



**AVAILABILITY OF ALL CLASSES IS SUBJECT TO ENROLMENTS**

## JUNIOR CLASSES

**Our junior classes are focused on having fun while introducing musicality and dance skills.**

**Move with Me** (for students who are 3 years by the end of the year)

An introduction to musicality through song and movement, for our youngest dancers with their parent/caregiver.

Move with Me students have the opportunity to perform in the end-of-year concert.

**Pre-School Dance** (for students who are 4 years by the end of the year)

Students begin to learn movement and musicality through games and song.

Pre-school students have the opportunity to perform in the end-of-year concert.

**Skip and Twirl Junior 1** (for students who are 5 years by the end of the year)

**Skip and Twirl Junior 2** (for students who are 6 years by the end of the year)

Students start learning more structured exercises and the foundations of technique and musicality from a range of dance genres focusing on Ballet and Jazz.

Students will work towards performing a Skills assessment in Term 3 and the end-of-year concert.

**Stomp and Groove Junior 1** (for students who are 5 years by the end of the year)

**Stomp and Groove Junior 2** (for students who are 6 years by the end of the year)

Students start learning more structured exercises and the foundations of technique and musicality from a range of dance genres focusing on Hip Hop and Tap.

Students will work towards performing a Skills assessment in Term 3 and the end-of-year concert.

**Junior 3** (for students who are 7 years by the end of the year)

**Classes offered in Acro, Ballet, Jazz, Hip Hop, and Tap**

Students will follow a genre specific syllabus developing skills and preparing students for Grade level classes.

Students will work towards performing a Skills assessment in Term 3 and the end-of-year concert.

**There are no uniform requirements for Junior Classes, students need to wear something comfortable and appropriate for dance, no jeans or long dresses etc. Long hair must be tied up and off the face.**

**Junior 3 students are expected to have appropriate footwear for their genre.**



**ACRO**

**Acro is a fusion of dance technique and acrobatic elements.**

Junior 2 and 3	6 years by the end of the year or older
A	8 years by the end of the year or older
B	Pre-requisite skills - cartwheels, assisted back bends
C	Pre-requisite skills - one handed cartwheel, back bends, straddle headstands
D	Pre-requisite skills - all onehanded cartwheels, back and front walkovers, straight headstand
Teen	14 years by the end of the year

\*Level distribution is at the discretion of the teacher

Acro requires a foundation of quality dance training so all students from Acro A are required to do a weekly class in another dance style as well (we recommend jazz or ballet).

**Acro Junior 2 and 3**

Students will be introduced to foundation acro positions and exercises. They will begin building the strength and alignment to achieve basic skills. Students follow the Acrobatic Arts syllabus and work towards a skills assessment in Term 3. Students will then prepare and perform a dance for the end-of-year concert.

**Acro A, B, C**

Students will develop strength and flexibility while following safe and effective progressions towards tumbling and limbering skills. Students follow the Acrobatic Arts syllabus and work towards a skills assessment in Term 3. Students will then prepare and perform a dance for the end-of-year concert.

**Acro Advanced**

Students with extensive acro experience work towards advanced balancing, limbering, and tumbling skills. While integrating these into choreography. Students follow the Acrobatic Arts syllabus and work towards a skills assessment in Term 3. Students will then prepare and perform a dance for the end-of-year concert.

**Acro Teen**

For students with some dance or acro experience. Students will work on strength and flexibility as well as learning acro skills to increase their versatility. Students follow the Acrobatic Arts syllabus. Students will then prepare and perform a dance for the end-of-year concert.

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|----------------|--------------|-------------------|---|
| <b>Uniform</b> | <b>Girls</b> | <b>All Levels</b> | <b>Black sleeveless leotard, TDS leggings</b> |
|                | <b>Boys</b>  | <b>All Levels</b> | <b>TDS t-shirt, black shorts</b>              |

**Hair must be tied back in a bun.**



## BALLET

**Ballet is a traditional dance form with strong technical elements performed to classical music.**

Junior 3	7 years by the end of the year or older
Grade 1	8 years by the end of the year or older
Grade 2	8 - 9 years
Grade 3	9 - 10 years
Grade 4	10 - 11 years
Grade 5	11 - 12 years
Pre-Elementary (2 classes per week - 1 syllabus and 1 technique)	12 - 13 years, with experience
Elementary (2 classes per week - 1 syllabus and 1 technique)	13-14 years, with experience
Intermediate (2 classes per week - 1 syllabus and 1 technique)	Must have sat Elementary
Advanced (2 classes per week - 1 syllabus and 1 technique)	Must have sat Intermediate

### **Ballet Junior 3, Grades 1 - 5**

Students will follow our ballet syllabus, which provides on preparatory technique and an introduction to demi character and character work. They will work towards an assessment in Term 3. Students will prepare and perform a dance for the end-of-year concert.

