

Class Descriptions / Class Levels

Jazz A strong technical foundation that enables a dancer to focus on the stylistic and performance aspects of dance. Jazz technique is essential for leaps and turns, where correct posture is necessary to properly execute such moves. Also, jazz dancers' strong and sharp movements are greatly aided by a good background in Ballet technique. While Ballet movement emphasizes the upbeat of music, jazz dance emphasizes the downbeat.

Attire: Tan Jazz Shoes. Ages 12+ Level I-IV may also purchase "Paws" but will need Tan Jazz Shoes as well.

Any color/style Leotard - no tank tops, no cover-ups, no t-shirts.

Any style black dance bottom: leggings, tights, and bike shorts, capri leggings, jazz pants.

No gym shorts or other street wear allowed in Jazz Class.

Hair off the face in a ponytail or bun.

Tap Rhythm-based movement of the feet. The name comes from the tapping sound made when metal plates on the dancer's shoe touch a hard surface. Because the dancers make sound, they are also considered percussive musicians. All dancers for this class are required to wear tap shoes.

Attire: Tan Tap Shoes, any style.

Any color/style Leotard - no tank tops, no cover-ups, no t-shirts.

Any style black dance bottom: leggings, tights, and bike shorts, capri leggings, jazz pants.

No gym shorts or other street wear allowed in Tap Class.

Hair off the face in a ponytail or bun.

Ballet A technical form of dance dating back to the Sixteenth and Seventeenth Centuries. Ballet is a dance form characterized by grace and precision of movement and by elaborate formal gestures, steps, and poses. Under French, Italian, and Russian influence, Ballet is studied worldwide. Ballet is the foundation of dance, and at SWAY we recommend Ballet as an excellent core class for everyone.

Attire: Pink Ballet Shoes, Pink tights, and any style of BLACK Leotard.

Ballet skirts are permitted, but NO shorts.

Hair must be worn in a bun to every class.

Progressing Ballet Technique Designed by Marie Walton-Mahon, is a conditioning class especially designed to strengthen dancers for the athletic demands specific to dance. Dancers strengthen their core and lean to move their bodies efficiently for dance and prevent injury. The workout is designed to strengthen and not strain. The class is perfect for students looking to increase core strength, prevent injury, improve technique, achieve dance goals, and inform a home workout regimen.

Attire: Pink Ballet Shoes, Pink tights, and any style of BLACK leotard.

Ballet Skirts are permitted, but NO shorts.

Hair must be worn in a bun to every class.

Pointe Variations is for students on pointe who would like to learn classical and contemporary ballet variations from known as well as new ballets.

Attire: Pointe shoes (dancers must be approved to wear Pointe shoes by a Sway Dance Center instructor), Pink Ballet shoes, Pink tights, and any style of black leotard. Ballet skirts are permitted, but NO shorts. Hair must be worn in a bun to every class.

Pointe & Pre-Pointe Pointe is the part of the classical ballet technique that concerns *pointe work*, in which a ballet dancer supports all body weight on the tips of fully extended feet. A dancer is said to be *en pointe* when the dancer's body is supported in this manner, and a fully extended vertical foot is said to be *en pointe* when touching the floor, even when not bearing weight. Pointe work is performed while wearing pointe shoes, which employ structural

reinforcing to distribute the dancer's weight load throughout the foot, thus reducing the load on the toes enough to enable the dancer to support all body weight on fully vertical feet. Sway dancers must be recommended for Pointe by our ballet instructors. **Sway dancers must be enrolled in TWO Ballet classes per week to be enrolled in Pointe or Pre-Pointe.**

Attire: Pointe shoes (please do not purchase Pointe shoes upon enrolling in Pre-Pointe; wait until your dancer is approved for Pointe shoes by the Pre-Pointe instructor), and Pink Ballet Shoes, Pink tights, and any style black Leotard. Ballet skirts are permitted, but no shorts. Hair must be worn in a bun to every class.

Pre-Ballet

Attire: Pink Ballet shoes, Pink tights and any style/color ballet leotard.
Hair needs to be up and out of dancer's face, preferably in a bun.

