

# 2011 Classes at Trudy's School of Dance

## ***Combination Classes (Ages 3-8)***

These classes are designed to introduce the dance disciplines of Ballet and Tap to our youngest students. We plan each class to incorporate both singing and dancing games with activities that help reinforce dancing basics. We use both creative movement and acrobatics to lead aspiring dancers through a series of exciting progressions to help get them ready for our curriculum classes of Jazz, Tap and Ballet.

**Baby Bloomers**      **Ages 3 - 4**  
Mon 5:30- 6:15 Studio B  
Tues 4:15- 5:00 Studio B

**GiggleToes**      **Ages 4 - 5**  
GiggleToes 1:      Tues 4:00-5:00 Studio A  
GiggleToes 2:      Wed 5:45-6:45 Studio B  
GiggleToes 2:      Thurs 4:00-5:00 Studio A

**Danc-N-Beats**      **Ages 6 - 8**  
Danc-N-Beats 1:      Wed 4:45-5:45 Studio B  
Danc-N-Beats 2:      Tues 5:00-6:00 Studio B  
Danc-N-Beats 2:      Thurs 5:00-6:00 Studio A

## ***Jazz & Tap Curriculum Classes (Ages 8 - Teens)***

Jazz dance is a discipline of dance that was created to match the rhythms and techniques of jazz music. Descended by early 20th century African Americans, jazz dance incorporates a series of isolation and coordination exercises which is supported by a strong background in the understanding of the ballet technique.

Tap dance is a form of dance that is characterized by the percussive sound of metal plates attached to the dance shoe. It stems from the 19th century dance forms of the Jig and Clog and typically incorporates jazz dance technique sometimes favoring a classic Broadway style of dance.

**Just-4-Kix**      **PreTeens & Teens    Level 1**  
Ballet Recommended, but not required.  
  
Jazz:      Wed 6:45-7:30 Studio B  
Tap:      Wed 7:30-8:15 Studio B

**Rizin' Starz**      **Ages 8-10      Level 2 (was Mon 4B)**  
Ballet Required  
  
Jazz:      Mon 4:00-4:45 Studio B  
Tap:      Mon 4:45-5:30 Studio B

**Pop-A-Razzi**      **Ages 10+      Level 2**  
1 Ballet Class Required, 2 Ballet Classes Recommended  
  
Jazz:      Mon 6:15-7:00 Studio B  
Tap:      Mon 7:00- 7:45 Studio B

## **ElectrX**

### **Teens**

### **Level 3**

1 Ballet Class Required, 2 Ballet Classes Recommended

Jazz: Tues 5:00-5:45 Studio A

Tap: Tues 5:45-6:30 Studio A

Lyrical: Tues 6:45-7:30 Studio A

## **Mystiques**

### **Teens**

### **Level 4**

1 Ballet Class Required, 2 Ballet Classes Recommended

Jazz: Thurs 6:00-6:45 Studio A

Lyrical: Thurs 6:45-7:30 Studio A

Tap: Option 1: Graduate Tap on Mon 6:15-7:00 Level 3 Studio A

Option 2: Rhythmic Aces on Mon 8:30-9:00 Level 4 Studio A

# ***Adult Classes (Ages 18+)***

## **DreamCatchers**

### **Level 1**

Ballet: Thurs 7:30-8:15 Studio B

Jazz: Thurs 8:15-9:00 Studio B

Tap: Wed 8:15-9:00 Studio B

Lyrical: Tues 6:45-7:30 Studio A

## **Sophisticates**

### **Level 2**

Ballet: Tues 6:00-6:45 Studio B

Lyrical: Tues 6:45-7:30 Studio A

Jazz: Tues 7:30-8:15 Studio A

Tap: Tues 8:15-9:00 Studio A

## **Graduates**

### **Level 3**

Ballet: Thurs 7:30-8:30 Studio A

Tap: Mon 6:15-7:00 Studio A

Jazz: Mon 7:00-7:45 Studio A

Lyrical: Mon 7:45-8:30 Studio A

# ***Ballet Curriculum Classes (Ages 8+)***

Ballet is a classical form of dance demanding grace and precision through formalized steps and gestures. Intricate patterns are practiced to develop strong dancing techniques that support all forms of dance. Ballet builds strength, discipline and poise in the dancer and is best understood and executed after 8 years of age.

