



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.

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 Director Elaine Young at ncdacademy@gmail.com.

CLASS DESCRIPTION

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

For the **3-4 year old classes**, *students must be 3 years of age by September 1, 2024*. There may be some flexibility with this age group only.

For the **4-5 year old classes**, *students must be 4 years of age by September 1, 2024*.

Both age groups are drop-off classes (i.e. parents/caregivers do not participate). 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/dancepants 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. Change shoes in the lobby. The shoes that you wear for this class should ONLY BE USED FOR THIS CLASS.

CONTEMPORARY (8th 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.

CONTEMPORARY/LYRICAL (9th 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/dancepants 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/bun.

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

JAZZ TECHNIQUE: Turns, Leaps & Acro (8th grade and up)

This class is for Advanced 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, flexibility and height. The primary focus of this class will be to build skills necessary to excel in other disciplines. This class will have a short combination (approx. 1 minute in length) that will perform at recital and potentially be paired with another class/Production.

Attire: Girls: Leotard, tight fitting dance shorts or leggings. Shoes not required. Jazz shoes/foot thongs sometimes worn, otherwise bare feet. NO SOCKS.

LYRICAL (5th grade and up)

Lyrical classes combine ballet and jazz technique to teach students fluid movement that tell a story to music. Beg/Int classes will address ballet technique. Int/Adv classes will build on dancers' current ballet technique for across the floor work, center work and lyrical combinations.

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

MODERN (6th grade and up)

Modern classes focus on traditional modern terminology, center, across the floor work and combinations. Instructors introduce and pull from a variety of Modern techniques including but not limited to Graham, Horton, Limon, Cunningham etc.

Attire: Girls: Leotard, tight fitting dance shorts, tights, leggings or jazz pants. No shoes. NO SOCKS.

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

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)

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 TAP/JAZZ (9th grade and up)

This class will address both Tap & 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. Black tap shoes/Black Character Heels.

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.

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 ncdacademy@gmail.com for more information.

ADULT CLASSES

ADULT JAZZ 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. No recital.

ADULT 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.

CARDIO DANCE is a fun aerobic dance workout that works your entire body while moving to popular/contemporary music. A class that combines the best of dance, stretch, conditioning and aerobics class.

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.

DANCE FIT combines cardio/dance and weight training to stretch and strengthen your muscles. Dance Fit is a fun version of bootcamp for your body!

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.

ZUMBA is a fun dance/cardio workout that combines Latin/Jazz/Hip-Hop dance moves to work your entire body. Zumba is a full hour class that leaves you sweaty and energized.

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.