









CDA Class Descriptions and Info

Class Name	Class Description	Age/Time/Day	Attire
<p>Dance with Me (Mommy, Daddy or Caregiver)</p> 	<p>In this class children can discover the excitement of dance as well as share a special time between parent or caretaker and child. Children will sing, play games, stretch, and increase self-confidence while being introduced to basic dance concepts with the security of a caretaker. Dance with me will allow your child to explore the concepts of creative dance through playful activities designed to help your child learn and grow.</p>	<p>18 mos – 2 yrs 4:00PM – 4:30PM</p>	<p>Pink Leotard Pink ballet shoes</p>
<p>Beginner /Intermediate Combination Classes</p> 	<p>Combination classes are a great way for students to experience different types of dance in a short amount of instructional time. Classes are available for students 3 year olds and up. The main focus of combination classes is on students having fun and enjoying dance as an everyday activity.</p> <p><i>Little to no dance experience ages 2.5 to 9 years old.</i></p>	<p><u>Beginner Pre-School</u> 2.5 – 4.5 yrs (Ballet/Tap) Tues 4:00-4:45pm Sat 9:00-9:45 am Wed 10-10:45am</p> <p><u>Beginner/Intermediate Combination Class (Ballet, Tap, Jazz)</u> (Ages 4-6yrs old) Sat - 10:30AM-11:30AM Tues - 4-4:30PM</p> <p><u>Beginner Elementary Combination – Ballet / Tap / Jazz – (6-9yrs old)</u> Thurs 5-6PM</p>	<p>Pink Leotard Pink ballet Shoes Tan Ushell Tap Shoes (aka Mary Janes)</p>
<p>Level Combination Classes</p> 	<p>This combination class focuses on getting students ready to transition from combination type classes to full hour classes in a specific style of dance. Ballet class will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.</p> <p><i>Some dance experience needed</i></p>	<p><u>Level 1</u> 5 – 6 yrs_Ballet, Tap, Hip Hop/Jazz Sat 11:00 -12:00 am Thur 4:30-5:30 pm</p> <p><u>Level 2</u> 6 – 8 yrs_Ballet, Tap, Jazz Tues 4:45 -6:00 pm Sat 9:45 -11:00 am</p> <p><u>Level 3</u> 6 – 9 yrs_Ballet, Tap, Jazz Tues 5:30 -7:00 pm</p> <p><u>Level 4</u> 8 – 11 yrs_Ballet, Lyrical, Tap, Jazz Thurs 5:30 -7:00 pm</p> <p><u>Level 5</u> 9 – 12 yrs Ballet, Lyrical, Tap, Jazz Tues 6:00 – 8:15 pm</p>	<p><u>Level 1 & Level 2</u> Purple Leotard UShell tap shoes Tan (Mary janes) Pink Ballet Shoes</p> <p><u>Level 3</u> Light Blue Leotard Pink Ballet Shoes Tan Ushell Tap Shoes (Mary Janes)</p> <p><u>Level 4</u> Light Blue Leotard Pink Ballet Shoes Tan slip on Jazz Shoes Tan Ushell Style Tap Shoes</p> <p><u>Level 5</u> No loose fitting clothing No tshirts Leotards Sports bra/booty shorts Jazz pants Sport tanks Pink Ballet Shoes Black Slip on Jazz Shoes Black Jazz Style Tap Shoes – Lace</p>
<p>Beginner Teen/Adult</p>	<p><i>This class is designed to challenge the older beginner student.</i> Jazz class has a</p>	<p>13yrs & up Tap and Jazz Tues 7:00 -8:15 pm</p>	<p>Form fitting dance wear Leotards</p>

