

2019-2020 SEASON CLASS DESCRIPTIONS

Our classes are divided based on a student's age and skill level. Both previous and newly registered students have to be assessed by each respective Instructor to determine his/her suitable class. We have a curriculum and lesson plan for each level that we have developed through our many years of learning and experience. Each and every student learns and progresses at different pace - some may take more time in a level, while others learn in less time. Therefore students do not automatically move to the next level each year. A student moves to an appropriate level as he/she safely acquire the knowledge of the genre, master the correct form, and learn the technique with proper execution; not just certain combinations. Our instructors closely monitor the progress of each student to ensure that the student is strong, confident and technically well prepared to move up. We understand and respect everyone's uniqueness and encourage each child to give his/her best.

A

LEGEND:

A = Classical Technique:

A Ballet / Jazz / Tap / Contemporary / Musical Theatre

B = Hip Hop Fundamentals:

A Breakdancing / Popping / Locking / Grooving / Waacking

Primary Hip Hop	Requirements
Age	5 -7 Yrs.
Level	Beginner
Previous Experience Required	0-3 Yrs.
Pre-Requisite Training	Not required
Assessment By:	Not required
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Hip-hop dance is a broad category that includes a variety of styles which include Popping, Locking, Breaking, Grooving, Waacking, Tutting, House, etc.The studio-based version of hip-hop is called "new style" and influenced style of jazz dance called "jazz-funk". Classically trained dancers developed these studio styles in order to create urban style choreography.	Students age 7 and younger may enroll according to our age guidelines. This is an entry level for students wanting to explore this dance style.

Jr. Hip Hop 1 Recreational	Requirements
Age	8 -12 Yrs.
Level	Beginner
Previous Experience Required	0-3 Yrs.
Pre-Requisite Training	Not required
Assessment By:	Not required
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Hip-hop dance is a broad category that includes a variety of styles which include Popping, Locking, Breaking, Grooving, Waacking, Tutting, House, etc.The studio-based version of hip-hop is called "new style" and influenced style of jazz dance called "jazz-funk". Classically trained dancers developed these studio styles in order to create urban style choreography.	Students 8 years old and over may proceed to enroll in Level 1 Recreational Hip Hop Class accordingly. This is an entry level for students wanting to explore this dance style.

Jr. Select - Competitive	Requirements
Age	8 -12 Yrs.
Level	Intermediate / Advanced
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Classical Tech. - A , HH Fundamental - B
Assessment By:	Audition
Co-requisite: Classical Tech - A	Required
Co-requisite: Fundamental Hip-hop - B	Required
Details: Large Crew focusing on Intermediate Urban Hip-Hop choreography for performance and/or competition locally	Students should audition to qualify. They are required to attend <u>Classical Technique - A and Hip Hop Fundamental Classes - B</u> to prepare for the next challenging levels.

Jr. Showcase Competitive	Requirements
Age	8 -12 Yrs.
Level	Advanced
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Classical Tech. - A , HH Fundamental - B
Assessment By:	Audition
Co-requisite: Classical Tech - A	Required
Co-requisite: Fundamental Hip-hop - B	Required
Details: Large Crew focusing on Advance Urban Hip-Hop choreography for performance and/or competition locally	Students should audition to qualify. They have to be in the Advanced level and are required to attend Classical Technique - A and Hip Hop Fundamental - B Classes.

CNC - Cookies & Cream	Requirements
Age	8 -12 Yrs.
Level	Advanced
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Classical Tech. - A , HH Fundamental - B
Assessment By:	Audition
Co-requisite: Classical Tech - A	Required
Co-requisite: Fundamental Hip-hop - B	Required
Details: Small Crew focusing on Advance Urban Hip-Hop choreography for performance and/or competition locally and internationally	Advanced Students should audition to qualify. Intensive training is to be expected. Students are required to train in Classical Technique - A and Hip Hop Fundamental - B Classes.

Sr. Hip Hop 1 Competitive	Requirements
Age	13+ Yrs.
Level	Beginner / Intermediate
Previous Experience Required	1 - 2 Yrs.
Pre-Requisite Training	Hip Hop Rec or any Classes from A or B
Assessment By:	Audition / Placement
Co-requisite: Classical Tech - A	Required
Co-requisite: Fundamental Hip-hop - B	Recommended 1 Fundamental HH Tech
Details: Large Crew focusing on Beginner Urban Hip-Hop choreography for performance and/or competition locally.	Students audition either for PraiseTeens or PT Sr. Showcase. Then, students attend 1 or 2 Placement Classes to be scheduled at the start of the season to fully determine his/her level. They are required to take any of the Classical Tech Classes A . We highly recommend taking any of the Hip Hop Fundamental Classes B to prepare for the next challenging levels.

