

**Forest Hill Dance**  
**Class Descriptions and Dress Code**  
**2018-2019**

**Creative Movement:**

Target age: 3-4 year olds. Our youngest group of dancers. Creative Movement introduces the basics of ballet and dance terminology while acclimating children to the structure of a dance class. Participants learn how to share the space with others. Our instructors use music, mimed movement and props to engage our young dancers. These dancers will have a studio performance at the end of the year for family members. These dancers do not perform in the spring recital. 30 minute class.

**Pre-Ballet:**

Target age: 4-5 year olds. Our youngest performing group of dancers. Dancers build upon the foundation from Creative Movement and continue to learn to control their gross motor skills. This is the first structured ballet class. These dancers will have a studio performance at the end of the year for family members. These dancers do not perform in the spring recital. 30 minute class.

**Beginner Ballet:**

Target age: 5-6 year olds. This is a combination class including ballet and tap technique. This class is built on basic movements learned in Creative Movement and Pre-Ballet but is still appropriate for the first time dancer. This class includes barre work, across the floor and center floor exercises. Ballet performance in the spring recital. 30 mins ballet and 15 mins tap.

**Ballet 1:**

Target age: 6-7 year olds. Students learn and focus on the fundamental ballet positions, and exercises at the barre. Students begin to combine movements into phrases while building vocabulary and technique. Includes barre, center, and across the floor movements. Dancers also begin to focus on their posture, body alignment, and basic ballet technique in this class. Recommended pairing with Tap 1. Ballet and Tap performance in the spring recital. 30 mins ballet and 30 mins tap.

**Ballet 2:**

Target age: 7-8 year olds. Exercises at the ballet barre are increased in number and difficulty to enhance flexibility, coordination, strength, and muscle tone. Repetition and reinforcement of Level 1 exercises will be emphasized. Dancers focus more on their posture, body alignment, and basic ballet technique in this class. Recommended pairing with Tap 2 and Jazz 2. Ballet, Tap and Jazz performance in the spring recital. 30 mins ballet and 30 mins tap and 30 minutes jazz.

**Ballet 3:**

In Ballet 3, students are taught basic classical ballet technique with more challenging footwork and coordinated arm movements (*port de bras*). Ballet 3 will perform in the spring recital. It is a 30 minute class.

**Tap:**

Tap, through the use of special footwork & shoes, is a percussive dance that teaches students to use the sounds of their feet to create rhythms. In Tap students utilize smaller musical "subdivisions" (more sounds per beat) and longer combinations. Tap will perform in the spring recital. It is a 30 minute class.

**Jazz:**

Jazz is a culturally-influenced energetic dance style, heavily relying on classical ballet technique. In Jazz students learn more complex and longer progressions, as well as how to isolate and move certain parts of their body. Jazz will perform in the spring recital. It is a 30 minute class.

**Introduction to Modern:** This class is by invitation only. This class is a pre-requisite to Modern 1 and Lyrical 1. Students must have experience in ballet and jazz. Modern dance incorporates a variety of classical disciplines and in some cases, pedestrian actions to create expressive movement. Lyrical dance is a fusion of ballet, jazz and contemporary dance. Movement is drawn from emotions felt through song

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lyrics. Dancers will learn how to feel and portray emotions through movement and breathe. This class will not perform in the spring recital.

**Modern:**

Target age: 10 and up. This style of dance focuses on the use of floor work, opposition, gravity, and body weight (in conjunction with safe and appropriate body alignment) in order to creatively explore one's dance space. Modern dance incorporates a variety of classical disciplines and in some cases, pedestrian actions to create expressive movement. Modern will perform in the spring recital. Class length varies.

**Lyrical:**

Designed for intermediate to advanced students with a strong technical foundation. Students will build on their knowledge and foundations of ballet, jazz, and modern dance to explore movement driven by individual expression and interpretation of music and sound for fluid or abstract story-telling.

