

CLASS DESCRIPTIONS

School Year 2026-2027 ~ Cuppett Performing Arts Center

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 **aged 3 by Sept. 30, 2026**.

Age 5-6

BEGINNING & 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 by Sept. 30, 2026**. Advanced level is for students **aged 6 by Sept. 30, 2026**.

Ages 7 and up

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! Beginning at age 7 by September 30, 2026.

BALLET ~ Ballet is the foundation of most dance forms and a core part of the Cuppett PAC curriculum, combining the Russian and Italian (Cecchetti) methods. Progression starts at age 7 with Ballet I-II, then Ballet III with Cecchetti I, to PrePointe with Cecchetti, and then Pointe levels A, B & C with Cecchetti (Minimum two classes ballet classes per week). Second-year Pointe B and C dancers are eligible for a Spring Ballet Contract Role. Ballet II and up perform in The Spring Ballet instead of the June Recital. For students aged 9 to 11 who are just beginning their ballet training, we offer a **Pre-Teen Ballet** class and for dancers starting at age 12 or older, **Teen Ballet**. All students gain poise, grace, confidence, and a solid base for all styles of dance.

CHARACTER ~ Character is a stylized modification of ethnic dance forms using 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.

CONTEMPORARY ~ Contemporary/Lyrical is a movement-focused class incorporating a blend of styles. Students will develop their musicality, creativity, and dynamics through choreography and improvisation. Open to students in PrePointe & up; concurrent ballet class required.

EN POINTE ~ By Invitation; a 6-week required course (required) for dancers new to pointe.

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 may take Mini Jazz starting with Ballet I and may take 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**, which incorporate some ballet barre into the classes, do not require a separate ballet class.

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.

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.

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 levels.

STRETCH & CONDITIONING ~ Required for all Company dancers.

TAP ~ Tap classes develop a keen sense of rhythm, coordination, timing, and musicality. Dancers progress from Tap I-Tap VI and then Tap A-C. For older students just beginning their tap training, we offer **Pre-Teen Tap** (ages 9-11) and **Teen Tap** (Ages 12 & up).

PRE-TEENS ~ For beginning or experienced dancers ages 9-11: Pre-Teen Ballet, Pre-Teen Tap and Pre-Teen Jazz (no separate ballet class required).

TEENS ~ For beginning or experienced dancers ages 12 & up: Teen Ballet 1 & 2, Teen Tap and Teen Jazz (no prerequisites or separate ballet class required).

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

CUPPETT DANCE COMPANY ~ By Audition in May. Minis, Juniors, Teens and Seniors. For eligibility requirements visit www.CuppettPAC.com.