Ballet/Jazz Combo

Attire: Pink Ballet shoes, Pink tights and any style/color ballet leotard.
Jazz Combos will need Tan Jazz Shoes.
Hair needs to be up and out of dancer's face, preferably in a bun.

Ballet/Tap Combo

Attire: Pink Ballet shoes, Pink tights and any style/color ballet leotard.
Tap Combos will need Tan Tap Shoes.
Hair needs to be up and out of dancer's face, preferably in a bun.

Drill Team Prep Workshop, Stretch/Core, Jazz Technique and Leaps & Turns Drill Prep is a non-recital class designed to give middle school girls a greater foundation in drill team basics, and further prepare them for their high school drill classes. This class teaches the precision, technique, and timing fundamentals, as well as begins a flexibility regimen early enough for a measurable high-kick advantage. Stretch/Core is a non-recital conditioning and flexibility class, good for anyone auditioning for drill or performance teams, as well as any dancer wanting to increase strength, endurance and flexibility. Jazz Technique and Leaps & Turns are also non-recital classes recommended for any dancer to improve technique for these skills, especially dancers auditioning for drill or performance teams.

Attire: Tan or Black Jazz Shoes (depending on what color/style your middle/high school would prefer you to have for drill team tryouts).

Any color/style Leotard - no tank tops, no cover-ups, no t-shirts.

Any style black dance bottom: leggings, tights and bike shorts, capri leggings, jazz pants.

No gym shorts, or other street wear allowed in these classes.

Hair off the face in a ponytail or bun.

Hip-Hop This popular rhythm-based dance form includes a wide range of styles such as breaking, popping, locking, and krumping. Hip-hop classes teach musicality and coordination through up-beat music.

Attire: Any color/style tennis shoe. Black Converse are recommended but not required.

T-shirts, hats and hoodies are welcome in this class only.

PANTS - Sweat pants, harem pants, leggings or capris are required for Hip Hop. Skirts and Shorts are not allowed from this year forward. Pants are appropriate for floor work and stretching. All of our Hip Hop Classes are co-ed classes.

Broadway Jazz Celebrating the acclaimed choreography from decades of masters such as Bob Fosse, Jerome Robbins, and Jack Cole, this class emphasizes theatrical jazz technique, stage presence, and is a fun way to build

confidence onstage. From Chicago to the West Side, original choreography from these shows and more will be taught each week.

Attire: Tan Jazz Shoes. If any different color/style shoe other than tan will be required for recital for Broadway Jazz, it will be announced no later than March.

Any color/style Leotard - no tank tops, no cover-ups, no t-shirts.

Any style black dance bottom: leggings, tights and bike shorts, capri leggings, jazz pants.

No gym shorts, or other street wear allowed in Broadway Jazz Class. No Skirts.

Hair off the face in a ponytail or bun.

Classes require some form of moderate to intensive stretching in order to warm up the muscles & help prevent injuries.

Class Levels

Levels	Classes Offered	Prerequisites
Ages 3-4	Pre-Ballet	must turn 3 by Dec 31
Ages 4-5	Ballet/Tap or Ballet/Jazz Combos	must turn 4 by Dec 31
Ages 5-6	Ballet/Tap Combo, Ballet/Jazz Combo	must turn 5 by Dec 31
Ages 7-8, 9-10, 11-12	Ballet, Jazz, Tap, Hip-Hop, Broadway Jazz	must be 7, 9, or 11 years by Dec 31 (must be 9 years by Dec 31 for Broadway Jazz)
Ages 12 & up Level I	Ballet, Ballet Barre, Jazz/Lyrical, Tap, Hip-Hop, Drill Team, Workshop, Leaps & Turns, Broadway Jazz	please see below
Ages 12 & up Level II	Ballet, Ballet Barre, Jazz/Lyrical, Tap, Hip-Hop, Drill Team, Workshop, Leaps & Turns, Broadway Jazz	please see below
Ages 12 & up Level III	Ballet, Ballet Barre, Jazz/Lyrical, Tap, Hip-Hop, Drill Team, Workshop, Leaps & Turns, Broadway Jazz	please see below
Ages 12 & up Level IV	Ballet, Ballet Barre, Jazz/Lyrical, Tap, Hip-Hop, Drill Team, Workshop, Leaps & Turns, Broadway Jazz	please see below
Adult	Hip-Hop and Tap	must be 18 years old or older

Placement for Leveled classes will be determined by the instructors. If we feel that any dancer is not in the appropriate class level, they will be moved into the class that will suit them best. If a class is too easy or too difficult, it is not conducive to a positive learning experience.

