



## Adult Class Levels

### **Intro**

This class is designed for complete beginner to try out the dance style. Every 4 weeks the class will begin a new series of class sessions. This level is recommended to those completely new to dance.

### **Basic Beginning**

These classes are designed for beginners. Instruction on alignment and posture will be emphasized as well as body, feet, and arm positions. Terminology and vocabulary will be taught as the class progresses. Students will begin with simple warm-up and basic floor combinations. Small jumps and traveling steps will be introduced as the semester progresses. Stretch and strengthening exercises will also be taught for students to practice at home. Each class builds on the week before, so students are encouraged to enroll for this level for the full benefit of the course.

### **Beginning for Non-Beginners**

These classes are designed for dancers that have completed the Basic Beginning level or for those wanting to review the fundamentals. An emphasis on placement, technique, terminology, placement, balance, and strength will be provided. Students can expect a full warm-up, small and medium jumps, and an introduction to turns and more complex combinations.

### **Advanced Beginning**

Must have at least 2 years of dance experience. This is a good level for non-beginning dancers unsure of their level, those returning after some time away from the studio, and those confident at the Beginning level. Dancers should have a full understanding of terminology. Students can expect a full warm-up followed by center with turn and jump combinations.

### **Intermediate**

Must have several years of dance experience. Students can expect a faster paced class, longer combinations, and increased complexity. Dancers comfortable in the Advanced Beginning level that wish to build stamina, strength, and receive more of a challenge are welcome to take this class.

### **Advanced Intermediate**

This fast-paced class is for high intermediate and advanced dancers. An excellent class for professionals, teachers, and college students.