



KICKS' 2020 - 2021 Class Descriptions

Fundamental

KICKS' Fundamental Program is especially designed for children ages 2 - 6 years old. Keeping in mind the developmental abilities of each age group, these classes emphasize basic dance skills, creative movement and classroom etiquette. To ensure that every class is exciting and fun, we incorporate "prop dancing" into many of the activities. With the use of scarves, rhythm instruments, bean bags, and many other props, students will learn the basic elements of dance movement: balance, body & spatial awareness, rhythm, coordination and quality of movement. With the emphasis on creative expression and physical awareness, you can be assured that your child is receiving a solid foundation and learning to love dance at the same time!

Toddler Time: 2*- 3 year olds / Creative Dance - 45 minutes

(Students in this class will NOT perform in the year-end recital)

The objectives for this class are to build a love for dance, discover movement as a form of self-expression, master basic developmental skills, get comfortable with standard classroom etiquette and introduce musical awareness skills. Students will learn through repetition and imitation. Consistency in class structure provides an atmosphere that will give dancers a feeling of control and accomplishment. Imaginations will be stimulated and coordination skills will improve as they fly like birds, pop like popcorn or "dress-up" for a special Ball. Other areas of focus will include body & spatial awareness, large & fine motor skills, coordination & balance skills and group participation. There is the option to "Dance with Me" meaning a parent/guardian attends class with the dancer and they participate in class together. The other option is for those young dancers who are ready to dance without a parent/guardian. * *must be 2 by August 31st*

Fundamental A: 3*- 4 year olds / Creative Dance - 45 minutes

(Students in this class will perform one routine in the year-end recital)

The objectives for this class are to build a love for dance, discover movement as a form of self-expression, master basic developmental skills, get comfortable with standard classroom etiquette and introduce musical awareness skills. Students will learn through repetition and imitation. Consistency in class structure provides an atmosphere that will give dancers a feeling of control and accomplishment. Imaginations will be stimulated and coordination skills will improve as they fly like birds, pop like popcorn or "dress-up" for a special Ball. Other areas of focus will include body & spatial awareness, large & fine motor skills, coordination & balance skills and group participation. * *must be 3 by August 31st*

Fundamental B: 4* - 5 year olds / Pre-Ballet & Tap - 60 minutes

(Students in this class will perform two routines in the year-end recital)

Students at this level will be challenged to maintain focus and energy for a longer time period as their lesson is now extended to a full hour. Basic Ballet terminology will be presented, along with steps that can be executed properly. In Tap, dancers will gain increased rhythmic & coordination skills. Creative expression is developed more fully, with the continued integration of props, and students will be encouraged to express their independent thinking skills during creative activities rather than always just imitating the teachers' movements. * *must be 4 by August 31st*

Fundamental C: 5* - 6 year olds / Pre-Ballet & Jazz - 60 minutes

(Students in this class will perform two routines in the year-end recital)

Dancers in this division will continue to develop their Fundamental Ballet skills, but will also enjoy a new exposure to Jazz. The combination of Ballet & Jazz provides the perfect balance of fast & slow. Students will be taught how to perform more advanced formations & patterns and will learn how to memorize longer combinations of steps. Creative expression is developed more fully and will be exercised through abstract & advanced movement concepts. * *must be 5 by August 31st*



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Classic - Combo, Select & Open

In KICKS' Classic Program, students in grades 1 through 12 have the option of choosing their favorite subjects and will be challenged as they advance through each division. Dancers will find their experience the perfect outlet to enjoy music, movement, friends and fitness.

Understanding that children today are often involved with many different sports, school and church activities, this program is a fabulous way to incorporate dance into their lifestyles without having to choose it as their only activity. In addition to the obvious benefits of dance education, students will gain skills that are sure to enhance their other activities:

- Strength, Coordination & Flexibility for Sports
- Confidence, Creativity & Artistic Expression for Theater/Drama
- Presentation, Style & Attitude for Dance or Cheer Teams

Classic Combo (Beginner-Low Intermediate) *Students in these classes will perform two dances in the Recital-per class enrolled*

Combo A: 1st & 2nd Grade

Combo B: 2nd & 3rd Grade

Combo C: 3rd & 4th Grade*

All Classic Combo classes are 75 minutes long and will cover two different dance styles. These divisions are designed to introduce the dance genres offered in the Classic Program and to solidify beginner skills and vocabulary. Dancers are encouraged to try as many subjects as possible during these grades - either by taking more than one class per week or by trying a different grouping each year. This will provide the most possible options to students once they progress to the Classic Select Divisions.

* Experienced 4th graders should move to Classic Select, unless doing a new dance style.

Classic Select (Intermediate - Advanced) *Students in these classes will perform 1 dance in the recital - per class enrolled*

Select A: 4th - 6th Grade (45 minute classes)

Select B: 6th - 8th Grade (45 - 60 minute classes, depending on style)

Select C: 8th - 12th Grade (60 minute classes)

The Classic Select divisions are designed to offer the best ability to customize your preferred schedule. Instead of a pre-determined pairing of subjects, dancers will now have the flexibility to pick their absolute favorites. Many in these divisions will choose to take more than one class per week. You will find options with classes scheduled back-to-back or may choose to take single classes on different days of the week, working them more easily into your schedule.

Students must have **prior experience** before entering these divisions; and may only take Ballet, Tap or Hip Hop if it was included in their prior experience. Participation in any subject will be determined based on student's specific prior experience and dancers may only take subjects if they did not break from them for more years than they participated.

Classic Open (No Pre-Requisites)

These divisions offer all the benefits as our other Classic divisions, but do not have any pre-requisites. Participants will experience the joy of movement & the expressive outlet, supplement other programs in which they may be involved, learn new skills, make new friends and more!

Subject Descriptions

Ballet is the foundation of all dance forms, providing important technique and personal discipline. Students will develop grace, control, strength and fluidity in their movement.

Tap dancing offers students a great opportunity to focus on their coordination and musical awareness. The skills gained in this class will carry over to every other subject. Tap skills are also a wonderful supplement for any students interested in participating in theater/musical stage performances.

Jazz classes will offer a combination of pop, funk and dance-team styles of movement. Jazz dance instruction offers dancers over-all body fitness, flexibility & technique set to their favorite "top 40" music.

Theater Jazz classes will focus on traditional Broadway dance techniques. Participants will enjoy performing more character & stylized movement, as well as increasing performance, pantomime and improv skills.

Lyrical combines the fluidity & technique of Ballet with the style & freedom of Jazz. Most frequently performed to moderate tempo vocals ("top 40" ballads), this style teaches how to express emotion through movement.

Contemporary takes Lyrical "up a notch" by incorporating elements of Modern dance; making it more abstract, where Lyrical is more fluid. This style is combined with Lyrical for our more experienced dancers.

Hip Hop combines funk, video and street styles of movement. Students will gain a better sense of body control, coordination and stamina while enjoying the movement to today's most popular (age-appropriate) music.

Acro combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Dancers will gain flexibility in their backs and gain strength in their arms. They will work on basic gymnastic tumbling moves and passes.