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<http://browarddanceacademy.com>

**Artistic Director: Jessica Roesener, BS Dance & BFA Theater**

### **Technique Classes for all ages 7 through adult-**

**Ballet/Pointe technique** focuses on placement and ease of movement and musicality. Careful explanations of exercises and theory help students to use the ballet vocabulary in a simple, practical way. Exercises at the barre prepare the dancer for more complicated rhythms and combinations in the center. **To be eligible for the pointe class you must be a dancer that has taken ballet for at least 2 years and be at least 11 years old or otherwise recommended by the teacher.**

**Tap dance** explores rhythm, syncopation and musicality. These classes will consist of warm-ups followed by stylized movements across the floor and aggressive, funky, rhythm oriented combinations.

**Jazz dance** will focus on elements of weight, rhythm and sharp movement qualities. These classes will begin with a center floor warm-up, continue with isolations, and end with across the floor exercises and contemporary combinations. These classes will combine hip-hop, fast paced funk, classical jazz and lyrical movements for a well-rounded jazz dancer. **To be a better jazz dancer we recommend you also take a ballet class because ballet is the basis for all dance forms.**

**Modern dance** is the study of practices that work with balance, direction and momentum, release of the joints, and individual expression. These classes are designed to prepare the dancer to move fully through space, to use personal expression, and to develop an awareness of self and space.

**Lyrical dance** strengthens the body and focuses on interpretation and musicality. Exercises include ballet and jazz positions, stretching, coordination movements, turns, jumps, and floor work. Freeing and joyful, the dance style takes its inspiration and moods directly from the music, bringing its roots and emotions into the choreographed movements. **Students enrolled in this class must be enrolled in both ballet and jazz classes.**

**Hip-Hop** class focuses on a combination of three main elements in hip hop dancing, popping, locking, and break dancing. Class begins with a warm-up in the center, progresses through isolations and end with a combination or across the floor. Teachers focus on incorporating rhythmic qualities of music into the dancers' body as well as learning to "follow the leader," as there is no real defined technique for hip hop dancing. The emphasis is on finding a comfort zone for the dancer and teachers encourage individuality and confidence in the movement. **Dancers enrolled in hip-hop are encouraged to train in jazz dance to become well rounded jazz/hip hop dancers.**

**Boys Only Hip Hop** is designed for all ages 5 and up. This class will help establish the dancers self esteem and musicality. It will begin with a warm-up and continue on through center and across the floor to fun and motivating combinations.

**Stretch & Condition** Class is designed for all ages 7 and up to enhance a dancer's training by focusing on different types of stretching. Thera-bands, partner stretching, barre and floor stretch will be used in combination with strength training and the overall conditioning of a dancers' body. Students are encouraged to work at their own levels to achieve personal goals.

**Salsa dance** focuses on partner dancing, working with complicated rhythms and fancy footwork. Solo or couples are welcome to participate in this class, which is open to all ages 7 and up.

**Company Class** is for all students 7 through adult who want more opportunities to perform for the community, and go to competitions. Company class is free of charge; however participants must be enrolled in a Ballet class as well as the Stretch and Condition class. Regular attendance will be required to be a member of the Company. **Extra costume and competition fees may apply.**

## **BDA Petite Dancers**

**CM** (Creative Movement) is a class designed specifically for 2 year olds. Students will learn basic locomotor skills along with essential listening skills needed for dancing. Creative movement games and activities will be used as tools for creativity and learning in a fun way.

**BTC** (Ballet, Tap and Creative Movement) is a class designed specifically for 3 and 4 year olds. Students will learn basic ballet technique and vocabulary; basic tumbling and basic tap terminology in a nurturing environment. Creative movement games and activities will be used as tools for creativity and learning in a fun way. **Students must be potty trained to participate in this class.**

**BT** (Ballet & Tap) is a class designed specifically for 5 and 6 year olds. Students will learn ballet technique and vocabulary and tap fundamentals in a class setting that teaches self-confidence and interpersonal skills. This class is designed to prepare students for all of our level 1 technique classes.