



Danspace Adult Division

Class Descriptions

Ballet Fundamentals

For students who have never attended a ballet class or have attended ballet class regularly for less than one year.

Beginning Ballet

For students who have attended a ballet class regularly for at least one year and have a good understanding of ballet terminology, movement, and alignment.

Advanced Beginning/Intermediate Ballet

For students who have attended three or more years of ballet regularly and have a solid understanding of ballet terminology, alignment, and execution of movement.

Intermediate/Advanced Ballet

For students who have attended four or more years of ballet regularly at least two times per week and have a solid understanding of ballet terminology, alignment, and execution of movement.

Pointe

Offered following Ballet technique class. You must enroll in the Ballet technique class to register for the Pointe class. Students working in their pointe shoes should attend a ballet class at least twice per week.

All Levels Contemporary Modern

The class is structured as a multilevel class that is great for confident movers, students with some dance movement experience, or dancers who are experienced and looking for a fun class for conditioning and choreography.

Intermediate/Advanced Modern Jazz

For students who have attended a Modern dance class regularly for at least one year and have a good understanding of Modern dance terminology and movement vocabulary.

Feldenkrais

A somatic practice that explores awareness through movement. All levels are welcome.

Repertory

Offered as a fall session and a spring session when there is interest. For students who are currently and consistently enrolled in a class series. Class is run as a 10-week series, students must be able to attend all classes and the culminating performance.

Composition

For students who are currently and consistently enrolled in a class series, or by exception of the teacher. All levels are welcome. Class is run as a multiple week series in partnership with Mary Armentrout, see website for dates and details.

email info@danspace.com to enroll
