

# TURNING POINTE DANCE CENTRE

## Class Descriptions

**Ballet:** This is the foundation for all styles of dance with an emphasis on proper technique, poise and balance. It fosters not only an awareness of line, but also tones and strengthens the body while demanding grace and precision.

**Ballet Technique:** A class that dissects the technical elements of classical ballet, strengthening the core and isolating muscles for more accurate use.

**Contemporary:** A combination of Ballet, Jazz and Modern with an emphasis on dramatic interpretation of the music. It utilizes the fluidity of Ballet with the control of Modern and the freedom of Jazz.

**Combination Classes:** Designed to allow dancers to explore multiple styles of dance and discover how they relate to each other.

**Creative Movement:** A pre-Ballet class for young dancers. We focus on simple Ballet movements, such as basic positions, barre technique, taking directions and developing coordination. The goal is to provide a healthy, positive and fun experience to stimulate a growing love of dance.

**Hip Hop:** A dance style that can best be described as a modern fusion of Jazz and street dancing, often seen in music videos. It draws upon styles ranging from pirouettes to break dancing. This popular, fun and energizing form of dance is one of the few disciplines in which personal style and creativity are considered to be very important.

**Jazz:** This class teaches the development of flexibility and control through the use of isolation, turns, leaps and progressing combinations. It helps students discover their own sense of internal rhythm, coordination and personal style.

**Jazz Technique:** A class that focuses on the technique of Jazz-based leaps and turns.

**Lyrical:** A style that incorporates Jazz, Ballet and Modern to move with fluidity while emphasizing the illustration of song lyrics through choreography and performance.

**Modern:** This class applies the strength and flexibility of Ballet to creative interpretation that concentrates on personal expression. It develops intense balance and body awareness, while at the same time encouraging spontaneous movement.

**Musical Theatre:** A form of theatrical performance that incorporates song, acting and dance to tell a written story.

**Pilates:** A form of exercise developed to simultaneously stretch, strengthen, tone and align the body, while eliminating tension and strain on the joints. It is designed to improve posture, balance and coordination, develop optimal core control and increase flexibility and agility.

**Pointe:** An advanced form of Ballet technique done on special Pointe shoes that allows dancers to go up on their toes. Pointe classes are by teacher recommendation only.

**Pre-pointe:** Designed to prepare students for future pointe work by strengthening the foot and ankle as well as practicing proper alignment in order to prevent potential injury.

**Tap:** An American art form in which the dancer creates sound through rhythmic footwork. The dancing focuses on the development of the dancer as a whole and on the clarity of sound.

**Tutus For Tots:** A class for toddlers where the focus is on simple movements, taking directions and developing coordination. The goal is to provide a healthy, positive and fun experience to stimulate a love of dance.