

AMPERSAND ACADEMY

A DANCE AND PERFORMING ARTS SCHOOL

Spring CLASSES RUN Sept. -Dec. *Classes begin Tuesday Sept. 4th! Classes run for 15-16 weeks each session

Registration forms are available at the studio (293 Water St.) or online: AmpersandDance.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
A	Find us on Facebook! facebook.com/ ampersand.dance	2:45-3:45 Ballet L1/L2B (Grades 7-12)	4-4:30 Creative Mov. (Ages 3-4) Sarah	2:30-3:45 Pointe II (Teacher approval)		4:30-5:15 Acro 1 (Grades 2-6) Austin
B			4:15-5:15 Tech L1A (Grades 4-6) Rachel			5:15-6:30 Acro 2 (Grades 6-12) Austin
A	4:00-5:00 Ballet/ Tap (Ages 4-5)	3:45-4:45 Ballet L1/L2A (Grades 4-6) Kath	4:30-5:30 Ballet/Tap (Grades K-2) Sarah	3:45-4:30 Bollywood I (Grades 3-5) Kath		
B	4:00-5:00 Ballet/ Jazz (Grades 1&2) Rachel	4-4:45 JAZZ (Grades 2&3) Rachel	5:15-6:15 Tech. L1/2 B (Grades 7-10) Rachel	4:30-5:15 Bollywood II (Grades 6-9) Kath		
A	5-5:30 Creative Mov. (Ages 3-4)	4:45-5:45 Ballet/ Tap (Ages 4.5-6) Kath	5:30-6:15 Tap L1 & L2A (Grades 4-6) Sarah	4:45-5:15 Competition (Mini) (Teacher Approval)		NP = a non performing class. Skills and technique only.
B	5-5:45 Hip Hop I (Grades 1-3) Rachel	4:45-5:45 Ballet/ Tap (Grades 2&3) Rachel	6:15-7:15 Tech. L2A (Grades 5/6 teacher approval)	5:15-6:00 Hip Hop II (Grades 4&5) Rach		Levels = years of weekly Ballet or Tech. Classes
A	5:45-6:15 Jr. Bollywood (Ages 6-8) Rachel	5:45-6:30 Acting I (Grades 2-5)	6:15-7 Tap L1B (Grades 7-12) Sarah	6:00-7:00 Jr Company** (Grades 4&5)		Level 1= 0-2.5 yrs. Level 2 = 2.5-4.5 Level 3= 4.5+ yrs.
B			7:15-8 Hip Hop III (Grades 6-8) Sarah	6:30-7:15 Acting II (Grades 6-10)		Level 4= Teacher approval Abbr. L1, L2, L3, L4
A	6:30-7:30 R Company** (Grades 6-8)	6:30-7:30 Tech. L3B (Grades 9-12)	7:15-8 *Comp (Jr.) (Teacher approval)	7-8:15 *Comp. (Teen) (Teacher approval)		A= Grades 4-6 B= 7-12
	7:30-8:30 Contemporary Ballet L2A/B (Grades 6-12) Rachel	7:30-8:15 Tap L2B (Grades 7-12) Rachel	8:00-8:45 Jazz hip hop fusion Beg. Intermed. Adult Rachel	7:15-8:15 Pointe I (Teacher approval) Katherine		* students must meet competition requirements
	8:30-9:30 B Company** (Grades 9-12)	8:15-9:15 Tech. L4B (Teacher approval)	8:45-9:30 Adult Tap 2+ years exp.	8:15-9:00 Hip Hop IV (Grades 9-12)		** students must also be enrolled in technique class.

Class descriptions and level requirements

Creative Movement: Ages 3&4. An introductory class designed to help improve coordination and encourage spontaneity and self-confidence. It is a fun way for students to explore movement through different rhythms in music, develop motor skills, channel energy, stimulate imagination and promote creativity. There is a maximum of 9 children per class (with one - two assistants) to allow for individual attention in a controlled environment. **Classes available on Monday and Wednesday afternoons.**

Combo classes: Half an hour each week of both styles. Students perform two dances in each show.

See below for description of styles.

Ages 4-6: Classes available on Monday, Tuesday & Wednesday afternoon.

Ages 6.5-9: Classes available on Monday, Tuesday & Wednesday afternoons.

Hip Hop: Ages 7-9. An age appropriate introduction to the fundamentals of Hip Hop dance. Class focuses on hip hop technique, strengthening and choreography. **Class is on Monday nights from 5:00-5:45.**

Jazz: Jazz dance takes the technique from ballet and stylizes it. Allowing for sharper, faster and more individualized movements. It is best if the dancer has had one or more years of dance before taking this class.

Theatre: Grades 2-9. An introduction to the fundamentals of theatrical performance, terms, concepts, and practices. Students will learn about theater vocabulary, structures, listening skills, cooperation, ensemble building, vocal exercises, physicality, improvisation and more.

Acro Dance: focuses on body awareness and body control while learning tumble passes to the child's ability on a safe, step by step basis. Students must also be enrolled in a ballet or technique class. A fun atmosphere with emphasis on achievement! **Grades 2-12.**

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Contemporary Ballet: Grades 6-12. In comparison with classical ballet, contemporary ballet is a little bit more flexible—combining the traditional form of ballet dance with components and aspects of other modern dance influence. **Level 2 and above class. Not for beginner dancers. Must have 2 or more completed years.**

Technique: A uniquely wonderful class that is designed to give you the tools to be the best dancer you can be. The focus is on Jazz, Lyrical and Contemporary (levels 3&4) exercises and choreography. Class also includes a ballet barre and center balance, strength and flexibility training. Class placement is decided by age and years of weekly dance classes, and ultimately by the instructor. See class schedule for Level chart.

Ballet: The base of most forms of dance, ballet consists of stylized controlled movements and positions which develops ultimate strength, flexibility and poise. Classes focus on classical barre and centre work which are essential for all aspiring pointe or contemporary dancers. Class placement is decided by age and years of weekly dance classes, and ultimately by the instructor. *See class schedule for Level chart.*

Pointe: This class is for those students who have successfully completed Ballet 2B. Pointe dancing is very beautiful and rewarding but very hard work. This class is rigorous and designed for the serious dancer. Dancers must be enrolled in a Tech. class or Ballet 2B as well. Dancers start in the pointe I class.

Company: Time is dedicated to learning choreography and performance preparation. Students in one of our 3 company classes have the opportunity to perform in local parades, holiday events and talent shows. Students must be registered for a technique class and be prepared for any style of dance! :) Open to **all** Grades 4-12.

Bollywood: A modern dance style infused with many Indian and Western dance styles- like Bhangra, Jazz, Hip Hop, Modern and more! It's a high energy class that is fun for all ages!

Tap: Tap Dance is a timeless art that combines dance and percussion. Class begins with warm up exercises in the center that increase control, coordination, and rhythm, followed by across the floor exercises that teach dynamics, phrasing, and musicality, concluding with improvisation exercises and choreography. The goal is to develop tap dancers that are equally strong musicians, dancers, and performers.