

JUNEAU DANCE UNLIMITED

CLASS DESCRIPTIONS

Creative Movement

Utilizing songs, music and children's literature, children will enhance their body awareness by learning about breath, body structure and functioning; brain development by creating and participating in rhythmic and locomotor movement patterns and social communication skills by learning to participate, follow and to lead in a group setting.

Studies In Movement

Designed for the rapidly developing coordination of students ages 4-6, this class will explore variations in both small muscle and large muscle movements. This class will also include work with movement sequences and rudimentary ballet skills.

Ballet Basics

Ballet Basics is a developmentally appropriate introduction to ballet positions and movements for young children. Class work will include loco motor skills and musical concepts.

Ballet I

Ballet I is an introduction to ballet technique for children. Class work will include locomotor skills and musical concepts. Both adagio and allegro movement sequences will be presented.

Ballet II

Ballet II is a ballet technique class for children. Class work will include locomotor skills and musical concepts. Adagio, allegro, and turning sequences will be presented. The class is geared toward children who have had previous dance experience.

Ballet III

Ballet III takes the vocabulary and comprehension of ballet technique to the next level. The class includes barre and center work. All basic ballet principles are applied on simple terms. Several relevé combinations are given at barre and center to prepare students for Pointe work in the future.

Ballet IV

Ballet IV is the most advanced class offered. The class consists of a full ballet class including barre and center work, combinations, and an understanding of ballet on a much higher level. Students are given the opportunity to dance at a level to be admired. Pointe work is included for those en Pointe.

Teen/Adult Ballet

This class is an open level ballet class. The class provides the basics of ballet principles and a comprehension of terms and technique. It is a full class with barré and center work on simple terms to be understood and practiced. Following the outline of a full true ballet class, this class gives students the basic vocabulary and ability to dance.

Hip Hop - Children

No prior dance experience needed. This fun-filled class is meant for kids who want to get out and try something new. The class teaches rhythm, musicality, coordination, and age-appropriate hip hop and pushes kids to work on their creativity with different kinds of free style hip hop. We will also work on basic dance technique and skill building, while learning a fun and up-to-date routine.

Hip Hop - Adult/Teen

This is a fun and exciting class for students with no prior dance training. "Old" and "new" school moves are introduced in this upbeat class for those who are willing to try something different. Flow to the beats of the latest songs as you warm-up and learn an exciting, lively dance routine. Also get ready to be working on building core strength and working up that stamina with lessons in basic dance technique while going over essential skills such as kicks, leaps, jumps, etc.

Hip Hop - Advanced

This class is meant for those with prior experience in dancing. Not only will we work with main stream hip hop, but also experiment with newer venues such as contemporary expressions of hip hop. At the same time we will build up on muscle strength and stamina with important dance skills such as kicks, stalls, C jumps, leaps, turns, toe touches, etc. This class is meant for the strong willed and those who are up for trying something new, fun, and different, while also looking for creative ways to express themselves. Instructor placement only – Audition required.

Modern/Jazz Fusion I

American Modern Dance was developed in the late 1800s and early 1900s as a reaction to the strictures of classical ballet. Modern Dance continues to thrive and grow. There is a particular emphasis on self-expression and the creative process in Modern Dance. American Jazz Dance can trace its roots back to Africa and the West Indies; to American slave culture and to the development of American jazz music. Jazz Dance also continues to develop--recent offshoots of Jazz Dance are Break and Hip Hop styles of dance.

Modern/Jazz Fusion I is an introductory class for dancers 8-12 years of age. The students will become familiar with basic technique and movement phrases based on classic American Modern Dance. They will also be introduced to the quick, sharp steps and long, pulling movement phrases of American Jazz Dance.

Modern/Jazz Fusion II

Modern/Jazz Fusion II is a class designed for dancers 8-12 years of age who have previous dance experience. The students will continue their exploration of the American Modern and American Jazz forms of dance. More complex step combinations and turning sequences will be presented. Emphasis on the creative/choreographic process will be expanded.

Modern

Modern dance is a technique also described as contemporary dance. The roots of Modern dance are mostly American. Modern dance was first considered a rebellion against the constraints of classical ballet. Student will learn the basics in Modern technique and an understanding of self-expression and special awareness.