Sr. Hip Hop 2 Competitive	Requirements
Age	13+ Yrs.
Level	Intermediate
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Hip Hop Rec or any Classes from A or B
Assessment By:	Audition / Placement
Co-requisite: Classical Tech - A	Required
Co-requisite: Fundamental Hip-hop - B	Recommended 1 Fundamental HH Tech
Details: Large Crew focusing on Intermediate Urban Hip-Hop choreography for performance and/or competition locally.	Students audition either for PraiseTeens or PT Sr. Showcase. Then, students attend 1 or 2 Placement Classes to be scheduled at the start of the season to fully determine his/her level. They are required to take any of the Classical Tech. Classes - A . We highly recommend taking any of the Hip Hop Fundamental Classes - B to prepare for the next challenging levels.

PraiseTeens - Sr. Select	Requirements
Age	13-18 Yrs.
Level	Advance
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Classical Tech. - A, HH Fundamental - B
Assessment By:	Audition
Co-requisite: Classical Tech - A	Required at least 2 years
Co-requisite: Fundamental Hip-hop - B	Required at least 2 years
Details: Mega Crew Varsity focusing on Advance Urban Hip-Hop choreography for performance and/or competition locally and internationally	Advanced level teens may Audition. They are required to complete at least 2 years of Classical Technique - A and Hip Hop Fundamental - B. After completing 2 years, they have the option to continue to take either one of the classes or both.

PraiseTEAM - Sr. Showcase	Requirements
Age	16+ Yrs.
Level	Advance
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Classical Tech. - A , HH Fundamental - B
Assessment By:	Audition &/or Invitation
Co-requisite: Classical Tech - A	Highly Recommended
Co-requisite: Fundamental Hip-hop - B	Highly Recommended
Details: Mega Crew focusing on Advance Urban Hip-Hop choreography for performance and/or competition locally and internationally	Elite advanced group of dancers. Dancers undergo intensive training to prepare them for future dance and performing arts careers. They are required to complete at least 2 years of Classical Technique - A and Hip Hop Fundamental - B . After completing 2 years, they have the option to continue to take either one of the classes or both.

Acting for Screen & Stage	Requirements
Age	13 - 30
Level	Beginner / Intermediate
Previous Experience Required	0 - 4 years
Pre-Requisite Training	Not required
Assessment By:	Placement
Co-requisite: Classical Tech - A	Recommended
Co-requisite: Fundamental Hip-hop - B	Recommended
In this class you will earn the fundamentals that every actor, whether preparing for Broadway or their next feature film, should know. This class will tackle subjects including, but not limited to: scene study, script analysis, audition technique, speech & movement, memorization, signing with an agent, and the business of acting.	Whether you've had experience working as an actor, or have always wanted to see what it would be like to be one, this is the class for you.

Parallel (All Girls Varsity)	Requirements
Age	13 - 18 Yrs
Level	Intermediate/Advanced
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Classical Tech. - A, HH Fundamental - B
Assessment By:	Audition &/or invitation
Co-requisite: Classical Tech - A	Required at least 2 years
Co-requisite: Fundamental Hip-hop - B	Required at least 2 years
Create stylized HipHop Urban Choreography in order to perform & showcase to audiences locally and internationally	An all girls varsity group, aimed to build young female dancers into strong women in the community and well rounded dancers. The group will focus on both hip hop/urban choreography, with freestyle development, giving dancers both the discipline of competition and choreography as well as the community and sisterhood in freestyles and battles.

PraiseTEAM Young Blood - PTYB	Requirements
Age	13 - 25
Level	Advanced
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Classical Tech. - A , HH Fundamental - B
Assessment By:	By Invitation Only
Co-requisite: Classical Tech - A	Highly Recommended
Co-requisite: Fundamental Hip-hop - B	Highly Recommended
Create stylized HipHop Urban Choreography in order to perform & showcase to audiences locally and internationally	Elite advanced group of dancers who undergo intensive training to prepare them for future dance and performing arts careers. They are required to complete at least 2 years of Classical Technique - A and Hip Hop Fundamental - B. After completing 2 years, they have the option to continue to take either one of the classes or both.

