

2024 - 2025 Class Offerings:

Twinkle Toes/ Tumble Tots

Primary Jazz/ Primary Ballet

Jazz & LAT 1, 2, Adv Jazz/Movement

Ballet 1, 2 & 3

Pointe

Mini Lyrical, Lyrical 1, Lyrical 2

Movement/Modern

Hip Hop 1, 2, 3

Tap

Dancer Conditioning (EPDA Comp Team ONLY)

Acrobatic Arts Program 1, 2, 3, and 4

Although academic years and levels are typically considered complete within a time span of 2 semesters, these expectations should not be held for dance class instruction. Each and every class comes with a lengthy list of skills, some of which may take longer than one semester or even a whole year to master. It is expected that each child approaches every class ready to absorb information about their body and dance technique with the utmost focus and fire! This is how opportunities open for them to be placed in more advanced dances over time.

Please Note: Placement and leveling up in classes is completely to the discretion of EPDA staff. Reconsiderations for placement will be assessed each semester.

Jazz Classes and Leaps and Turns (LAT) Classes

Primary Jazz: The primary focus of primary jazz is to prepare dancers to grasp the foundations of basic jazz technique. Primary jazz students will not be enrolled in any leaps and turns without assessment and approval from EPDA staff. The focus skills are as follows:

- **Tendus** (This is NOT a jazz skill however, it is included to reinforce basic technique)
- **Plies**
- **Pivot Turns**
- **Passé on both sides**
- **Chasses Ball changes, cross ball changes**
- **Pointing and flexing feet**
- **Chaine and Pique turn**
- **Pas de bouree**
- Creative Movement
- Rhythm
- Right and Left Splits
- **Straight Jump (Sissonne)**
- **Penche**
- **Pirouette Prep**

In order to progress to jazz 1, ALL of the bold faced skills must be mastered or the dancer must turn 8, whichever occurs first.

Jazz 1/LAT 1: The primary focus of Jazz 1A is to provide the basics of jazz technique on which further jazz skills and choreography will be built in future classes. Jazz classes will focus on integrating movement quality and rhythm with skills learned in the corresponding Leaps and Turns class. The focus skills are as follows:

- **Chaine turns on both sides**
- **Single pique turns on both sides**
 - **Spotting while turning**
- **Straight Jump on both sides (Sissonne)**
- **Single pirouettes on both sides**
- **Battements across the floor**
- **Tilt Kicks on both sides**
- Stage Presence/Expression
- **Leg Extensions with correct placement**
- **Chassé step leap (right)**
- **Penche**
- Right left and middle splits
- Rhythm and Musicality

In order to progress to Jazz/LAT 2, **ALL** of the bold faced skills must be mastered.

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Jazz 2/LAT 2: The primary focus of Jazz 2 is to build on the basics of jazz technique learned in 1 and prepare dancers for more Intermediate jazz skills and choreography in future classes. The focus skills are as follows:

- **Connected chaine and pique turns on both sides**
 - **Spotting while turning**
- **Toe Touch**
- **Double pirouette on one side (Right or left)**
- **Single Pirouettes on both sides**
- **Battements across the floor**
- **Grade Jete (leap) on both sides**
- **Leap in Second on both sides**
- **Chasse Step Tilt Jump**
- **Standing Tilt**
- **Switch Tilt**
- **Leg Turn**
- **C Jump**
- **Firebird**
- **Calypso**
- **Chaine Leap**
- **Chaine Axel**
- **Stage Presence/Expression**
- **Understanding Movement Quality**
- **Jazz Walks**
- **Rhythm** and Musicality

In order to progress to Adv Jazz Tech and Movement, ALL of the bold faced skills must be mastered.