## **Intro to Ballet**

Mon 5:30-6:15 Studio A

## **Ballet 1**

Wed 4:00-5:00 Studio A

<b>Ballet 2</b>	Wed 5:00-6:00 Studio A
<b>Ballet 3</b>	Wed 6:00-7:00 Studio A Includes pre-pointe work
<b>Ballet 4</b>	Wed 7:45-8:45 Studio A Includes pointe work
<b>Ballet Technique</b>	Thurs 7:30-8:30 Studio A Level 2 - 4 Secondary class for all ballet curriculum students
<b>Ballet Production</b>	Wed 7:00-7:45 Studio A By invitation only

## ***Hip Hop Classes (Ages 6+)***

Learn the latest dance moves as seen on MTV, music videos, and reality dance shows from MTV's *MADE* Coach, Miss Neasy Griffin. Don't be shy if you've never gotten funky before, we have a Level 1 class just for you! And if you've got a little experience in throwin' it down then head over to Level 2 for some challenging dancin' beats. NEW...Hip Hop for our youngest students: Baby Bop is here for our 3-5 year olds!

<b>BabyBop</b>	<b>Ages 3-5</b> Thurs 3:30-4:00 Studio B
<b>Workout JamCrew</b>	<b>Ages 10 - Adult      Level 1</b> Intro to Hip Hop and Workout Jam Tues 6:45-7:45 Studio B
<b>PopRockz</b>	<b>Ages 6 - 12</b> Level 1                      Thurs 5:15-6:15 Studio B Level 2                      Thurs 4:15-5:15 Studio B
<b>Graffitiz</b>	<b>PreTeen - Adult      Level 2</b> Thurs 6:15-7:15 Studio B

## ***Specialty Classes***

<b>Baby Bop</b>	<b>Ages 3 - 5</b> Hip Hop for our youngest dancers... our 3-5 year olds! Thurs 3:30-4:00 Studio B
<b>Workout JamCrew</b>	<b>Ages 10 - Adult      Level 1 and up</b> Get your Jam On! Hip Hop into a great one hour workout that keeps your mind in the groove and your body in shape! Tues 6:45-7:45 Studio B

## **Lyrical**                      **Ages 16 - Adult**

Lyrical dance involves expressive, personal emotions that typically tell a story. It is a combination of Jazz, Ballet, and Modern techniques that become a vehicle for emotional truth. Lyrical is typically reserved for the mature teen or adult that is capable of tapping into the emotion required to execute this technique.

Level 1/2:                      Tues 6:45-7:30 Studio A  
Level 3:                        Mon 7:45-8:30 Studio A  
Level 4:                        Thurs 6:45-7:30 Studio A

## **Modern**                      **Ages 12 - Adult**                      **Level 2 and up**

Modern dance is a style of theatrical dance that rejects the limitations of classical ballet and favors movement deriving from the expression of inner movement. It is typically open to individual interpretation, thus allowing for a range of modern theories and schools of thought.

Tues 7:45-8:45 Studio B

## **Rhythmic Aces**                      **Ages 16 - Adult**                      **Advanced Tap Level 4**

For the quickest feet on the East Coast, check out our Advanced Tap class!

Mon 8:30-9:00 Studio A

## **Ballet Technique**                      **Ages 10 - Adult**                      **Level 2 and up**

Simply... a Ballet Class. This class offers our curriculum students the opportunity to strengthen and enhance their skills learned in their primary ballet class. Adults are welcome too!

Thurs 7:30-8:30 Studio A

## **Dancers Over 40!**                      **Ages 40 +**                      **Level 2 and up**

Still have the passion, but maybe not the endurance? We're hearing you!! This class is tailored specifically for experienced dancers who have reached that glorious milestone of 40 years young and are discovering they may not be able to perform all their moves from their 20's. This is not a beginners class... it moves... we just won't be leaping from the sky and rolling to ground in less than 1.2 seconds ;)

Mon 8:30-9:15 Studio B

## **Carolina Shag**                      **Ages 18 - Adult**

Learn the SC State Dance! If you already know the basics you can fine tune your skills! You'll be learning from the best since our very own Linda Walker, daughter of Mrs. Trudy and Studio Owner, is an inductee to the Shaggers Hall of Fame and the National Shag Dance Champion! Bring a partner, a group or just yourself. Either way it's sure to be a grand time!

**Beginners: 1st and 3rd weeks of the month**

**Beyon Basics: 2nd and 4th weeks of the month**

**Drop-Ins Welcome**

Mon 7:45-8:30 Studio B

## **Tapercise**                      **Adults and Seniors**                      **Level 1 & 2**

A great class and workout for our beloved Seniors! We know you're still tappin' those toes, so why don't you bring them on in for a fun filled time with our dear Judy Bennett, daughter of Mrs. Trudy and retired Studio Owner.

Mon 10:00-11:00am Studio A

**Wedding Dances**                      Private lessons available by appointment

**Birthday Parties**                      Call studio for more information

**Studio Rental**                      Space is available for rent when classes are not in session  
Please call the studio for more information