

Class Descriptions for the 2023-2024 School Year ~ Cuppett Performing Arts Center

Age 2-3

Dance Together ~ This 45-minute class offers our very youngest students (w/ a guardian) 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!

Age 3-4

Creative Dance ~ This 45-minute class offers our younger 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 Sept. 30, 2023.

Age 5-6

Beginning and Advanced Combination ~ Each one-hour session incorporates instruction in both Ballet and Tap. Children learn the basics of rhythm, coordination, grace & posture. Beginning level is for students aged 5 as of Sept. 30, 2023. Advanced level is for students aged 6 as of Sept. 30, 2023.

Age 7-9

Mini Jazz ~ Dancers learn the basics of rhythm & coordination and are introduced to basic jazz technique through simple turns, jumps, progressions and combinations. For students aged 7 as of Sept. 30, 2023, and for those interested in Mini CDC. A separate Ballet (level 1 or higher) is required.

Junior Acro ~ Acro (see description below) for 7-8-year-olds! Dancers must be 7 by Sept. 30, 2023.

Junior Hip Hop ~ Hip Hop (see description below) for 7-8-year-olds! Dancers must be 7 by Sept. 30, 2023.

Ballet I, II, III & Tap I, II, III ~ Young dancers (age 7 and up) start in Ballet I and/or Tap I, and usually 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 classes per week. Ballet III students perform with the older ballet students in the annual Spring Ballet instead of the June 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.

Age 8-14

Musical Theatre ~ Our Musical Theatre program incorporates theatrical skits and performances from Broadway or Movie Musical shows. This class teaches improvisation, dance and movement, theatrical skills, and use of stage props.

Age 9/10 to 18

Ballet ~ Ballet is the foundation for most dance forms and is an integral part of the curriculum at Cuppett PAC. The Center teaches the best of both the Russian and Italian (Cecchetti) methods. For students aged 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. Students must be placed in a Pointe level to participate in the Intensive Program. Intensive A is by Invitation. Every ballet student, beginner through advanced, receives the benefits of poise, grace, self-assurance, and a firm foundation for multiple forms of dance! Our **Variations /Pilates** class is offered to greatly enhance our C-Level students' training and is part of the Intensive Ballet "C" Program.

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.

Acro ~ Acro-Dance combines classical dance technique with acrobatic elements. Includes contortion, tumbling, and dance such as jazz, musical theatre, contemporary, and ballet; guaranteed to increase flexibility and strength!

Contemporary ~ A blend of genres incorporating Ballet, Jazz, Modern and Lyrical. This movement-based class will focus on artistry, creativity, musicality, and improvisation. Must be concurrently enrolled in Pointe B / Jazz A or higher.

Hip Hop ~ A broad collection of urban street dance styles including Breaking, Popping, Locking, Turfing, Jerkin', and Krumping. This style 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.

Jazz ~ A stylized theatrical dance discipline, 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 after they have completed at least one full year of ballet and are enrolled in Ballet 2 or higher level. 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. **Pre-Teen & Teen Jazz** series, which incorporate some ballet barre into the classes, do not require a separate ballet class.

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

Modern ~ Primarily focused on 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. Continued study of Modern dance provides students with an unmatched level of strength and technique that will also enhance performance in other dance forms. Students are accepted into this class at age 10 and at least Ballet III level. A separate Ballet class is required.

Pilates ~ Mat-based class that focuses on strength, stability, posture, proper breath control, and flexibility. Class work will focus on balancing all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. For Pointe B & C dancers.

Tap ~ Tap classes develop a keen sense of rhythm, coordination, timing, and style. For students aged 9 to 11 who are just beginning their tap training, we offer a **Pre-Teen Tap** class. Beginning teens start in **Teen Tap**. Students progress from Tap I through Tap VI. Tap A, B, and C are more demanding, and students are placed by invitation.

Teen Classes ~ For beginning or experienced dancers: Teen Acro, Teen Ballet, Teen Tap and Teen Jazz (no separate ballet class required).

Adult Classes ~ Adult Ballet, Adult Pilates, Adult Tap Beginning, and Adult Tap Intermediate (at least 2 years of tap experience).

Cuppett Dance Company ~ By Audition Only. Minis, Juniors, and Seniors. For Eligibility Requirements visit www.CuppettPAC.com.