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*Our Mission: Quality, artistic education and personal growth in an inclusive learning environment.*

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## **CHILDREN & TEEN CLASS DESCRIPTIONS**

*Descriptions show suggested age guidelines; however, children are carefully evaluated and placed individually.*

**CHILDREN'S BALLET CLASSES** - A classical performing art combining poses and steps with flowing movement. Using technique as a liberating force, each student is encouraged to express their individual strengths and personality through dance.

### **Preschool Division**

- **Mommy/Daddy & Me** – An exploratory class designed for 2-3 year olds with an accompanying adult. This class introduces young children to the joys of creative dance, music and structured play. Recommended one class per week.
- **Level A1** – A dance awakening class for potty-trained 2 ½ – 3 ½ year olds, introducing young children to the joys of movement and music through dance, tumbling, percussion and imaginative play. Recommended one class per week.
- **Level A** – A pre-ballet class for 3 ½ - 5 year olds that will introduce children to more formalized movement and initial ballet postures through the use of organized play. Recommended one class per week.
- **Level B** – Ballet Class for 5 and young 6 year olds that presents the primary curriculum, expanding on the initial postures and movement from Level A. Now is the time to learn to do everything with a little more care, but with just as much enjoyment. Recommended one class per week.
- **Level C** – Ballet Class for children who are 6 years old as of August and who have reached the appropriate physical development. Additional elements to the Level B curriculum will help prepare students for the Primary Division. Recommended one class per week.

### **Primary Division**

- **Level I** – The young dancer ages 7- 10 will begin to work through the class like a professional dancer. The exercises are divided into two parts – those taken at the *barre* and those in the centre. Required two classes per week.
- **Level II** – This level is for children who have accomplished the elements of Level I. Level II introduces more exercises at the *barre* and a larger vocabulary of movement in the centre. Required two classes per week.

### **Secondary Division**

- **Level III** – For those students who have accomplished the elements of Level II, this class will introduce pirouettes and pre-pointe exercises and will develop the strength required for more mature dance technique. There will be additional performing opportunities at this level. Required two classes per week, three classes per week very highly recommended. *Students are eligible to audition for CityDance Ensemble.*
- **Level IV** – For students who have advanced in the elements of Level III including pre-pointe. The curriculum requires the strength gained from more mature physical development and will progress towards more complex choreography and a substantial increase in pointe work. There will be additional performing opportunities at this level. Required three classes per week as well as one alternate discipline. *Students are eligible to audition for CityDance Ensemble.*
- **Level V** – Additional technique classes added to Level IV curriculum and increased pointe work. *Students are eligible to audition for CityDance Ensemble.*

### **Open Level Ballet for Pre-teen and Teens**

- **Youth Ballet** – An open level beginner/refresher class for pre-teens and teens new to ballet or for those who have experienced a lapse in ballet training. Suitable for students ages 11 and above. Recommended one class per week. .

(Continued on reverse)

**ALTERNATE DISCIPLINES** – Genres and styles of dance that compliment and support the developing dancer's training and quest for fun. Includes recreational classes.

**KIDSKARDIO JAM**- An open level high-energy class for the recreational student who wants to dance for fun while jamming to the latest pop music. This class boosts confidence while building agility and fitness. Suitable for children ages 7 and above, this class meets once per week.

**CREATIVE DANCE** – An open level recreational dance class designed to lead students through an exploration of free-flowing creative movement. Students learn basic dance skills and develop their own choreography. Class aims to inspire students through the joy of dance. Appropriate for 7-11 yr olds; class meets once per week.

**CHILDRENS TAP** – An open level class designed to develop rhythm, style and percussive sound in a fun setting. This class encourages proper technique that produces clear tap sounds. Suitable for children ages 6 and above. Recommended one class per week.

**CHILDREN'S HIP-HOP** - An open level class that infuses the latest styles of street dance with the fundamentals of breaking, popping, and locking. Suitable for children ages 7 and above, this class is meets once per week.

**MODERN DANCE (Beginning)** – Using the Horton Technique of Modern dance this class develops the body as an instrument of movement. Students must be concurrently enrolled in the Primary Division, Secondary Division, Youth Ballet or a Jazz Styles class to enroll.

**MODERN DANCE (Intermediate)** - This Horton Technique class will use more advanced modern dance elements and choreography. Students must be concurrently enrolled in the Primary Division, Secondary Division, Youth Ballet or a Jazz Styles class to enroll.

**JAZZ STYLES I** – An introductory class that exposes young dancers to formal training in classical, contemporary and funk jazz styles. The class provides a solid foundation for the developing dancer. Suitable for children ages 7 -10, this class meets once per week.

**JAZZ STYLES II** – Building on the skills from Jazz Styles I, this class introduces more core strength exercises and a larger technical vocabulary, including leaps and turns. Suitable for children ages 11 and up, this class meets once per week. *Previous dance experience recommended.*

**CONTEMPORARY JAZZ (Intermediate)** - An intermediate class designed to expose students to a broad range of jazz vocabulary. The class develops a deep technical awareness by focusing on strength, flexibility, agility, performance skills and the choreographic process. *Concurrent enrollment in the Secondary Division, Beg/Int Modern Dance or Youth Ballet is required. This class is by recommendation or invitation only, and meets once per week.*

**YOUTH LATIN FUSION** - An open level class that surveys popular styles such as Cha-Cha, Salsa and Bachata, and offers students a solid foundation for further training. No partner necessary. Suitable for preteens and teens, this class meets once per week.

**COMPANIES & TEAMS** – By audition/recommendation only, these options are for the serious student who has a passion for dance as a performing art. Pre-requisites required.

**CITYDANCE ENSEMBLE** - A **performance company** offering the serious student a pathway to pre-collegiate and pre-professional training. Students rehearse multiple days per week to receive formal ballet, modern and jazz training. Rehearsals culminate in community performances and educational field trips. *Students must be enrolled in the Secondary Division. Suitable for students ages 11 and above, placement is by audition only.*

**CITYDANCE TEAM** - A **competitive dance team** that trains multiple days per week in a variety of styles. The team will travel to local and regional dance competitions. Dancers ages 8 and up are encouraged to inquire. *Placement is by recommendation or invitation only.*