Adv Jazz Tech: The primary focus of Adv Jazz Tech/ Movement is to teach and reinforce skills that can push a dancer from Intermediate to advance. This class will push the dancers memorization, coordinations, weigh focus skills are as follows:

- **4 corner Chaines**
- **4 Corner Piques**
- **Triple/ Quad Pirouettes**
- **Double/Triple/ Quad Coupe turns**
- **Double/Triple/ Quad Pencil turns**
- **Pencil Turn - Plié - Leg Turn Combo**
- **Illusions**
- **Leg Turns**
- **Chaine Seconde/ Chaine Tilt**
- **Switch Chaine Seconde/ Tilt**
- **Rotating C Jump**
- **Switch Arabesque**
- **Tilt Extensions**
- **Switch Leap**
- **Chaine Axel Connections**
- **Axel Knee Drop**
- **A La Secondes + Connections**
- **Directionals & Reverse Directionals**
- **Floats**
- **Various Combinations of all aforementioned skills**

Adv Jazz Movement:

- **Clarity of body positions** (sharp arms/legs in movement where applicable).
- Execution and memorization of adv choreography
- Refinement of Movement Quality
 - Textures/ Movement in Torso
 - Port de bras
 - Epaulment
 - Embodying the musicality

Ballet Classes

Twinkle Toes: The primary focus of this class is to introduce ballet to tiny dancers in a fun and engaging environment. Dancers will gain more body awareness, muscle memory, and independence. This class is highly recommended for dancers 2-4 years.

- First and Second foot position
- 5 arm positions
- Plies and Releve
- Tendues/ Pique pricks
- Passe
- Chasse

Ballet 1 & Primary Ballet: The only difference between these classes is the age of the dancer. Primary Ballet maximum age is 7 years old. The primary focus of ballet 1 and primary ballet is to get young dancers to strengthen their bodies, increase their awareness of their alignment and posture, and for the basis of their technique. The focus skill are as follows:

- **6 foot positions**
- **5 arm positions**
- **Pointing Toes**
- **Tendus**
- **Plies**
- **Passe**
- **Coupe**
- **Releve**
- **Body Alignment**

In order to move up to Ballet 2/3, the dancer must be proficient in ALL bold faced skills.

Ballet 2/3: Ballet training provides foundational understanding of body placement and alignment needed for many other dance genres. The focus skills are as follows:

- **Coupe**
- **Degage**
- **Battement**
- **Grande Jete**
- **Fondu**
- **Frappe**
- **Pas de chat**
- **Glissade**
- **Rond de jamb**
- **Tambe pas de bouree**
- **Pirouette**
- **Changement**
- **Assemble**
- **Cabriole**

In order to move up to Pointe, the dancer must be proficient in **ALL** bold faced skill

Pointe: Pointe work builds on the foundation of ballet. Dancers must have solid ballet technique, strength and coordination. Dancers **MUST** be approved by an EPDA qualified ballet instructor and must show high levels of commitment and dedication. Dancers are required to enroll in one EPDA ballet class per pointe class registered for. Everything below will be taught on and off the Barre. *Please note, this is the bare minimum taught in this class and skills will increase as the dancers begin to perfect their technique.*

- Relevés
- Balances
- Tendus
- Echappes
- Bourrées
- Relevés in each position

Lyrical and Movement/ Modern Classes

Lyrical 1& Mini Lyrical: The primary focus is on getting dancers comfortable with movements and portraying a story through their movement. There is not have a set group of skills to be taught, however the technique that will be taught includes, but is not limited to:

- Epaulment
- Floorwork and Rolls
- Movement Quality
- Emotional Expression
- Carriage of the Body and Alignment
- Musicality
- Improvisation

In order to move up to **Lyrical 2**, the instructor **MUST** approve dancers.

Lyrical 2: The class focuses on exploring and expanding your range of movement through more complex combos. Heavy focus is placed on musicality, expression, and provision to allow dancers to find their strength and voice in this area. There is not a specific set of skills to be taught, however dancers must have a moderate ballet and jazz background:

- | | |
|-----------------------|--------------------------------------|
| • Toe Roll variations | • Balances |
| • Knee drops | • Movement Quality |
| • Floorwork and rolls | • Emotional Expression |
| • Improvisation | • Carriage of the Body and Alignment |
| • Epaulment | • Musicality |

In order to move up to **Movement/Modern**, the instructor **MUST** approve dancers.

