



Dance – (PreK and Up)

Join our dance instructor Shawnee for Ballet Classes, Hip-Hop or Movement Classes for the little ones.

Ballet Syllabus

Course: Ballet

Instructor: Shawnee Swann

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Virtual Class

Course Description:

This ballet class is taught virtually, through pre-recorded videos. Each video is approximately thirty minutes long. In these videos, the student begins learning basic ballet technique. Every class observes the same order of events as a normal ballet class, starting with barre work. Due to the length of class, most of our time will be focused on the barre work and repetition will be used to aid in understanding both the vocabulary and technique. As the course progresses, we will move more into center work and choreography.

Course Goals:

- Understand the fundamentals of ballet
- Execute basic ballet technique
- Incorporate breath with movement
- Practice proper alignment

Outline/Schedule:

This course is broken into “series” which are made up of four videos per series. It is presumed that the student is taking one class per week, therefore, one series is taught per month. Within these four weeks, the same barre combinations are taught and practiced. It is important to break down each movement so the student understands it thoroughly. The use of repetition in class is vital to acquire muscle memory.

Series Breakdown:

Week #1: Plies, Tendus, & Degages

Week #2: Review, then add on Battements

Week #3: Review, add on Round de jambes

Week #4: Review

Hip-Hop Syllabus

Course: Hip-Hop

Instructor: Shawnee Swann

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Virtual Class

Course Description:

This hip-hop class is taught virtually, through pre-recorded videos. Each video is approximately thirty minutes long. Hip-hop is super upbeat and energetic; this class is all about having fun, while allowing the student to learn how to show their personality through dance. Every class begins with a warm-up to ensure the student's muscles are ready to move and injury is prevented as much as possible. There are a variety of different types of warm-ups, such as: cardio, strengthening, stretching, and isolations. Following the warm-up, the student will learn a basic choreographed combination. This combination will range from thirty seconds to one minute of movement, depending on the song/style.

Course Goals:

- Execute proper technique during warm-ups
- Understand & perform the choreography
- Incorporate personality within the movement
- Practice dancing "full-out" & gain endurance

Outline/Schedule:

This course is broken into "series" which are made up of four videos per series. It is presumed that the student is taking one class per week, therefore, one series is taught per month. Within these four weeks, the student will learn two separate warm-ups and a whole combination. Our main focus of this class is the choreography, so the two warm-ups are alternated each week, that way not too much of the time is taken away from learning the combination. It is important to break down each movement so the student understands it thoroughly. The use of repetition in class is vital to acquire muscle memory.

Series Breakdown:

Week #1: Warm-up #1, choreography

Week #2: Warm-up #2, review, add on choreography

Week #3: Warm-up #1, review, add on choreography

Week #4: Warm-up #2, review, (finish learning combo if not done yet), & clean

Exploratory Movement Syllabus

Course: Exploratory Movement

Instructor: Shawnee Swann

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Virtual Class

Course Description:

This movement class is taught virtually, through pre-recorded videos. Each video is approximately fifteen minutes long. This class is veered toward the younger students who may not be ready to learn specific technique and choreography quite yet. In this class, our focus is learning how to move in new ways, while gaining body control skills through fun activities. The student will begin to learn how to express themselves through their bodies, as well as, translate everyday scenes into art. They should be having fun and staying engaged, all while being active and using their imagination.

Course Goals:

- Use imagination to portray images
- Gain body control skills
- Incorporate everyday images & translate them to physical movements
- Have fun!