Beginner Grooving	Requirements
Age	8-12 Yrs.
Level	Intermediate
Previous Experience Required	1+ Yrs.
Pre-Requisite Training	Not required
Assessment By:	Instructor Approval
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Grooving in the Hip-Hop world is musicality and creative interpretation of movement.	Registry is limited to children and relies upon the approval of the instructor. Previous dance training and/or experience will be helpful. This class will culminate in choreography developed to enhance dancer's grooving abilities.

Advanced Grooving	Requirements
Age	13+ Yrs.
Level	Intermediate / Advance
Previous Experience Required	1+ Yrs.
Pre-Requisite Training	Beginner Grooving
Assessment By:	Instructor Approval
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Grooving in the Hip-Hop world is musicality and creative interpretation of movement.	Registry is open to teens and older. Previous dance training and/or experience will be helpful. This class will culminate in choreography developed to enhance dancer's grooving abilities.

Locking (int./Advanced)	Requirements
Age	13+ Yrs.
Level	Intermediate / Advance
Previous Experience Required	1+ Yrs.
Pre-Requisite Training	HH Fundamental - B , HipHop Rec. or Comp.
Assessment By:	Instructor Approval
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Locking, dancers hold their positions longer and lock is the primary move used in locking. It is "similar to a freeze or a sudden pause." A locker's dancing is characterized by frequently locking in place and after a brief freeze then moving again. Lockers commonly use a distinctive dress style characterized by colorful clothing with stripes and suspenders.	Registry is limited and relies upon the approval of the instructor. Previous dance training and/or experience is necessary for acceptance. This class will culminate in choreography developed to enhance dancer's Locking style.

Beginner Breakdancing	Requirements
Age	7-12 Yrs.
Level	Beginner / Intermediate
Previous Experience Required	Not required
Pre-Requisite Training	Not required
Assessment By:	Not required
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Breakdancing includes moving the feet sideways and onto the toes, spinning on the knees, head, hands and elbows, mock fighting moves, and pantomime. This form of dancing involves rapid acrobatic moves in which different parts of the body touch the ground; normally performed to the rhythm of rap or hiphop music	Class is open to children interested in Breakdancing and basic moves.

Advanced Breakdancing	Requirements
Age	13+ Yrs.
Level	Intermediate / Advanced
Previous Experience Required	1+ Yrs.
Pre-Requisite Training	Beginner Breakdancing
Assessment By:	Not required
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Breakdancing includes moving the feet sideways and onto the toes, spinning on the knees, head, hands and elbows, mock fighting moves, and pantomime. This form of dancing involves rapid acrobatic moves in which different parts of the body touch the ground; normally performed to the rhythm of rap or hiphop music	Class is open to teens and older interested in Advance Breakdancing and explore new moves to enhance their Hip-Hop Style

Beginner Waacking	Requirements
Age	8+ Yrs.
Level	Beginner / Intermediate
Previous Experience Required	Not required
Pre-Requisite Training	HH Fundamental - B , HipHop Rec. or Comp.
Assessment By:	Instructor Approval
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Waacking Hip-Hop style consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other creative elements such as posing and footwork.	Class is open to children and older teens with none or little background in Hip-Hop.

Advanced Waacking	Requirements
Age	13+ Yrs.
Level	Intermediate / Advanced
Previous Experience Required	2+Yrs.
Pre-Requisite Training	HH Fundamental - B , HipHop Rec. or Comp.
Assessment By:	Instructor Approval
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Waacking Hip-Hop style consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other creative elements such as posing and footwork.	Class is open to children and older teens with strong background in Hip Hop that wish to enhance their Hip-Hop skill and technique.

Beginner Popping	Requirements
Age	8+ Yrs.
Level	Beginner/Intermediate
Previous Experience Required	1+ Yrs.
Pre-Requisite Training	0 - 1 Yr.
Assessment By:	Not required
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Popping was derived from the earlier Boogaloo street dance movement during the late 1960's, the Boogaloo dance form incorporated techniques of soulful footwork steps, arm movements, stop-motion animation, the robot, & posing hard - which contracted muscles during robotic poses to the music of Funk.	Class is open to children and older teens with basic background in Hip Hop that wish to learn this Hip-Hop fundamental technique.

Advanced Popping	Requirements
Age	8+ Yrs.
Level	Intermediate / Advance
Previous Experience Required	1+ Yrs.
Pre-Requisite Training	HH Fundamental - B , HipHop Rec. or Comp.
Assessment By:	Instructor Approval
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Popping was derived from the earlier Boogaloo street dance movement during the late 1960's, the Boogaloo dance form incorporated techniques of soulful footwork steps, arm movements, stop-motion animation, the robot, & posing hard - which contracted muscles during robotic poses to the music of Funk.	Class is open to children and older teens with strong background in Hip Hop that wish to enhance their Hip-Hop skill and technique.