### **Ballet Pre-Elementary**

Students will follow our ballet syllabus and work towards an assessment in Term 3. All Pre-Elementary students must attend the Ballet Technique Senior class. Students will then prepare and perform a dance for the end-of-year concert.

### **Ballet Elementary, Intermediate and Advanced**

Students will continue to follow our ballet syllabus, including learning to safely dance in pointe shoes (at the teachers' discretion) and work towards an assessment in Term 3. All students must attend the Ballet Technique Senior class. Students will prepare and work towards a dance for the end-of-year concert.

<b>Uniform</b>	<b>Girls</b>	<b>Grade 1 - 2</b>	<b>Black sleeveless leotard, ballet socks, pink ballet shoes</b>
	<b>Girls</b>	<b>Grade 3 - Advanced</b>	<b>Black sleeveless leotard, ballet tights, pink leather ballet shoes with ribbons</b>
	<b>Boys</b>	<b>All Grades</b>	<b>TDS t-shirt, black tights, black leather ballet shoes</b>

**Hair must be tied back in a bun.**



## CONTEMPORARY

**Contemporary dance is a modern dance style focused on release and momentum including movement into and out of the floor.**

Preparatory	9 - 10 years
Level 1	10 - 11 years
Level 2	11 -12 years
Level 3	12 - 13 years
Level 4	13-14 years
Level 5 (2 classes per week)	Must have sat Level 4
Level 6 (2 classes per week)	Must have sat Level 5
Foundation	10 - 14 years
Repertoire	14 years by the end of the year or older

### Contemporary Preparatory, Levels 1 - 4

Students will follow our contemporary syllabus and work towards an assessment in Term 3. Students will also learn to develop their own dance ideas. Students will prepare and perform a dance for the end-of-year concert.

### Contemporary Level 5 and 6

Students will follow our contemporary syllabus and must attend 2 contemporary classes each week. Students will work towards an assessment in Term 3. Students will prepare and perform a dance for the end-of-year concert.

### Contemporary Foundation

Students will learn basic contemporary techniques and principles through a variety of different exercises and combinations. Students will also learn how to develop their own dance ideas through tasking and improvisation. Students will work towards a skills assessment in Term 3. Students will prepare and perform a dance for the end-of-year concert.

### Contemporary Repertoire

Students will learn complex contemporary techniques and principles through a variety of different exercises and combinations. Students will continue to develop their own dance ideas through tasking and improvisation. Students will prepare and perform a dance for the end-of-year concert.

<b>Uniform</b>	<b>Girls</b>	<b>Intro - Level 3</b>	<b>TDS Racer back singlet &amp; TDS legging</b>
	<b>Girls</b>	<b>Level 4-6</b>	<b>TDS t-shirt &amp; full length TDS leggings</b>
	<b>Boys</b>	<b>All Grades</b>	<b>TDS t-shirt and black pants</b>

**Hair must be tied up and off the face.**



## HIP HOP

Hip Hop dance refers to street dance styles primarily performed to hip hop music or songs that have evolved as part of hip hop culture.

Junior 3	7 years by the end of the year or older
Level 1	8 years by the end of the year or older
Level 2	8-9 years
Level 3	9-10 years
Level 4	10-11 years
Level 5	11-12 years
Level 6	12-13 years
Teen	14 years by the end of the year or older

### Hip Hop Junior 3 and Levels 1 - 6

Students will learn combinations and sets choreographed for their ability in a range of different Hip Hop styles.

Students will work towards a skills assessment in Term 3.

Students will then prepare and perform a dance for the end-of-year concert.

### Hip Hop Teen

Students will learn combinations and sets during the year in a range of different Hip Hop styles.

Students will then prepare and perform a dance for the end-of-year concert.

