



Class Descriptions

School Year 2011-2012

Mommy and Me (Age 20 months- 3 years) focuses on movement, coordination, balance, rhythm, stretching and basic kinetic skills for little ones new to dance and are not quite ready to enter a classroom setting without their Mother's company.
Taught by GBAD Instructor Rebecca Waitt

Introduction to Movement (Ages 3 & 4) specializes in fostering a love of movement and music in the littlest of dancers. The class will develop your child's coordination, as well as an understanding of basic dance concepts such as time, space and energy. Improvisation will be introduced to develop your child's creativity and problem solving skills. Listening and concentration will improve because of the structured environment of the dance class. Through this enjoyable and valuable educational experience, students will learn to use dance as a creative means of self-expression.

Taught by GBAD Instructor Rebecca Waitt

Tap/Ballet Combo I (Ages 4 & 5) is a combo class that includes the Creative Dance curriculum as well as the introduction to basic tap rhythms and sounds.

Taught by GBAD Instructor Olivia Kunst

Tap/Ballet Combo II (Ages 5 & 6) is a continuation of Tap/Ballet Combo I for those students wishing to further advance in their tap *and* ballet skills. This class is a precursor for joining Ballet I. One year experience in Tap/Ballet Combo I is suggested.

Taught by GBAD Instructor Rebecca Waitt

Jazz/Ballet Combo I (Ages 4 & 5) is a combo class that includes the Creative Dance curriculum as well as movement for each part of the body from head down to the toes.

Taught by GBAD Instructor Rebecca Waitt

Jazz/Ballet Combo II (Ages 5 & 6) is a continuation of Jazz/Ballet Combo I for those students wishing to further advance in their jazz *and* ballet skills. This class is a precursor for joining Ballet I. One year experience in Jazz/Ballet Combo I is suggested.

Taught by GBAD Instructor Olivia Kunst

Ballet IB (Ages 6-7) explores the fundamentals of ballet technique and establishes the basic positions of the body. Students will gain an understanding of elementary physical and verbal ballet vocabulary while developing coordination, flexibility, kinesthetic awareness and grace.

Taught by GBAD Instructor Elyssa Bigos

Ballet IA (Ages 6-7) is an advanced elementary ballet class for students with one year prior experience in Ballet IB. Enrollment is based on the decision of the Artistic Director.

Taught by GBAD Artistic Director/Owner Elisa Gerasin

Ballet IIB (Ages 8 & 9) students will be expected to use the foundation learned in Ballet I to become more physically expressive. In this level students will begin to utilize different movement and musical qualities (allegro, adagio, etc) as they develop in their dancing. Proper alignment of the back, arms, legs and head will be emphasized to establish posture and balance. Students in this level also have the opportunity to enroll in the Ballet Intensive Program.

Taught by GBAD Instructor Elyssa Bigos

Ballet IIA (Ages 8 & 9) is an advanced Ballet II class for students with one year prior experience in Ballet IIB. Enrollment is based on the decision of the Artistic Director.

Taught by GBAD Artistic Director/Owner Elisa Gerasin

Ballet III (Ages 10 & 11) will continue to develop the student's musicality as faster tempos are introduced into the classroom. Correct use of body placement, greater flexibility, turning exercises and use of demi-pointe will be put into practice in Ballet III. These studies will aide boys and girls with jumping and turning. For girls, this class is a companion class to pre-pointe included in the technique class. Students in this level also have the opportunity to enroll in the Ballet Intensive Program.

Taught by GBAD Instructors Olivia Kunst & Elisa Gerasin

Pre-Pointe III/IV and Teen Pointe (Girls Ages 10+) is an introductory class that covers elementary pointe technique. Advancement to working on pointe is awarded on an individual basis. We will allow a student to progress on pointe, regardless of age, only if they demonstrate certain abilities. This is in the best interest of the student's long-term health and safety. Students who successfully meet the following criteria will minimize the likelihood of physical injury, progress more rapidly and will find the work more fulfilling:

- Physical maturity suggesting the development of bones and joints are stable, usually not realized until the student is approximately 10-11 years of age.
- Adequate foot flexibility
- Student demonstrates proficiency in the technical training received to date.
- Proper body alignment and strength obtained as a result of a minimum of three years disciplined dance training.

Please note: Students must be enrolled in two or more ballet technique classes at GBAD in order to take Pre-Pointe. Prerequisite: Ballet II and instructor's permission.

Taught by GBAD Instructors Olivia Kunst & Elisa Gerasin

Ballet IV is the level where everything begins to come together for the continuing ballet student. Students will develop mental and physical stamina as well as all over strength that will carry them throughout this year of challenges. New goals will include becoming comfortable with working on one leg, working in grander positions, working well with a variety of musical tempos, ability to execute multiple pirouettes, more complex petit allegros and higher, fully extended jumps. Girls will develop a proficiency in a multitude of steps within their pointe-work during this time. Connecting steps will become just as important as more difficult ones as the student strives to develop his/her artistry. Students in this level are strongly encouraged to enroll in the Ballet Intensive Program.

