

Cuppett Performing Arts Center

Class Descriptions for the 2011-2012 School Year ~ 50th Anniversary Celebration!

Age 3-4

NEW! Lil' Dudes Hip Hop! ~ Watch out Creative Dancers - a new group of performers is coming to your show! Boys will learn the basics of rhythm and coordination and 'street-style' movement, utilizing rhythm sticks and 'drums' and lots of other creative tools like those seen in the musical *Stomp!* <http://www.stomponline.com/index-us.php> Boys wear street clothing and sneakers.

Creative Dance ~ This 45-minute class offers our very young ballerinas and danseurs an introduction to music and movement. Various props and music are used to stimulate and nurture the imagination. Our aim is to instill a love for dance movement! Students must be age 3 by Nov. 1, 2011. **A new Creative Dance II is on the schedule** for our returning Creative Dance students!

Age 5-6

Beginning and Advanced Combination ~ Each one-hour session incorporates instruction in both Ballet and Tap (and Tumbling-basic gymnastic moves-for Beginning). Children learn the basics of rhythm, coordination, grace & posture. Beginning level is for students age 5 as of Nov. 1, 2011 ~ Advanced level is for students age 6 as of Nov. 1, 2011.

Age 6+

Musical Theatre A & Musical Theatre B ~ Our theatre classes incorporate theatrical skits and performances from recent Broadway shows. Level A is for students ages 6-8, and Level B is for students ages 9-12. Both classes teach improvisation, singing, movement, theatrical skills and use of stage props.

Age 7-9

Ballet I, II, III & Tap I, II, III ~ Young dancers (age 7 and up) start in Ballet I and/or Tap I, then proceed to the next level each year thereafter. These one-hour sessions are designed to teach the basics of Ballet and Tap. Ballet III students who wish to eventually pursue Pointe classes are encouraged to take two Ballet III classes per week. See Ballet & Tap sections below for more detailed descriptions of these all-important dance styles.

Junior Hip Hop I and II ~ Hip Hop street dancing for your 7-8 year old! Dancers must be 7 by Nov. 1, 2011.

ACRO I, II, III, IV ~ Acro-Dance combines classical dance technique with acrobatic elements. Includes contortion, tumbling, partnering, and dance, and is guaranteed to increase flexibility and strength! Acro I is for beginners age 7 & up, and Acro II, III, and IV are progressions of level I. New students with acrobatic/gymnastic experience can be evaluated for placement.

Age 9/10 to 18

Ballet ~ Ballet is the foundation for all dance forms and is an integral part of the curriculum at CPAC. The Center teaches the best of both the Russian and Italian (Cecchetti) methods. For students age 9 to 11 who are just beginning their ballet training, we offer a **Pre-Teen Ballet** class. Students who have completed Ballet I through III progress to PrePointe with a Cecchetti class and then to Pointe A with Cecchetti, Pointe B with Cecchetti, and so on (through Level D). **The Intensive Ballet Program** offers a more intense study of ballet by providing 5-7 hours per week of instruction in Technique, Pointe work (if the student is on Pointe), Cecchetti and Variations that has consistently resulted in measurable strengthening and overall improvement of the serious ballet student. Current CPAC students are selected by invitation and new students audition for the program. Students in this program are recognized at our year-end Recital. **Every ballet student, beginner through advanced, receives the benefits of poise, grace, self-assurance and a firm foundation for ALL forms of dance!**

Tap ~ Tap classes develop a keen sense of rhythm, coordination and timing. Students who have completed Tap III progress to level IV, V, VI, VII, VIII, or Intensive A, Intensive B, Intensive C, and Intensive D. The Intensive Tap classes are more demanding and students are placed by invitation. Beginning teens start in Beg. Teen Tap and progress to Teen Tap II.

Jazz ~ Jazz is a kind of stylized theatrical dancing, conceived in America, given birth by the established and varied techniques of dance brought to us from every corner of the world, and influenced by the musical styles of each succeeding decade. Students are accepted into Jazz I at the age of 9 and after they have completed a year or two of ballet. All students must take a separate ballet class each week to supplement the jazz class. Those students who complete Jazz I will continue to progress with Jazz II, III, BI, BII, BIII, C/D, or Intensive BII, Intensive CI, Intensive CII/D. Intensive Jazz classes are more demanding and students are placed in these levels by invitation only. The only exception for no additional ballet class is the **TeenJazz** series, which incorporate ballet into the classes. Jazz is a dance fundamental, second only to Ballet at the Center. Students who actively pursue both the Ballet and Jazz disciplines will soon become eligible for the Cuppett Dance Company.

Modern ~ Modern dance introduces non-traditional dance forms with an emphasis on technique. Class is taken barefoot, using a diversity of music, and includes improvisational skills. The styles of Graham and Humphrey/Weidman/Limon are utilized to prepare the dancer for the demands of the profession today. The continued study of Modern dance provides students with an unmatched level of strength and technique that will also enhance performance in other dance forms. Students are accepted into Modern at age 10 and at least Ballet III level. As with Jazz, a separate Ballet class is required.

Character ~ Character is a stylized modification of ethnic dance forms using the ballet discipline. The preparation for this form includes unique barre and floor exercises designed to build strength and technique. Many of the combinations and dances are designed to emphasize the sounds and rhythms of the music. Students are accepted into Character at age 10, after they have had several years of ballet. As with Jazz and Modern, a separate Ballet class is required.

Lyrical ~ Lyrical is a ballet-based class focused on training dancers to express themselves artistically to music with lyrics. The 'A' Level is for any student placed Pointe AI or higher, the higher levels are by placement. A separate Ballet class is required.

Hip Hop ~ Our extremely popular 'street' jazz class! Students must be at least 9 years old to enroll and will start with Beg. Hip Hop and then will progress into Hip Hop I through Hip Hop II, III, IV, and V. Students who have taken Jr. Hip Hop with us will progress straight to Hip Hop I and so on. We also offer a Teen Hip Hop for beginning teens interested in this genre.

Adult Ballet ~ A ballet class focusing on the basics of ballet technique, just for beginning to intermediate adults!

Adult Modern for Experienced Dancers ~ A class in modern technique for the adult dancer with a strong ballet background, either past or present. No Modern experience is necessary. The class will emphasize Martha Graham's technique, proper spinal alignment, and performance skills.

CUPPETT DANCE COMPANY ~ Students who have passed their Cecchetti II exam, are placed in Jazz B or higher and are willing to perform at any time are eligible to audition for the Cuppett Dance Company. Accepted members are required to take two Ballet, one Jazz, and one Tap (or Modern for B-D levels) class per week, plus the Company class itself (which includes a Turn/Jump/Leap technique class). Company members enjoy multiple performing opportunities during the year in both competitive and non-competitive scenarios, all in a positive and encouraging environment, with a focus on giving back to the community.