

## VIBEyxe Classes 2021-2022

**Ballet:** \* Required for Preliminary & Competitive Programs except if only enrolled in Hip Hop

Ballet is the foundation for every dance discipline, due to the highly precise and formal technique. Our ballet program follows the RAD syllabus and we offer classes for everyone.

**Pointe:** A portion of ballet technique beginning in Grade 5 Ballet, incorporating pointe shoes allowing the dancers to fully extend to the tip of their toes.

**Jazz:** Requisite(s) Preliminary: Ballet Competitive: Ballet, Acro, Flex, Progressions & Conditioning

Starting at the age of four, our Jazz program offers dancers the opportunity to further their dance education. With a strong emphasis on technique, flexibility and strength, Jazz is fun class with lots of style & sass! Our Jazz Program follows the ADAPT syllabus & is complimented by the Flex, Progressions & Conditioning classes.

\*Required for all competitive students.

- **\*Flex:** Our Flex instructor has completed specialty training, to guide our students through the Alixa Flexibility program. Safe and effective methods and techniques will be implemented, to improve flexibility in all dancers.
- **\*Progressions:** Progressions facilitate the dancers in improving technique and acquiring new skills! Through this class, the dancers progress to higher levels, and master new jumps, turns, & combinations.
- **\*Conditioning:** Our Conditioning class provides dancers with the necessary stamina & strength needed to properly execute elements in their performances! Dancers will receive training in PBT, Sugarfoot Therapy, HIGH Fitness & bootybarre.

**Tap:** Requisite(s): Ballet

Tap dance is a genre which helps dancers with coordination, rhythm & musicality. Dancers use their shoes to execute the steps and make precise clear sounds with their feet. Following the CDTA syllabus our tap program is designed for all.

**Jazz/Tap Technique:** Requisite(s): Ballet, Jazz & Tap \*Recommended for Levels 1 & 2 and are highly recommended for Levels 3+

Our Jazz & Tap Technique classes are additional classes offered to those enrolled in our Competitive Program. These classes are beneficial for every dancer as they provide further training to advance the dancers technique and ability, as well as provide the opportunity for dancers to take their ADAPT/CDTA exams (both optional).

**Acro:** Requisite(s): Ballet & Jazz (Flex, Progressions & Conditioning) \*Recommended for all dancers enrolled in competitive jazz

Following the Acrobatic Arts syllabus, this program focuses on strength and flexibility to execute acrobatic movements, seamlessly, on-stage. Our program makes every child feel like they are improving, at their own pace, and feeling confident along the way. This fun and exciting program is a blast for everyone!

**Hip Hop:** Requisite(s): none

Hip Hop welcomes everyone! This fun class will get you grooving from the minute you walk into the studio! This program will focus on proper technique of various Hip Hop styles, as well as incorporate the history of Hip Hop and how it has evolved to what you see today. If you are looking for fun and/or a challenge, try this class!

**Lyrical/Contemporary:** Requisite(s): Ballet & Jazz (Flex, Progressions & Conditioning)

Both lyrical & Contemporary are a fusion of ballet & jazz technique. Dancers use fluid, continuous & graceful motion to express feelings conveyed through the story & emotion of a piece of music.

**Modern:** Requisite(s): Ballet

Modern is a form of dance that adds a new dimension to the dancers training. Starting at level 5, this style allows dancers to further their emotional execution & express themselves through their movements.

**Musical Theatre:** Requisite(s): none

Musical Theatre is a form of theatrical performance that combines song, acting & dance. A strong performance on stage is a combination of technique & storytelling.

**VIBE 'n' POMS:** Requisite(s): Ballet & Jazz

Pom represents the intersection between dance and cheerleading! This fun, upbeat class will be a combination of our jazz and acro technique, executed with sharp cheer movements. And the best part... poms!!! This class is new to VIBE and we're so excited to be able to offer it to our dancers this season! (Poms are provided)

