedule

This class is a great way for kids/parents to connect, have fun and be active! Class will consist of a cardio warm-up and fun combinations to new/classic music. All guardians welcome! This class performs in the Spring recital.

Attire:

Tight fitting top, sweatpants/dance pants, clean sneakers. **SHOES for this class MUST NOT BE WORN OUTSIDE**-even from the parking lot/sidewalk. Shoes track in dirt, glass, rocks that can injure dancers in classes that require bare feet OR hurt bare hands. Please change shoes in the lobby. **The shoes that you wear for this class should ONLY BE USED FOR THIS CLASS.**

MUSICAL THEATRE JAZZ (6th grade and up)

This class will address Jazz techniques necessary to excel on the stage. The class will include center work, across the floor and dance combinations. Storytelling, Character and Broadway tips/tricks will be addressed by accomplished faculty.

Attire:

Girls: School Colors. Fitted Dance Attire. **Longer hair in a ponytail or bun.**

***Please wait until your first week of class before purchasing shoes, as this is at the discretion of the teacher**

Boys: School Colors. Fitted Dance Attire. Black tap shoes/Black Jazz Shoes.

TAP (Kindergarten and up)

Tap students are introduced to traditional tap terminology, steps and technique through center work, across the floor and tap combinations. Rhythmic tap and musical theatre style tap addressed in Advanced Levels.

Longer hair in a ponytail or bun.

Attire:

Leotard, tight dance shorts/jazz pants, black tap shoes (tie, buckle or velcro)

BALLET / JAZZ SPECIAL NEEDS All ages.

This class will introduce ballet/jazz terminology, across the floor work and stretching. Students will be assisted by faculty/students and explore the free expression of dance in a fun, positive structured setting. Please email Director Elaine Young at elaine@ncdacademy.com for more information.

ADULT CLASSES

JAZZ

Currently not on our schedule

Students are introduced to traditional jazz terminology and technique. Class will include a cardio warm-up, core strengthening, stretching, center work, across the floor and dance combinations to new/classic music.

Attire:

Workout/dance attire. Black/Tan jazz shoes or bare feet. **Recital optional**

TAP (Beg/Int/Adv levels offered) students are introduced to traditional tap terminology, steps and technique through center work, across the floor and tap combinations. These classes perform in the Spring recital.

Attire:

Workout attire/dance attire. Black tap shoes. **Recital optional**

HIP-HOP is a fun dance/cardio workout for all adult and all levels. Fun combinations taught to fun music.

Attire:

Workout attire. SNEAKERS for this class **MUST NOT BE WORN OUTSIDE** – even from the parking lot or front door. Shoes track in dirt, glass, rocks that can injure dancers in classes that require bare feet.

Please change shoes in the lobby. **No recital**