Beginner Ballet	Requirements
Age	5-7 Yrs.
Level	Beginner
Previous Experience Required	0 - 3 Yrs.
Pre-Requisite Training	Not required
Assessment By:	Not required
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Ballet is a type of performance dance form, highly technical with its own vocabulary based on French terminology. It has been globally influential and has defined the foundational techniques used in many other dance genres and cultures.	Students age 7 and younger may enroll in this class. This dance style will help students learn discipline, gain strength and foundational techniques used in many other dance genres.

Sr. Ballet/Pointe Competitive	Requirements
Age	13+ Yrs.
Level	Intermediate / Advanced
Previous Experience Required	Ballet or Jazz preferred
Pre-Requisite Training	Open
Assessment By:	Instructor Approval
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Ballet is a type of performance dance form, highly technical with its own vocabulary based on French terminology. It has been globally influential and has defined the foundational techniques used in many other dance genres and cultures.	Class is open to all teens and older who would like to learn Ballet technique in the Vaganova method.

Jr. Jazz 1A	Requirements
Age	8 -12 Yrs.
Level	Beginner
Previous Experience Required	0-3 Yrs.
Pre-Requisite Training	Not required
Assessment By:	Placement
Co-requisite: Classical Tech - A	Ballet Recommended
Co-requisite: Fundamental Hip-hop - B	Not required
Jazz dance is the performance dance technique that is highly stylized. Jazz continuously flowing movements, developed the dancer's technique and style for more creative combinations.	This is a beginners level Recreational Jazz class wherein students learn basic Jazztechnique and terminology. Students attend 1 or 2 Placement Classes to be scheduled at the start of the season to fully determine his/her correct level.

Jr. Jazz 1B	Requirements
Age	8 -12 Yrs.
Level	Beginner / Pre-intermediate
Previous Experience Required	0-3 Yrs.
Pre-Requisite Training	Ballet or Jazz 1 preferred
Assessment By:	Placement
Co-requisite: Classical Tech - A	Ballet Recommended
Co-requisite: Fundamental Hip-hop - B	Not required
Jazz dance is the performance dance technique that is highly stylized. Jazz continuously flowing movements, developed the dancer's technique and style for more creative combinations.	This Jazz class is for students who have learned the very basic Jazz technique of Jazz 1A. Students attend 1 or 2 Placement Classes to be scheduled at the start of the season to fully determine his/her correct level.

Sr. Jazz 1	Requirements
Age	13+ Yrs.
Level	Beginner / Pre-intermediate
Previous Experience Required	0 -3 Yrs.
Pre-Requisite Training	Ballet or Jazz preferred
Assessment By:	Placement
Co-requisite: Classical Tech - A	Ballet Recommended
Co-requisite: Fundamental Hip-hop - B	Not required
Jazz dance is the performance dance technique that is highly stylized. Jazz continuously flowing movements, developed the dancer's technique and style for more creative combinations.	This is a beginners level Recreational Jazz class wherein students learn basic Jazz technique and terminology. Students attend 1 or 2 Placement Classes to be scheduled at the start of the season to fully determine his/her correct level.

Sr. Jazz 2	Requirements
Age	13+ Yrs.
Level	Intermediate / Advanced
Previous Experience Required	0 -3 Yrs.
Pre-Requisite Training	Ballet or Jazz preferred
Assessment By:	Placement
Co-requisite: Classical Tech - A	Ballet Recommended
Co-requisite: Fundamental Hip-hop - B	Not required
Jazz dance is the performance dance technique that is highly stylized. Jazz continuously flowing movements, developed the dancer's technique and style for more creative combinations.	Students attend 1 or 2 Placement Classes to be scheduled at the start of the season to fully determine his/her correct level.

Jr. Tap 1 Recreational	Requirements
Age	8-12 Yrs.
Level	Beginner
Previous Experience Required	0 - 3 Yrs.
Pre-Requisite Training	Not required
Assessment By:	Not required
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Tap: An art form that teaches patterns of rhythm primarily through the movement of feet, Tap dance is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion.	Students 8 years old and over may proceed to enroll in Level 1 Recreational Tap Class accordingly.

