

PARK CITY DANCE

2011-2012

(435) 658-2345

www.parkcitydance.com

BALLET

Park City Dance ballet program teaches the Vaganova technique. It is a progressive sequence of 8 technical levels that is designed to train the beginner through pre-professional dancer. Instruction includes ballet technique, pre-pointe, pointe, repertoire and variations. Emphasis is placed on the fundamentals of ballet training which include balance, coordination, vocabulary, flexibility, body awareness, muscle development, grace and strength. This intensive program adheres to a structured curriculum of training stages, designed to increase technical skills and strength, in accordance with the age and physical development. Classical ballet provides the foundation for all other dance forms. It is the most demanding, most disciplined of all dance forms, but also the most rewarding. With a solid ballet foundation, classically trained dancers can transfer their skills into becoming an outstanding dancer in any dance form.

BALLET 8-10yr	WED	4:00-5:00 pm
BALLET 10-12 yr	MON & WED	5:00-6:00 pm 6:00-7:00 pm
TEEN BALLET	WED	5:00-6:00 pm
BALLET INTERMEDIATE By Placement	TUE THUR	6:00-7:00 pm 6:00-7:00 pm
BALLET INTERMEDIATE Pre Pointe	TUES THUR	5:00-6:00 pm 6:00-7:00 pm
BALLET INTERMEDIATE/ ADVANCED Pointe	MON TUES THURS	6:00-7:15 pm 4:30-6:00 pm 7:00-8:15 pm
ADVANCED Pointe	MON TUES WED	3:30-5:00 pm 6:00-7:30 pm 4:30-6:00 pm

TUMBLING FOR DANCERS

The Park City Dance tumbling program is specifically designed to enhance dance training. The tumbling program focuses on building muscle strength, tone, agility and flexibility. Skills include: rolls, front and back walkovers, cartwheels, round offs, handsprings, aerials and combinations.

Elementary grades	WED	6:00-7:00 pm
JR/Senior High	WED	7:00-8:00 pm

CHILDRENS INTRO TO DANCE

This wonderful program is designed to introduce boys and girls to the exciting world of dance. The focus is on basic rhythm, loco motor movement, listening skills, body consciousness and self esteem. The **INTRO** curriculum includes pre-ballet, tap, pre-tumbling, and creative movement. **HIPPITY HOP** is a fun class incorporating Hip Hop moves.

3 & 4 yr	MON	3:30-4:15 pm
4 & 5 yr	MON	4:15-5:00 pm
3-5 yr	MON	5:00-5:45 pm
3-5 yr	TUE	4:15-5:00 pm
3-5 yr	WED	9:45-10:30 am
5-7 year olds		
These fun and energetic classes teach the fundamental in Tap , Jazz, and preparatory classical ballet technique. HIPPITY HOP is a funky class incorporating Hip Hop moves.		
BALLET, TAP , JAZZ 5-6yr Combo	WED	4:00-5:00 pm
BALLET, TAP , JAZZ 6-7yr Combo	WED	3:30-5:00 pm
HIPPITY HOP 5-8 yr	WED	5:00-5:45 pm
8-12 year olds		
BALLET 8-10yr	WED	4:00-5:00 pm
TAP/JAZZ 8-10yr 1 hr Jazz 1/2 hr tap	WED	5:00-6:30 pm
BALLET 10-12 yr	MON WED	5:00-6:00 pm 6:00-7:00 pm
TAP/ JAZZ 10-12 yr 1 hr Jazz 1/2 hr tap	WED	4:30-6:00 pm
HIP HOP 8-12yr	MON	6:00-7:00 pm
BREAK DANCE	TURS	4:00-5:00 pm
Teen		
TEEN BALLET	WED	5:00-6:00 pm
TEEN TAP	WED	6:00-6:45 pm
TEEN Jazz/Lyrical	WED	6:45-7:45 pm

TAP

Tap dancing is a fun style of dance that anyone can learn! Tap is beneficial in many ways including increasing cardiovascular conditioning, strength, flexibility and coordination. Tap builds strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles. Cognitive abilities are enhanced, as dancers must develop both mental and muscle memory to become proficient at tapping. Tap develops a great sense of rhythm and timing. Best of all, tap is just fun.

