

ADULT CLASS DESCRIPTIONS - AGES 15+

Please consult your doctor before starting any type of exercise and make sure to discuss your needs with our certified instructors before you join the class.

Pilates on the Ball (All Levels)

A high energy, cardiovascular workout on the ball. Challenge your stability; build core strength, tone upper back and arms.

Beginner and Intermediate Pilates

Will focus on principles for exercising and take you through a workout that is right for your whole body.

Gyrokinesis

This class is for all beginning level students. Classes are based around spiraling, expansive movements that look and feel like yoga, swimming, dance, and Tai chi. Movements are performed rhythmically and with specific breath patterns, moving from seated work done on stools to work on floor mats.

Ballet for Beginners

For students with little or no previous ballet experience who are interested in becoming familiar with ballet technique at the barre, in the center, and across the floor.

Ballet Intermediate

This class focuses on ballet technique while giving the student a full body workout.

Intermediate/Advanced Ballet

This class focuses on increased mastery of technique and combinations.

Open Adult Ballet

This class requires a good grasp of ballet terminology. Students work through barre, center practice, allegro and pirouettes.

Modern Improvisation

This class is for all ages and emphasizes freedom of movement and structured improvisation. No prior dance experience necessary.

Modern Basics

For students with a basic understanding of modern dance. This class will familiarize, challenge and focus on basic modern dance skills such as body awareness, qualities of movement, technique and terminology.

Open Adult Modern

Open to students who have a basic understanding of modern dance. This class will take you through a full body movement experience.

Modern Intermediate/Advanced

This is a fast-paced class for students interested in studying more complex combinations, weight shifts and rhythms.

Open Adult Jazz

This class is for the experienced dancer who is interested in more complex combinations and rhythms. This is a fast paced class that will energize and strengthen students.

Open Hip-Hop (Teen -Adult)

This dance class is a fun and energetic workout. Students will gain an understanding of the technique and style of Hip-Hop.

YOUTH CLASS DESCRIPTIONS - AGES 3+

Creative Movement (ages 3-5)

An introduction to dance emphasizing imagination, self-expression and developing movement skills. Utilizes music to introduce rhythm and qualities of movement.

Creative Movement II/Intro to Modern (ages 5-7)

Further development of movement, patterns in space and sequences.

Beginner Modern (ages 8+)

An introductory class for PTP III students and others. This class will explore the basic ideas of modern dance including shifting of weight and musicality.

Intermediate Modern (ages 11+)

An intermediate class, for PTP IV students and others. This class offers a more in depth exploration of modern dance. Teacher permission required.

Advanced Modern (ages 13+)

An advanced class for PTP V students and others. This class will work on more complex combinations and technique. Teacher permission required.

Youth Jazz/Hip-Hop (ages 7+)

This class is open to all levels. Students will learn the fun technique of Jazz combined with Hip-Hop.

Teen Jazz (ages 10+)

This class offers teens a fun approach to dance. Students will learn unique combinations and develop a better understanding of jazz technique.

Pre-Ballet (ages 3-5)

A creative, fun-filled approach to the basics of ballet.

Ballet I (ages 5-7)

Two years of Pre-Ballet required before attending this class. This class emphasizes more ballet technique and structure.

Ballet Level II (ages 7+) *Pre-Professional Training Program (Audition Required)

This Level is the introduction to the PTP Program. Classes offer a more in-depth training experience for the students. Students at this Level also are required to attend the Repertoire Class. Students who wish to advance in the PTP Program are encouraged to attend the Intro to Modern class offered on Tuesdays.

Ballet Level III (ages 9+) * Pre-Professional Training Program (Audition Required)

This is the second Level in the PTP Program. At this stage in the students training they are introduced to the Beginner Modern and Pre-Pointe as well as two technique classes weekly and a

repertoire class. At this Level the students training will focus on developing the technical skills needed in order to advance as well as strength training to prepare the student for Pointe work.

Ballet Level IV (ages 11+) *Pre-Professional Training Program (Audition Required)

This is the third level in the PTP Program. Students take three technique classes weekly, Repertoire, Pointe, and Intermediate Modern. The training for this Level is more advanced and the students are given more complex combinations as well as choreography. At this Level most students will begin dancing on Pointe.

Ballet Level V (ages 13+) *Pre-Professional Training Program (Audition Required)

This is the fourth and highest Level for the PTP Program. These students attend three technique classes weekly, Repertoire, Pointe, and Advanced Modern. The classes offered at this Level are advanced and focus on mastering the student's technique, skill and strength.

*** All Repertoire Classes require full registration for the PTP Program. All other classes including Ballet Technique Level II-V and Beginner - Advanced Modern are open to non-PTP students with permission from Kathryn Contessa, Director of Studio Programs. For more information regarding the PTP Curriculum and or questions about classes please contact Kathryn Contessa, 734-747-8885 or dgkcontessa@sbcglobal.net**

Dance Gallery Youth Ensemble (ages 8-teen) (Audition Only)

Fall 2006 Audition will be September 9, 10:30-12:30. Please call for further information.