

## **Synergy Dance Academy**

### **Classes For Our Beginner Program**

**Fairy Tale Ballet** - This class is specifically designed for ages 5-8 ballerinas. During this class your dancer will discover the magic of fairy tales through the eyes of ballet. They will learn 5 classic ballet/fairy tales with dances and an understanding of the story behind each ballet/fairy tale. This class provides an in studio performance for family and friends every 5th week and a year end recital performance. Our chosen stories are listed under the tab for each day.

**Ballet** - Once a student chooses to study ballet on a continuous basis we know we have inspired of love of the art of ballet. Continuing with ballet training will strengthen all other disciplines of dance. In these non-syllabus ballet classes we offer basic technique, Russian, and other methods. We also stress turnout, rotation, body placement, elevation in leaps, placement in pirouettes and performance skills. Ballet is always suggested to our younger dancers as a way to strengthen their skills for all other subjects.

**Tap** - This class is another great beginner class for dancers age 5-8. Tap focuses on basic tap terminology and movement while enhancing motor skills, spatial awareness, balance, coordination, as well as etiquette and peer interaction. Studying tap will also help your dancer with counting and their musicality in other areas of dance. It's a fun subject for new dancers and they love to make noise with their shiny tap shoes!

**Ballet/Tap** - This combo class is a great option for any dancer in love with both ballet and tap, but wanting a slightly shorter class. dancers will warm up with a strong ballet class for the first 30 minutes and then work on their timing and rhythms in the remainder of the class. Each class performs a separate dance in the recital so we will see the dancers show off their technique in ballet and stand out with their time steps in tap.

**Ballet/Hip Hop** - One of Synergy's most popular classes. First your dancer will get 30 minutes of strong technique and ballet training then they will get a chance to throw down and get funky for the rest of the class. Combo classes are a great way to try two subjects in a reduced amount of class time. These classes perform (2) numbers in the recital so they get a chance to show off both styles.

**Hip Hop** - In this class your dancer will "find their own rhythm". Dancers will be encouraged to freestyle at times in class as well as follow instructed choreography. The music is faster, the moves are bigger and the atmosphere is upbeat! This is a great starter class for dancers of any age with lots of energy and a desire to dance around.

**Jazz** - A more traditional class and one that your dancer will get to show off their technique and flexibility in every week. This class will focus on leaps, turns and clean dance lines. High energy and dedication is a must for a jazz dancer as jazz can incorporate many different styles in it's choreography. A jazz dancer is very versatile and can usually learn other subjects quickly. This is a great class for any dancer wanting to compliment their ballet training and expand their studies.

**Contemporary/Lyrical**- Two of the most beautiful and fluid forms of dance, lyrical and contemporary are at the top of the most popular forms of dance today. Dancers will learn to incorporate style, technique, flexibility and their own creativeness into expressive, story-telling combinations.

The freedom allowed in lyrical/contemporary dancing gives the dancer the chance to push some boundaries while still maintaining the importance of proper training and technique.

**Gymnastics** - This class offers important conditioning, strength and flexibility training by learning basic and advanced acrobatic skills. Class work will be centered on floor work that is very beneficial for dancers who want that extra edge to enhance their dancing.