TAP 6-7yr combo Tap/Jazz/Ballet	WED	3:30-5:00 pm
TAP 8-10yr combo 1hr Jazz 1/2hr Tap	WED	5:00-6:30 pm
TAP 10-12yr combo 1hr Jazz 1/2hr Tap	WED	4:30-6:00 pm
TAP teen	WED	6:00-6:45 pm
TAP Intermediate	THUR	7:00-8:00 pm
TAP Int./Advanced	THUR	5:00-6:00 pm
TAP Advanced	THUR	6:00-7:00 pm

JAZZ LYRICAL -CONTEMPORARY

The jazz program includes instruction in classical jazz, as well as lyrical-contemporary. Classical jazz is grounded in basic ballet technique. It has its own unique and specific movement, language and vocabulary. The music and movement can range from energetic and vibrant to soft and soulful. Lyrical-contemporary is an interpretative form of jazz that provides a connection between ballet, modern and jazz. The focus is not only on the technique, but also on the artistry of the movement. Dancers are encouraged to express feelings, ideas and emotions through movement. Technique only classes are by placement and do not include performances

JAZZ 6-7yr combo Tap/Jazz/Ballet	WED	3:30-5:00 pm
Jazz 8-10yr combo 1hr Jazz 1/2hr Tap	WED	5:00-6:30 pm
JAZZ 10-12yr 1hr Jazz 1/2hr Tap	WED	4:30-6:00 pm
TEEN Jazz/Lyrical	WED	6:45-7:45 pm
Jazz Technique Intermediate	THUR	4:30-5:45 pm
Jazz Technique Inter/Advanced	THUR	6:00-7:00 pm
Jazz Technique Advanced	TUE	7:30-8:45 pm

PLEASE NOTE:

Classes are assigned based on age as of September 2011
Times may change to accommodate scheduling and class size.

Schedule updated 7/25/2011

HIP HOP

Hip Hop is a potpourri of multi-cultural dance styles. Hip Hop is a dynamic form of dance that is continually being shaped by new music, rhythms, and by the dancers themselves. Come and learn the latest moves to the latest music. Those who are ready for multiple performances and competitions are ready for the Hip Hop Academy.

HIPPITY HOP 5-8yr	WED	5:00-5:45 pm
HIP HOP Age 8-12yr	MON	6:00-7:00 pm
TEEN HIP HOP	MON	7:00-8:00 pm
Break Dance	TURS	4:00-5:00 pm
Hip Hop Academy By Placement	MON	4:00-5:00 pm
Hip Hop Academy By Placement	MON	5:00-6:00 pm

HIP HOP ACADEMY

Park City Dance offers a high energy, fast paced, cutting edge Hip Hop Academy. This group focuses entirely on technique, performance and competition in the Hip Hop style of Dance. Members of the Hip Hop Academy are not required but encouraged to take tap, jazz, and ballet.

ACADEMY

Park City Dance has developed a performance level of training called "Academy". This Program offers multiple opportunities for performance throughout the year in addition to the annual Park City Nutcracker and end of the year concert. The Academy classes are available by invitation or audition. Academy students are required to attend appropriate level technique classes in Ballet & Tap as well as their Academy Jazz class. Academy is available to students 5 years old and above. Some additional costume and uniform cost is involved.

FLASH	TUE 4:00-6:00 WED 3:30-4:30 WED 5:00-5:45	BALLET,TAP,JAZZ OPT. Hippity Hop
FLAME	TUE 5:00-7:00 THUR 4:30-8:00	BALLET,TAP,JAZZ
FIRE	TUE 4:00-6:00 THUR 4:30-8:00	BALLET,TAP,JAZZ
IGNITE	MON 6:00-7:15 TUE 4:30-7:30 THUR 5:00-8:15	BALLET, TAP,JAZZ
RED	MON 6:00-7:15 TUE 4:30-7:30 THUR 5:00-8:15	BALLET, TAP,JAZZ
BLUE	MON 3:30-5:00 TUE 6:00-8:45 THUR 4:30-8:15	BALLET, TAP, JAZZ
SENIOR	MON 3:30-5:00 TUE 6:00-8:45 THUR 3:15-7:00	BALLET, JAZZ BALLET, TAP, JAZZ BALLET