

## **Adult Division Class Description**

If you are unsure of which class to enroll in, email [info@dansapce.com](mailto:info@dansapce.com) or talk to your instructor after class.

### **Ballet**

#### Fundamentals Ballet Lab

Offered twice per year. An in-depth analysis starting from the very beginning, and working into more complex steps and concepts of Ballet. A perfect introduction to Ballet, a great re-entry tool if you want to come back to Ballet, and a wonderful opportunity for continuing students to refine their understanding of technique. Students who would like to join Beginning Ballet do not need to complete Ballet Fundamentals in order to enroll. Offered as a series only, no drop-ins.

#### Beginning

For students who have never taken a Ballet class before or for those who have danced in the past and want to get back into class. Recommended for all levels of dancers who want to begin dancing or those who want to supplement their current class schedule. Offered as a series. Drop-ins okay at the discretion of the instructor.

#### Advanced Beginning /Intermediate

For students who have completed Beginning Ballet and long-time students getting back into ballet class. Recommended to take at least one year of Beginning Ballet. Offered as a series, Drop-ins okay at the discretion of the instructor.

#### Advanced Ballet

Offered to teens and adults who have been in class consistently for at least 2-3 years. Drop-in only, no class card or series tuition required. Please email [info@danspace.com](mailto:info@danspace.com) if you have questions about whether this is the right class for you.

### **Feldenkrais ATM**

The Feldenkrais Method is a wide ranging system for understanding how human beings function and learn how to learn, using the body as its primary laboratory. This class explores movement that is then translated to Ballet class and other explorations of how our bodies move. This class is offered during the summer as a series.

### **Beginning Hip Hop**

A great class for all levels of dance. Enjoy the upbeat music mixed with a total cardio workout that takes you through some basic movements in Hip Hop. We start with a warm up consisting of stretching and strengthening, travel across the floor, and ends with learning a dance.

### **Beginning Modern**

The basics of Modern Dance technique are introduced. Class starts with a warm up consisting of stretching and strengthening, travel across the floor, and ends with learning a dance. Offered as a series, Drop-ins okay at the discretion of the instructor.

### **Intermediate/Advanced Modern Jazz**

Emphasizes strength, coordination and style. A jazz movement vocabulary, including jumps, turns, leaps and progressions across the floor is developed into dance combinations. Students sample a wide range of styles from Broadway to classical jazz and funk inspired choreography. For students who have experience dancing in either Ballet, Modern or Jazz. Drop-in only, no class card or series tuition required. Please email [info@danspace.com](mailto:info@danspace.com) if you have questions about whether this is the right class for you.