**Ballet Technique** is geared toward the serious dancer who wants to pursue a more focused and in-depth study of ballet. Technique classes do not perform in the recital, so the full class time can be used for refining skills and tackling more advanced vocabulary. Placement in a Ballet Technique class is made by staff recommendation and students are placed according to skill level, progress, and work habits, rather than by age. Students should anticipate a fun but intensive class and are expected to wear their hair in a neat ballet bun.

**Pre-Pointe** is offered by invitation to those students the staff feels will be ready for pointe work in a few years. Students wear their regular ballet slippers, and classwork is focused on developing strength and flexibility in the feet and ankles, as well as learning skills that will later be performed in hard pointe shoes. Pre-pointe is a non-performing class, to allow the full class time to be devoted to improving technique.

**Pointe** is offered by staff recommendation to those students whom the staff feels are ready to dance in hard pointe shoes. Many young dancers dream of dancing on their toes, but a number of factors determine if they are ready. Age, physical development, foot and ankle flexibility, strength, alignment, and work ethic are all important. Going "en pointe" too soon is counterproductive and even dangerous for young dancers. However, those who are ready will experience the special magic of dancing in the same shoes worn by professional ballet dancers. Pointe classes perform when the students have completed their second year of training.

**Dancers in Technique, Pointe, and in all of Forest Hill's more advanced levels** are placed by progress rather than age. The staff re-assesses each dancer at the end of every season, and continues to assess placement for the first two weeks of the dance year. Forest Hill's staff is committed to placing our students where they can make the most progress and become the best dancers they can be.

**Hip Hop:**

Target age: 8 and up. Dancers learn basic techniques of hip hop style, building to more complex techniques such as popping, locking, tutting, and breaking. Hip hop allows dancers to explore their own style and build confidence, all while grooving to a wide variety of age appropriate music. Hip Hop will perform in the spring recital. Class length varies.

**Forest Hill Dance**  
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**Dance Attire and Dress Code:**

Dance attire is required in all Forest Hill Dance studios. Dancers should arrive to class in the proper attire and ready for instruction. A uniform look allows the instructor to focus on the dancers themselves and not on excess clothing and colors. Warm-up attire is allowed during the warm-up period of the class and must be promptly removed and stored before formal instruction begins. Street shoes should NOT be worn in the studios. Dance shoes should NOT be worn outside of the studios. Underwear should NOT be worn under their leotard.

**Ballet:**

Female dancers should wear black leotards, pink tights and pink ballet slippers. Ballet slipper are not velour slippers. Hair should be pulled into a neat bun. No jewelry. (\*Dance skirts may be worn per the instructor's discretion.)

Split-sole ballet shoes may be worn once the dancer reaches Ballet Level 4.

Pointe shoes are required, in addition to pink ballet slippers, for all pointe classes. "Dead" or worn pointe shoes will not be allowed in the studios.

Male dancers should wear a white shirt, black athletic pants and black ballet slippers. Shoulder length hair should be pulled into a low ponytail. No jewelry.

**Jazz:**

Ballet attire requirements. Dancers will need black jazz shoes, slip on or tied. Hair should be pulled into a neat bun for females and a low ponytail for males. No jewelry.

**Tap:**

Ballet attire requirements. Dancers will need tap shoes. Hair should be pulled into a neat bun for females and a low ponytail for males. No jewelry.

**Lyrical/Modern:**

Ballet attire requirements. Dancers may wear nude or pink convertible tights. Hair should be pulled into a neat bun for females and a low ponytail for males. No jewelry.

Advanced Lyrical classes may be asked to wear lyrical skirts. This decision will be made by the instructor.

**Hip Hop:**

Ballet attire requirements. Dancers may wear nude or pink convertible tights. Beginning hip hop dancers may use jazz shoes. Advanced Hip Hop classes should have hip hop sneakers/boots – the instructor will determine the exact footwear. Hair should be pulled into a neat bun for females and a low ponytail for males. No jewelry.

ANY DANCER NOT ADHERING TO THIS DRESS CODE MAY BE ASKED TO OBSERVE CLASS RATHER THAN PARTICIPATE. If you have any questions, please ask your dancer's instructor.

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The Dance Shop at County Ballet, located at 2232 Old Emmorton Road in Bel Air, offers a discount to our families.

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