Movement/Modern: The class focus is on different textures and exploring movements with added technical elements, transitions, contractions, laterals, and floorwork. High emphasis is placed on alignment, embodying the music, groundness, and improvisation. While dancers are not required to have a specific set of skills, dancers should be advanced in their training.

- Graham Technique
- Horton Technique
- Laterals
- Floorwork and Rolls
- Movement Quality
- Emotional Expression
- Carriage of the Body and Alignment
- Musicality
- Epaulment
- Embodying Character/Emotions/Music
- Improvisation

Hip-Hop Classes

Hip Hop 1: is designed to better help the dancer connect the brain and the body in more intricate movement patterns. The objective is for dancers to develop basic rhythm skills, learn how to count music, build coordinations, and learn to adjust to different formations.

The focus skills are as follows:

- Basic Rhythm and Musicality
- Performance Quality and Confidence
- Step Touch; Step Touch (back)
- Grapevine
- Kick Ball Change
- Pas de Bouree
- Rond de Jamb Hops
- Pivot Turns
- 3 Step Turns
- Jerk (Reject)
- Memorization of Choreo

In order to move up to **Hip Hop 2**, the instructor **MUST** approve dancers.

Hip Hop 2: is builds upon the foundation laid in Hip-Hop 1. Hip-Hop 2 is designed to challenge the dancers with their execution and projection of intermediate level choreography. More complex footwork, Isolations, and grooves is taught to increase the dancer's body awareness.

The focus skills are as follows:

- Inter/Adv Rhythm and Musicality
- Performance Quality and Confidence
- Projection
- Weight Shifting through legs; Groundedness
- Arm Waves
- Basics of Whacking
- Heel Toe
- Isolations - Head, Shoulders, Chest, and Hips
- Shifting weight through feet
- Basic Grooves (bounces, rocks, anything sitting in the pocket)
- Memorization and Execution of Choreo

In order to move up to **Hip Hop 3**, the instructor **MUST** approve dancers.

Hip Hop 3: builds upon the foundation laid in Hip Hop 1 and 2 to better prepare dancers for more fast paced and complicated choreography. The goal of this class is to prepare dancers for auditions, conventions, and master class opportunities. The focus genres and skills are as follows:

- Freestyle
- Audition/ Master Class preparation
- Popping (Arms, Legs, Chest, Full Body)
- Basics of Gliding
- Basics of Whacking
- Basics of Tutting
- Intermediate Level Footwork (Lite Feet and House Styles)
- Clarity of Arm Placement
- Isolations - Head, Shoulders, Chest, and Hips

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Tap Class

Tap: is an introductory course and will cover the fundamentals techniques and rhythm of tap dance. The class is designed to help the dancer work on coordination, rhythm, weight shifting, and timing and musicality. One of the main objectives is understanding and performing basic tap steps including but not limited to:

- Ball change
- Shuffle
- Flap
- Buffalo
- Maxi ford
- Maxi ford turn
- Cramp roll
- Cramp roll turn
- Heel exercises
- Paradiddle / Paddle
- Time step

Dancer Conditioning (EPDA TEAM MEMBERS ONLY)

Dancer conditioning does not have a set group of skills to be taught, however it will be as personalized as possible for the dancers to maximize their growth in their other classes. Exercises that will be prescribed to individual dancers are to help them strengthen and stabilize their core, stabilize their ankles, help them jump with more power, increase their stamina, help them support their arms from their back, and etc. Conditioning is essential to prevent injury and increase the longevity of the dancers career.