**Uniform**

**All Levels**

**TDS t-shirt and TDS shorts/leggings/trackpants, sneakers**

**Hair must be tied up and off the face.**



## JAZZ

**Jazz is a modern dance style with technical elements performed to a range of popular music styles.**

Junior 3	7 years by the end of the year or older
Grade 1	8 years by the end of the year or older
Grade 2	8 - 9 years
Grade 3	9 - 10 years
Grade 4	10 - 11 years
Pre-Senior Prep	11 - 12 years
Grade 5	12 - 13 years
Pre-Elementary	13 - 14 years, with experience
Elementary (2 classes per week - 1 syllabus and 1 technique)	14 - 15 years, with experience
Intermediate (2 classes per week- 1 syllabus and 1 technique)	Must have sat Elementary
Advanced 1 (2 classes per week- 1 syllabus and 1 technique)	Must have sat Intermediate
Advanced 2 (2 classes per week- 1 syllabus and 1 technique)	Must have sat Advanced 1
Foundation	10 - 14 years
Repertoire	14 years by 31 Dec or older with experience

### **Jazz Junior 3, Grade 1 - Advanced 2**

Students will learn technique and develop body awareness by following our progressional jazz syllabus and will work towards an assessment in Term 3. Students will then prepare and perform a dance for the end-of-year concert.

### **Jazz Foundation**

Students will learn technique and dances in a range of jazz styles. Students will work towards a skills assessment in Term 3. Students will prepare and perform a dance for the end-of-year concert.

### **Jazz Repertoire**

For students with jazz experience. Students will learn advanced technique in a range of jazz styles. Students will prepare and perform a dance for the end-of-year concert.

<b>Uniform</b>	<b>Girls</b>	<b>All Grades</b>	<b>TDS Racer back singlet &amp; TDS legging, black jazz shoes</b>
	<b>Boys</b>	<b>All Grades</b>	<b>TDS t-shirt and black pants, black jazz shoes</b>

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## TAP

Tap is a rhythmical dance style utilising tap shoes to include percussion in dance. Tap focuses on musicality and draws inspiration from various dance forms.

Junior	6 years by the end of the year or older
Level 1	8 years by the end of the year or older
Level 2	8 – 9 years
Level 3	9 – 10 years
Level 4	10 - 11 years
Level 5	11 – 12 years
Level 6	12 - 13 years with experience
Level 7	13 - 14 years with experience
Level 8	Must have sat Level 7
Level 9	Must have sat Level 8
Teen	Must be 14 by the end of the year
Senior Tap Repertoire	14 years plus with experience

### Tap Levels Junior, Level 1 - 9

Students will develop their technique and dexterity by following our progression tap syllabus and will work towards an assessment in Term 3. Students will then prepare and perform a dance for the end-of-year concert.

### Tap Teen

Students will learn tap exercises and combinations throughout the year. Students will prepare and perform a dance for the end-of-year concert.

### Tap Senior Repertoire

For students with intermediate to advanced tap experience. Students will learn tap in various styles for performance.

**Uniform**   **Girls**   **All Levels**   **TDS t-shirt and black pants, black tap shoes**

**Boys**   **All Levels**   **TDS t-shirt and black pants, black tap shoes**

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## ADDITIONAL DANCE OPPORTUNITIES

### **Advanced Commercial Jazz (16 years plus with dance experience)**

For those students to get a taste of NZ's professional dance scene by learning a variety of different genres and styles often utilised within the industry.

### **Latin Repertoire (13 years plus)**

Students will learn combinations and routines in several Latin dance styles. Students will also learn how to walk and perform in heels. Students will work towards a mid-year performance and then will prepare and perform a dance for the end-of-year concert.

### **Latin Performance (invitational class)**

An invitational class for dancers who wish to strengthen their Latin technique and partnering for performance. If you are interested in this class please email [admin@thedancestudio.co.nz](mailto:admin@thedancestudio.co.nz)

### **Lyrical Foundation (9 years plus)**

### **Lyrical Intermediate (13 years plus)**

### **Lyrical Repertoire (16 years plus)**

Lyrical is a style of jazz with choreography inspired by the music or lyrics.

All Lyrical students must also be attending a ballet, jazz or contemporary class at TDS.

Students will prepare and perform a dance for the end-of-year concert.

### **Senior Choreography for Performance (15 years plus with dance experience)**

(Previously Dance for Film) Students will learn and choreograph combinations and routines across multiple genres and styles. They will also prepare and perform a dance for the end-of-year concert.

## EXTENSION GROUPS

The Dance Studio provide the opportunity for selected students to be part of our Extension group. This group is by audition or invitation only. Those selected are students that have shown that they would benefit from being extended beyond their normal class work. Extension groups represent the studio at community and city-wide events as well as in dance competitions. We are selective in the competitions we enter as there are some disturbing trends in dance competitions including unsafe dance practices (these can have serious long term adverse effects on developing bodies) and inappropriate content and costuming. TDS strive to make this group a positive experience which aligns with our studio values.

Those invited to join the Extension group must commit to regular attendance at classes and rehearsals and be available for extra practices as called. They must show a commitment to the process and an ability to work as part of a team. Teachers reserve the right to stand down any member who cannot fulfil the above criteria.