

Cuppett Performing Arts Center

~ Class Descriptions for the 2016-2017 School Year ~

7/29/16

Age 3-4

Lil' Dudes Rhythm ~ Boys will learn the basics of rhythm and coordination with an emphasis on balance and basic gross motor skills. The class will include a variety of music genres as well as the use of props, such as age appropriate floor beam, balance blocks, tunnels and tumbling mats. Boys wear sneakers and street clothes that they can easily move in; no jeans please. Students must be potty-trained/potty independent and age 3 by Nov. 1, 2016.

Creative Dance I & II ~ This 45-minute class offers our very young students an introduction to music and movement. Various props and music are used to stimulate and nurture the imagination. Our aim is to instill a love for dance movement! Students must be potty-trained/potty independent and age 3 by Nov. 1, 2016.

Age 5-6

Beginning and Advanced Combination ~ Each one-hour session incorporates instruction in both Ballet and Tap (and Tumbling-basic gymnastic moves-for Beginning). Children learn the basics of rhythm, coordination, grace & posture. Beginning level is for students age 5 as of Nov. 1, 2016 ~ Advanced level is for students age 6 as of Nov. 1, 2016.

Age 8+

Musical Theatre A & Musical Theatre B ~ Our theatre classes incorporate theatrical skits and performances from recent Broadway shows. Level A is for students ages 8-10, and Level B is for students ages 11-14. Both classes teach improvisation, singing, dance and movement, theatrical skills and use of stage props.

Age 7-9

Ballet I, II, III & Tap I, II, III ~ Young dancers (age 7 and up) start in Ballet I and/or Tap I, then proceed to the next level each year thereafter. These one-hour sessions are designed to teach the basics of Ballet and Tap. Ballet III students who wish to eventually pursue Pointe classes are encouraged to take two Ballet III classes per week. Ballet III students perform with the older ballet students in the annual Spring Ballet instead of the Recital. See Ballet & Tap sections below for more detailed descriptions of these all-important dance styles! Ballet is necessary for Cuppett Dance Company qualification and many other types of dance!

Junior Hip Hop ~ See description for Hip Hop below; for 7-8 year olds! Dancers must be 7 by Nov. 1, 2016.

Boys Hip Hop ~ See description for Hip Hop below; for your 6-8 year old! Dancers must be 7 by Nov. 1, 2016.

ACRO I, AI, AII, B, C, D ~ Acro-Dance combines classical dance technique with acrobatic elements. Includes contortion, tumbling, partnering, and dance such as jazz, musical theatre, contemporary, and ballet; guaranteed to increase flexibility and strength! Acro I is for beginners age 7 & up, and Acro AI, AII, B, C, and D are progressions of level I. New students with acrobatic/gymnastic experience can be evaluated for placement.

Age 9/10 to 18

Ballet ~ Ballet is the foundation for all dance forms and is an integral part of the curriculum at CPAC. The Center teaches the best of both the Russian and Italian (Cecchetti) methods. For students age 9 to 11 who are just beginning their ballet training, we offer a **Pre-Teen Ballet** class. Students who have completed Ballet I through III progress to PrePointe with a Cecchetti class and then to Pointe A with Cecchetti, and so on (through Level C). The **Intensive Ballet Program** offers a more intense study of ballet by providing 5-7 hours per week of instruction in Technique, Pointe work, Cecchetti and Variations that has consistently resulted in measurable strengthening and overall improvement of the serious ballet student. Current CPAC students are selected by invitation; new students must audition for the program. **Every ballet student, beginner through advanced, receives the benefits of poise, grace, self-assurance and a firm foundation for ALL forms of dance!** Our **Pilates/Variations** class is offered to greatly enhance our C-Level students and is part of the Intensive Ballet "C" Program.

Tap ~ Tap classes develop a keen sense of rhythm, coordination, timing and style. For students age 9 to 11 who are just beginning their tap training, we offer a **Pre-Teen Tap** class. Students who have completed Tap I through III progress to level IV, V, VI, and on to Intensive Tap A, B, C, and D. The Intensive Tap classes are more demanding and students are placed by invitation. Beginning teens start in Teen Tap I and progress to Teen Tap II/III.

Jazz ~ Jazz is a stylized theatrical dancing, conceived in America, given birth by the established and varied techniques of dance, and influenced by the musical styles of each succeeding decade. Students are accepted into Jazz I at the age of 9 and after they have completed two years of ballet. All students must take a separate ballet class to supplement the jazz class. Those students who complete Jazz I will continue to progress with Jazz II, III, IV, A, B, C or Company Competition levels. The only exception for no additional ballet class is the **Teen Jazz** series, which incorporate some ballet barre into the classes.

Teen Classes ~ For teen students who are beginning or experienced dancers, CPAC offers Teen Ballet, Teen Jazz I & II (does not require a ballet class), and **New!** Teen JAM class, that will offer a combination of Acro, Hip Hop, and Jazz to create a unique dance class experience. Dancers will learn the technical aspects of each style as well as turns, jumps, leaps and dynamic Acro & Hip Hop movement.

Contemporary/Modern dance is primarily the study of Martha Graham's technique, enhanced with exercises and selected repertory from other modern masters such as Paul Taylor, Merce Cunningham, Mark Morris, and Twyla Tharp. The continued study of Modern dance provides students with an unmatched level of strength and technique that will also enhance performance in other dance forms. With ballet choreography becoming increasingly 'modern', dancers benefit from learning this contemporary way of moving. Students are accepted into this class at age 10 and at least Ballet III level. A separate Ballet class is required.

Character ~ Character is a stylized modification of ethnic dance forms using the ballet discipline. The preparation for this form includes unique barre and floor exercises designed to build strength and technique. Many of the combinations and dances are designed to emphasize the sounds and rhythms of the music. Students are accepted into Character at age 10 and at least PrePointe ballet level. A separate Ballet class is required.

Lyrical ~ Lyrical is a ballet & contemporary-based class focused on training dancers to express themselves artistically to music. The 'A' Level is for students placed Pointe AI or higher; the higher levels are by placement. A separate Ballet class is required.

Hip Hop ~ Hip-Hop is a broad collection of urban street dance styles including Breaking, Popping, Locking, Turfing, Jerkin and Krumping. Hip-Hop dancing evolved from Hip-Hop culture and includes elements from Jazz, Rock, Tap, American and Latino dance cultures. It is a very energetic form of dance that can be choreographed or improvised.

Adult Classes ~ Adult Tap is offered for adult students with at least 2 years of tap experience. Adult Ballet Workshops are offered twice a year: one from late Sept to mid-Nov and one from mid-Jan to early May. Adult Modern requires prior dance experience; if interested, please contact the office for more information.

CUPPETT DANCE COMPANY ~ Eligible students for the beginning levels must be placed and enrolled in at least PrePointe, a jazz class, and one additional class per week (3 classes total/week), plus the Company class. The Amethyst level is for students who have passed their Cecchetti I exam and are placed in Jazz 4. Gold, Purple, Teal, and Silver levels are for students who have passed their Cecchetti II exam, are placed in Jazz A or higher, and are at least in the 7th grade. Amethyst, Gold, Purple, Teal, and Silver members are required to take two Ballet, one Jazz, and one Tap class per week, plus the Company Modern/Technique class for competitors and the Company class. **All Company Levels enjoy multiple performing opportunities during the year in both competitive and non-competitive scenarios, all in a positive and encouraging environment, with a focus on giving back to others and to the community.**