

STUDIO 150—CLASS DESCRIPTIONS

Studio 150's philosophy is to educate and enhance the "dancer" in each individual.

Each style of dance is approached by following a syllabus to ensure that each student is receiving the proper training for his or her level as compared to the dance industry.

We offer high quality dance training in a fun filled learning environment. Our classes are for first timers to seasoned dance professionals.

Our faculty has been awarded the Educators Award for 2014 for teaching proper technique with age appropriate costumes and choreography.

As well as following a progressive syllabus, we emphasize fun, creativity, and imagination. Students will not only learn their technique, but the love of expressing themselves through dance.

Acrobatics

Proper warm-up stretches and conditioning exercises are introduced to gain strength, flexibility, balance and agility. Class work is a progression in tumbling tricks which begin with rolls, backbends, handstands and cartwheels and then move to running and aerial tricks.

Acting

This class emphasizes the art and technique of Acting. Drama classes focus on improvisation, character development and scene study. These acting classes concentrate on basic skills, technique, losing inhibitions, and the building of confidence as a performer.

Ballet

This class teaches vocabulary and technique. Students develop flexibility, strength, discipline, and a good technical foundation. This class consists of work at the barre, center work, and combinations across the floor.

Pointe

Pointe work will begin when the student is in at least 6th grade and after a point shoe evaluation which evaluates the students for proper alignment, strength in the body and legs, pointed toes, and turn-out. The student must be taking 2 ballet classes per week.

Dance For Worship

Teaching dancers performance and dance technique for dance in worship. Eligibility – Must be registered in one ballet class

Hip Hop

Dancers learn street dance styles primarily performed to hip hop music or that have evolved as part of hip-hop culture. A variety of styles are taught. Students have a warm up, work on turns, go across the floor, and learn combinations.

Jazz

This class teaches vocabulary and jazz technique. Students develop flexibility and strength with emphasis on isolations, turns, across the floor work, and combinations. Combinations engage in styles from America Culture from the 50s to the 90s and Musical Theater.

Musical Theatre

Focuses on presentation, interpretation, projections, and musical theater movement and dance. Musical Theatre uses Jazz and Tap styles to tell a story in a Broadway show style. This discipline can also utilize singing and acting skills.

Modern

This class teaches dancers freedom of expression, interpretation of music, principles of fall & recover, control. Breathing, balance and contraction/release. Terminology and technique are taught and class begins with a warm up in the center, moves to center work, across the floor work, and a combination. Dancers will learn the fundamentals of such pioneers as Martha Graham, Lester Horton, & Doris Humphrey.

Tap

This class teaches tap vocabulary, tap technique & syncopated rhythms. This class starts with exercises at the barre and center, then moves to center floor work, and then combinations. Exploration of form, style, and technique are the basic fundamental movements of the tap class. This helps the student develop rhythm, coordination, and timing.

2.5-3 Year Old—Must be 2.5 by 9/1/17

3-4 Year Old—Must be 3 by 9/1/17

4-5 Year Old—Must be 4 by 9/1/17

3 Year Old MSEE

4 Year Old MSEE

Pre-School classes are designed for the beginning dancer and explore the basics of ballet, jazz, tap and basic tumbling, plus creative movement, gross motor skills, spacial awareness and musicality. Our pre-school classes teach dance classroom etiquette in a fun environment.

Barre Fitness

The Barre Fitness Faculty of Studio 150 takes their dance expertise and combines it with traditional Barre Fitness exercises to give Studio 150 clients the best barre workout in Central Florida.

Jr. & Apprentice Company—See Dance Company Handbook