Sr. Tap 1 (Beginner/Rec.)	Requirements
Age	13+ Yrs.
Level	Beginner
Previous Experience Required	0 - 3 Yrs.
Pre-Requisite Training	Not required
Assessment By:	Placement
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Tap: An art form that teaches patterns of rhythm primarily through the movement of feet, Tap dance is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion.	This is a beginners level recreational Tap class for teens and older students interested to learn basic Tap technique and terminology. Students attend 1 or 2 Placement Classes to be scheduled at the start of the season to fully determine his/her correct level.

Sr. Tap 2 (Int./Advanced)	Requirements
Age	13+ Yrs.
Level	Intermediate / Advance
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	Tap preferrably
Assessment By:	Audition / Placement
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Tap: An art form that teaches patterns of rhythm primarily through the movement of feet, Tap dance is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion.	This Tap class is for Senior students who would like to be trained in Tap on a competitive level. Students attend 1 or 2 Placement Classes to be scheduled at the start of the season to fully determine his/her correct level.

Sr. Tap 3 (Advanced/Competitive)		Requirements
Age		13+ Yrs.
Level		Advanced
Previous Experience Required		2+ Yrs.
Pre-Requisite Training		Tap preferred
Assessment By:		Audition / Placement
Co-requisite: Classical Tech - A		Not required
Co-requisite: Fundamental Hip-hop - B		Not required
Tap: An art form that teaches patterns of rhythm primarily through the movement of feet, Tap dance is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion.		Senior students in the advanced level are invited by the Teacher/Choreographer for specialized Tap training.

Sr. Contemporary 1 (Beginners)	Requirements
Age	13+ Yrs.
Level	Beginner / Pre-Intermediate
Previous Experience Required	0 - 3 Yrs.
Pre-Requisite Training	Not required
Assessment By:	Placement
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.	This is a class is for senior students in the beginners level who are interested to learn basic Contemporary dance.

Sr. Contemporary 2 (Advanced)	Requirements
Age	13+ Yrs.
Level	Pre-intermediate / Intermediate
Previous Experience Required	0 - 3 Yrs.
Pre-Requisite Training	Not required
Assessment By:	Placement
Co-requisite: Classical Tech - A	Not required
Co-requisite: Fundamental Hip-hop - B	Not required
Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.	This is a class is for senior students in the intermediate level who are interested to learn more of basic Contemporary Dance and work on their emotional interpretations.

Beginners/Int. Musical Theatre	Requirements
Age	8 - 18 Yrs.
Level	Beginner / Pre-intermediate
Previous Experience Required	Not required
Pre-Requisite Training	Not required
Assessment By:	Audition
Co-requisite: Classical Tech - A	Recommended
Co-requisite: Fundamental Hip-hop - B	Recommended
Musical Theatre: Musical theatre is a form of theatrical performance that combines songs, spoken dialogue, acting and dance. The story and emotional content of a musical are communicated through words, music, movement and technical aspects of the entertainment as an integrated whole.	Students should have at least an intermediate level of dance training and should be able to sing, dance and act.

Advanced Musical Theatre	Requirements
Age	12+ Yrs.
Level	Intermediate / Advanced
Previous Experience Required	2+Yrs.
Pre-Requisite Training	Open
Assessment By:	Audition
Co-requisite: Classical Tech - A	Recommended
Co-requisite: Fundamental Hip-hop - B	Recommended
Musical Theatre: Musical theatre is a form of theatrical performance that combines songs, spoken dialogue, acting and dance. The story and emotional content of a musical are communicated through words, music, movement and technical aspects of the entertainment as an integrated whole.	Students should have at least an intermediate level of dance training and should be able to sing, dance and act.

The Build Up Workshop	Requirements
Age	Open
Level	Advanced
Previous Experience Required	2+ Yrs.
Pre-Requisite Training	HH Fundamental-B, HipHop Rec.or Comp.
Assessment By:	By Invitation / Instructor Approval
Co-requisite: Classical Tech - A	Required at least 2 years
Co-requisite: Fundamental Hip-hop - B	Required at least 2 years
Hip-hop dance is a broad category that includes a variety of styles which include Popping, Locking, Breaking, Grooving, Waacking, Tutting, House, etc.The studio-based version of hip-hop is called "new style" and influenced style of jazz dance called "jazz-funk". Classically trained dancers developed these studio styles in order to create urban style choreography.	3 Advanced classes in each workshop that will be held once a month. Students learn from a variety of local and international Choreographers at each workshop at a time. We will only accept 40-70 students. Students who are not from the Advanced classes, may apply for Instructor approval and waiting list. Commitment for the whole season is required.