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Acrobatic Arts Program

EPDA is a certified Acrobatic Arts and Alixa Flexibility program that focuses on building strength, flexibility, balance, and body control. Acro is a unique blend of dance, gymnastics, and contortion! Lifts, partner tricks, tumbling, leg extensions, balances, and contortion work is what makes the EPDA Acrobatic Arts program so popular. We offer 4 different levels to accommodate each child's individual needs along with a competitive team for the more serious dancers. Most skills in each level **MUST** be mastered before moving to the next level.

Tumble Tots: Introduction Course

- Forward Rolls
- Backwards Rolls
- Passe Balances
- Jumping off of 2 feet and landing on 2 feet or 1 foot
- Movement Mimicry
- Gross Motor Skill Development

This class is designed to build strength, agility, flexibility and increase gross motor skills in children aged 2-4. You must age out of this class.

Acro 1: Beginner

- **Forward Rolls**
- **Backward Rolls**
- **Handstand kicks**
- **Handstand to bridge**
- **Bridge recovery**
- **Bridge kick over**
- **Cartwheel**
- **One handed cartwheel**
- **Right and Left splits (no more than 4 inches off the ground)**
- **Passe Balance**
- Basic jazz and ballet knowledge

In order to progress to **acro 2**, ALL of the bold faced skills must be mastered.

Acro 2: Beginner-Intermediate

- Right and Left splits (no more than 2 inches off the ground)
- Scorpions
- **Back walkover (no connection)**
- **Front walkover (no connection)**
- **Front Walkover Cartwheel Back Walkover**
- **Back Limber**
- **Side leg lifts (4 count balance)**
- **Handstand Hold and alignment (2 secs)**
- **Elbow cartwheels**
- Elbow stand balances
- **Elbow stand to bridge recovery**
- **Bridge to elbow stand kickover**
- **Aerial Prep**
- **Beginner Partner Lifts and Balances**
- **BHS prep**
- Chin Stand
 - Straight Legs
 - Bent Legs with Knees Together
- Basic jazz and ballet knowledge

In order to progress to **acro 3**, ALL of the bold faced skills must be mastered.

Please Note: Placement and leveling up in classes is completely to the discretion of EPDA staff. Reconsiderations for placement will be assessed each semester.

Acro 3: Intermediate

- **Right and left splits (no more than 2 inches off the ground)**
- **Middle Splits (No more than 4 inches off the ground)**
- *Needles*
- **Side Aerial**
- **Handstand Hold (2 to 4 secs)**
- **Elbow stand Balances/Variations**
- *Elbow Front Walkover*
- **Elbow Back Walkover**
- **Headstand balances**
- **Headstand cartwheels**
- Chin stands
 - Feet to Floor
 - Variations
 - Tumbleweed
- **Toe rise pop up**
- **Toe Rise to Standing**
- **Toe rise to bridge kick over**
- **Valdez**
- **BHS Preps**
- *Back Handspring*
- **Front Handspring**
- **Headstand pop ups**
- **Headstand variations**
- **Diving Front Walkover**
- *Intermediate Partner Lifts and Balances*
- *Beginner Lifts*
- *Round Off BHS*
- Moderate jazz and ballet knowledge

In order to progress to **acro 4**, ALL of the bold faced skills must be mastered.

Acro 4: Advanced

- Side Aerial variations
- BHS Variations
- Tucks/ Layouts/ Back Aerials
- 540 and 360
- Front aerial preps
- Front aerial
- Handstand Holds (8+ second holds)
- Straight and Curved Handstand Walks
- Handstand Pirouettes
- Handstand Variations
- One hand or No hand Valdez
- Toe rise Variations
- Elbow front walkover
- Shoulder stands
- Rotating Tinsica
- Helicopter cartwheel
- Headstand Presses
- Headstand Turns and Variations
- Lifts and Adv Partner Tricks and Balances
- Various Contortion Skills
- Ability to connect multiple tumbling or acrobatics skills together
- Significant jazz and ballet knowledge. **Must** be enrolled in 1 EPDA Jazz or ballet class!