

# **Synergy Dance Academy**

## **Classes For Our Intermediate Program**

**Ballet** - Ballet is the cornerstone of every other discipline of dance. By the Intermediate level every serious dancer should be taking at least one ballet class per week. Ballet improves dancers overall coordination, grace and poise, muscle toning and alignment/posture. This training builds a more confident dancer, one that can tackle any genre' of dance or handle choreography presented to them. Ballet dance increases a dancers level of endurance because they work hard for longer periods of time. Discipline, Respect and Creativity are emphasized in this class. Ballet classes at this level last a minimum of 1 hour.

**Pointe** - A beautiful but very challenging art-form, pointe is the next step up from a technical ballet class. At Synergy a dancer may be considered to go en pointe by age 11 or 12, depending on the strength, experience and alignment of the dancer. Dancing en pointe requires much dedication and must be accompanied by a weekly ballet technique class.

**Tap** - Always suggested for a well rounded dancer, Synergy offers both rhythm tap and Broadway tap. Tap dancers make frequent use of the syncopation found within the music. This advanced musicality assists dancers in other subjects. Dancers will work towards improving technique and timing in tap class. Center floor work, combinations across the floor and proper tap technique are key components to this class.

**Leaps/Turns** - In this class we focus on the elements required to help put a dance together in addition to the choreography. Different turn and leap combinations will be explored throughout the year continually building as the students' progress. Dancers will have an opportunity during this class to hone and perfect their "dance tricks" in order to make the transition to a choreographed number smoother.

**Contemporary/Lyrical** -One of the most beautiful and fluid forms of dance, lyrical and contemporary are two 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.

**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.

**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.