Taught by GBAD Instructors Olivia Kunst & Elisa Gerasin

Ballet V & VI is appropriate for advanced students aspiring towards a career in dance or who are at an advanced recreational level. Students in this level will be expected to have a tremendous work ethic and should constantly be striving towards self-improvement in dance. Technical proficiency, attained in previous levels, should pave the way for Ballet V/VI students to take this time to work on their artistry in class and performance. Students in this level are strongly encouraged to enroll in the Ballet Intensive Program.

Taught by GBAD Instructors Olivia Kunst & Elisa Gerasin

Variations V & VI Students will learn to dance and interpret excerpts from romantic, classical and neo-classical ballet masterworks. In depth study of individual ballets, choreographers, and composers will develop an understanding of the historically rich art form of ballet- an essential educational experience for the aspiring ballet dancer.

Taught by GBAD Artistic Director/Owner Elisa Gerasin

Beginner & Intermediate Modern (Ages 8-13) students will begin to learn fundamental movements and concepts borrowed from the techniques of Graham, Horton and Cunningham among others. Improvisational and composition skills will continue to be encouraged in order develop artistry in the dance student.

Taught by GBAD Instructor Janelle Abbott

Advanced Modern (Ages 13+) emphasizes on the use of grounding into the floor and centering the body with fun filled combination that will challenge and expand the body and mind awareness of space and movement. We will explore how the use of the breath brings quality to the movement along with utilizing the techniques of over/under curves, fall and suspend, contract and release and other modern concepts. Students can expect a deep full warm up and fun combinations across the floor while we explore how to utilize the space with movement while pondering on correct alignment.

Taught by GBAD Instructor Janelle Abbott

Lyrical V (Ages 12+) is a dance form that expresses feeling through movement in a dancer's body. It is an artistic and spiritual form of dance that has a poetic flow and tells a story through both music and dance. It is a combination of modern, ballet and jazz and is a great class for students who want to understand how their bodies connect physically and emotionally.

Taught by GBAD Instructor Janelle Abbott

Jazz III & IV (Ages 8-12)

Jazz V & VI (Ages 12-18) These classes will focus on core strength training, across the floor combinations, and jazz routines influenced by Musical Theatre, Fosse, Ballet, Hip Hop, as well as other dance styles. Students will work on balance, using their core, proper jazz techniques, as well as adapting to new and challenging choreography in various styles of jazz.

Taught by GBAD Instructor Alden Caple

Hip Hop Level V-VI (Ages 8-18) High-energy classes that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style. Hip Hop is urban, it's street, it's diverse and forever changing.

Taught by GBAD Instructor Nikki Fields

Beginner Tap (Ages 7+) is a foundation building class that introduces basic rhythms and sounds of tap. Developing syncopated rhythms is a primary focus of this class.

Taught by GBAD Instructor Rebecca Waitt

Intermediate Tap (Ages 9+) builds upon the focus of Beginner Tap with the addition of connecting steps and the beginning of improvisational studies to encourage self-expression and confidence.

Taught by GBAD Instructor Rebecca Waitt

Teen & Adult Beginning Ballet/ Modern is an appropriate class for the teen/adult student who has had little to no dance training. Studying classical ballet is an excellent way to develop body awareness and self confidence and practicing the modern dance form is a great way to let your inner artistry shine through. Classes will begin with elementary barre exercises and warm-up followed by center work appropriate to the students' abilities.

Taught by GBAD Instructor Olivia Kunst & Janelle Abbott

Intermediate/Advanced Adult Ballet is appropriate for the adult student who has had some previous training. Barre and center exercises will increase in complexity offering a rewarding challenge to the continuing dance student.

Taught by GBAD Instructor Olivia Kunst

Kid's Musical Theatre (Ages 8-12) This beginner class is for children with an interest in musical theatre who are looking for an outlet to dance and have fun while learning new choreography to their favorite Broadway shows. The class will focus on coordination, rhythm, and learning how to dance in an ensemble. Students will learn through a combination of warm-ups, rhythm games, and choreography rehearsal. This class is limited to 15 students and runs on a 10-week session for \$200.

Taught by GBAD Instructor Alden Caple

Musical Theatre Audition Techniques (Ages 13-18) The class is designed to prepare students for musical theatre dance calls. Each week students will learn a new musical theatre style combination and will participate in a mock audition, receiving feedback from the instructor. The class will focus on choreography comprehension, creating a character, showing personality through dance, as well as the do's and don'ts of auditioning. This class will be treated as a drop-in basis at \$15/class.

Taught by GBAD Instructor Alden Caple

Young Choreographer's Workshop* (Ages 13-18) This class is for young dancers who are interested in learning more about the process of choreographing. Students will study famous choreographers, their styles, and how they have influenced the world of dance. Also, each student will create a short piece of choreography which he/she will teach to the class. These pieces will be worked on and shaped with the instructor. Students will not only learn by seeing their own ideas come to life, but by working with several other young choreographers within the class. This class is once a week in a 10-week session with time and day TBA for \$200.

Taught by GBAD Instructor Alden Caple

*Interested students must prepare a 30-60 second solo piece of choreography in whatever style they feel most comfortable in. The piece should reflect your personality and style as a dancer. Be creative!!! Audition date TBA.