SWAY DANCE CENTER JAZZ CURRICULUM/LEVELS

LEVEL I

- Working on double pirouette turns both R and L sides, inside and outside pirouette turns
- Student will master spotting, and spotting with direction changes
- Has mastered jete, grande jete, tuck jumps both R and L sides
- Beginning axles, Leaps in second position
- Has a understanding of pivot turns, weight changes and beginning direction changes
- Will be working on basic floor work
- Correct Jazz technique will be learned in the class along with correct arm placement and choreography retention
- Dancers will learn how to apply corrections.
- Dancers will work on choreography retention and stamina.
- Recommended: Two ballet class/wk and Stretch/Core

LEVEL II

- Working on Double/Triple pirouette turns
- Inside and outside pirouette turns, from multiple approaches
- Student will master jete, grande jete, tuck jumps, turning tuck jumps, axles, leaps in second position, switch leaps, tilt jumps, calypsos, calypsos to the floor
- Mastered pivot turns, weight changes, directions changes
- Students have mastered level changes in choreography and progressions
- Student will be introduced to advanced floor work
- Students at this level understand corrections and are able to apply corrections when given.
- Multiple turn sequences, pirouettes, coupe turns, single/double back attitude turns
- Focusing on strength in lines, strength in dancers' center and extension and flexibility
- Students will begin to master turns a la second, and fouete turns
- Progressions with more than two skills and longer variations
- Transitions through lines, style and quality of movement will also be a focus at this level
- Stamina, endurance and strength training will be a focus at this level as well as choreography retention
- Recommended: Ballet 2x's/week and Stretch/Core

LEVEL III

- Students have mastered triple pirouette turns.
- Working on quadruple pirouette turns from multiple approaches, inside and outside pirouette turns
- Students at this level have mastered grande jetes, tuck jumps, turning tuck jumps, axles, double axles, leaps in second position, switch leaps, tilt jumps, calypsos, calypsos to the floor, calypsos with a full back release, turning leaps in second, Rond Verse, Rond Verse into turn combinations
- Introduction to advanced leaps such as C-jumps, Flares, etc and advanced turns such as catch turns.
- Have mastered multiple turn sequences, pirouettes, coupe turns, catch turns, double back attitude turns.
- Mastered Turns in second and fouete turns
- Working on turns in second changing directions
- Illusions, turns into illusions, illusions to the floor
- Student will master advanced Floor work
- Focusing on strength in lines, strength in dancers' center and extension and flexibility
- Style and quality of movement will be worked on
- Stamina and endurance training continues at this level.
- Students at this level must keep absences to a minimum to stay in this level. It is to the teachers' discretion to discuss a Level change if absences are a problem.
- Required: Ballet 2x's/week

LEVEL IV

- Working on quadruple pirouette turns (or more) from multiple approaches, inside and outside pirouette turns

- Students at this level have mastered grande jetes, tuck jumps, axles, double axles, leaps in second position, switch leaps, tilt jumps, calypsos, calypsos to the floor, calypsos with a full back release, turning leaps in second, Rond Verse, Rond Verse, into turn combinations, switch seconds and any other leaps listed above.
- Have mastered multiple turn sequences, pirouettes, coupe turns, catch turns, and multiple attitude turns
- Dancer has mastered turns in second, and turns in second changing directions
- Dancer has mastered illusions, turns into illusions
- Dancer had mastered advanced floor work
- Focusing on strength in lines, strength in dancers' center extension and flexibility
- Style, movement, and transitions should be mastered at this level
- Dancer's strength and stamina should be at peak performance level
- Required: 2 ballet classes/wk

SWAY DANCE CENTER BALLET CURRICULUM/LEVELS

ALL DANCERS ARE RECOMMENDED TO TAKE BALLET TWICE A WEEK. AT LEVEL II, IT IS REQUIRED THAT ALL BALLET DANCERS ARE ENROLLED AND ATTENDING TWICE A WEEK. BALLET IS THE BASE FOR ALL DANCE GENRES AND HERE AT SWAY DANCE CENTER IT IS THE MOST IMPORATANT CLASS THE ALL DANCERS SHOULD BE ENROLLED IN.