	<p>warm up, across the floor exercises, leaps, and turning with an emphasis on spotting. Combinations incorporating various styles of classical jazz movement is taught to create routines with turns, leaps and jumps. Tap is taught using heel work and alternate foot patterns and of course technique of the basics is taught.</p>		<p>Bra top, shorts Yoga pants No loose clothing Black tap shoes Pink Ballet Shoes Black Jazz Shoes</p>
<p>Intermediate Teen</p> 	<p>This class is for the student who has demonstrates a readiness for a higher level of work and exploration. Students will explore the element of the day and work on this element through technical exercises and movement across the floor.</p> <p><i>Previous Dance Experience needed; not for beginner</i></p>	<p><u>Intermediate Teen/Jr Company</u> 11 – 13 yrs Ballet, Lyrical, Tap, Jazz Thurs 7:00 - 9:15 pm</p>	<p>Black tap shoes Pink Ballet Shoes Black Jazz Shoes</p>
<p>Advanced Teen</p> 	<p>This class is for students with previous dance training. Students focus on perfecting more intricate moves, adding speed and complexity into their routines. This is an Intermediate/Advanced level class.</p> <p><i>Dance Experience Required; not for beginners; see Beginner Teen Class</i></p>	<p>13 yrs & up /Senior Company Ballet, Lyrical, Tap, Jazz Thurs 7:00 - 9:15 pm</p>	<p>Black tap shoes Pink Ballet Shoes Black Jazz Shoes</p>
<p>Advanced Adults</p> 	<p>CDA is just as dedicated to providing quality adult dance instruction as it is to Children's dance classes. CDA offers adult dance instruction in ballet, tap, and jazz. In our adult program there is a place for everybody. You are never too old or too young to take one of our adult dance classes.</p> <p><i>Intermediate/Advanced Skill Sets</i></p>	<p>18 yrs and older Ballet, Tap, Jazz Tues 7:00 – 9:15 pm</p>	<p>Form fitting dance wear Black tap shoes Pink Ballet Shoes Black Jazz Shoes</p>
<p>Adult Tap</p> 	<p>Adult Tap students will focus on the fundamentals of tap technique while getting a great workout and having fun!</p> <p><i>Beginner Tap Class</i></p>	<p>Wed 11:00 – 11:45 am</p>	<p>Comfortable clothing, yoga pants</p> <ul style="list-style-type: none"> - Any style black tap shoes
<p>TLC – Turns Leaps and Conditioning</p> 	<p>Turns, Leaps & Conditioning class helps dancers of all levels. The class incorporates movements and techniques from ballet and jazz. This class will focus on increasing students flexibility, and focus on leaps and turns.</p> <p><i>Dance Experience Needed</i></p>	<p>9 yrs & up Tues 6:00 – 7:00 pm</p>	<p>Form fitting dance clothing Jazz Shoes Twylas or Turners</p>
<p>Musical Theater</p> 	<p>A form of stage dance that combines jazz dance with acting and song. In this popular dance class, we will explore all aspects of Broadway-style stage dance.</p> <p><i>Some Dance Recommended</i></p>	<p>9 yrs & up Tues 5:00 – 6:00 pm</p>	<p>Form fitting dance clothing Jazz Shoes</p>

<p>Hip Hop</p> 	<p>These classes teach the fundamentals of hip hop movement. They are upbeat and high energy classes. Stretching, isolations, rhythms, musicality, upper body strength and funky footwork will all be incorporated. Students will learn to memorize choreography by working on a combination each class.</p> <p>All levels</p>	<p><u>Level 1</u> – 5 – 9 yrs Wed 5:30 -6:15 pm</p> <p><u>Level 2</u> 10 yrs & up Wed 6:15 -7:00 pm</p>	<p>No jeans Hip Hop pants Shorts Top Sneakers</p>
<p>Floor Gymnastics</p> 	<p>Floor Gymnastics serves as physical and conceptual prerequisite for more advanced gymnastic skills. This class helps students gain strength and flexibility while safely focusing on the three fundamental tumbling skills: balance and support, rotations, and springing and landing. Students will be moved up in class level based on skill NOT age</p> <p>Beginner – No Experience needed Intermediate – Floor Gym experience needed; Back bend, walk over, cartwheels Advanced- Round Offs, Back Hand Springs</p>	<p><u>Monday/Tuesday Evenings</u> 5:30PM - 6:15PM – Young Gymnastics 6:15PM – 7:00PM – Intermediate Gymnastics 7:00PM – 8:00PM– Advanced Gymnastics</p> <p><u>Thursday Evening</u> 6:15PM-7:00PM – Intermediate Gymnastics 7:00PM-8:00PM – Advanced Gymnastics</p>	<p>Leotard Sports bra Booty shorts Bike shorts (no loose fitting clothes)</p>
<p>Pre-Pointe/Pointe</p> 	<p>Pointe (Ballet) is for students at least 12 years old who have acquired an acceptable level of strength, flexibility, and endurance. Dancing on pointe requires strength and skill and is a central part of a female ballet dancer's training and repertoire. Placement in this class is at the teacher's discretion. To be on pointe, a student must take at least one Ballet class. Teacher evaluation needed prior to registering.</p>	<p>Pre-Pointe - 5:00PM – 6:00PM (Ages 10 and up) – Teacher Placement Only</p> <p>Pointe (Ages 12 and up) - 6:00PM – 7:00PM – Teacher Placement Only</p>	<p>Black leotard Pink tights Pointe Shoes</p>