Level I

Beginner, learn basics, arabesques, piquette turns, chaine turns, bourees, single pirouettes, waltz turns, eight body positions.

Class begins with barre work for strengthening exercises then moves to the center to incorporate technique and coordination.

Dancers at this level have an understanding of the 5 positions of the feet with arm placement. This level will also consist of the introduction of both Adagio and Allegro.

Dancers must wear a Black leotard, pink tights, and pink ballet shoes.

No Nike shorts, Sofie shorts or tank tops are allowed.

Cover ups may only be worn the first 5-10minutes of class during the winter months.

Level II

Intermediate, mastered level I skills, progress to adagio exercises, allegro, grand allegro with multiple jumps and jump sequences.

Dancers at this level are working on tour jete, ballote and sissone, double pirouettes from fifth and fourth, beginning to learn fouete turns and developing extension.

Level II starts at the barre for strength then to center work and progressions across the floor to develop skills with timing, flexibility and coordination all while incorporating proper technique.

Ballet students at this Level should not be missing class.

At this Level you can get recommended for pointe classes. This is by teacher recommendation only.

Dancers must wear a Black leotard, pink tights, and pink ballet shoes.

No Nike shorts, Sofie shorts or tank tops are allowed.

Cover ups may only be worn the first 5-10 minutes of class during the winter months.

Level III

Advanced, mastered Level I and II skills, complex adagio with extension and sustained movements, triple pirouette in fifth, forth, complex petite allegro and grande allegro, jumps with double and triple beats,

arabesque and attitude turns, mastered fouettes, achieved the highest levels of technique, strength and extension.

The class will start with barre or center barre, move to center exercises and then to complex progressions across the floor.

Ballet students at this level should not be missing class.

At this level you can get recommended for pointe classes.

This is by teacher recommendation only.

Dancers must wear a black leotard, pink tights, and pink ballet shoes.

No shorts or tank tops are allowed.

Cover ups may only be worn the first 5-10minutes of class during the winter months.

*Pointe work will begin in Level II and will be determined by the instructor if the student is ready. Pointe work is not required for any level.

Sway Dance Center Tap Curriculum/Levels

Level I Tap

- Students have mastered flap and flap ball change traveling and in patterns
- Students have mastered shuffle, shuffle hop, shuffle ball change
- Dancers at this level will be working on drawbacks and Cincinnati's
- Dancers will be introduced to single/double/triple time step, single pickups, cramp rolls, broadways, lindys, waltz clog, timing, across the floor 2-3 steps together, single and double buffalos, maxi ford, 3 count riff.
- Attendance is very important at any level, especially in tap where a new step is learned almost each day.

Level II Tap

- Dancers at Level II have mastered all Level I skills
- Dancers have mastered single/double/triple time step
- Dancer has the ability to add in single and double beats after demonstration by teacher
- Students will see an increase in speed at this level
- Syncopation and untraditional rhythms will be incorporated
- Students will be working on precision and timing at Level II
- Students will be working on Level I skills in traveling patterns and turning patterns
- Students will be introduced to wings and toe stands
- Dancers will also be learning more complex combos in the center and across the floor
- Attendance is very important at any level, especially in tap where a new step is learned almost each day.

Level III Tap

- Dancer has mastered all Level II skills
- Dancer has the ability to add in double and triple beats after demonstration by teacher
- Pickups will be added to single and double steps
- Speed and complexity of combos and will increase again at this level
- Clear sounds and precision should be mastered at this level
- Alternating wings, one footed wings will be worked on at this level
- Toe stands and turns with toe stands
- Attendance is very important at any level, especially in tap where a new step is learned almost each day.

