



Cary-Grove Performing Arts Centre  
Dance \* Music \* Theatre  
www.cgpac.com (847)639-3800

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## **A Guide to classes for Teens at CGPAC:**

As our teen population has continued to grow, we have contemplated the best way to present challenging coursework to our students while also considering their age. We are aware that high school students are typically busy and know that unless their dance experience at CGPAC is worthwhile, continuing with dance training will not be an option. We have listened to your concerns and hope that these changes will make your dance experience even better.

We decided to provide a thorough explanation of these changes prior to sending your placement postcards. These changes will improve everyone's dance experience.

**Read through the changes in each genre and let us know if you have questions. You should receive your placement card by Monday, July 12th, and registration starts July 16th for returning students.**

### **Ballet:**

*Teen Ballet 1:* 6<sup>th</sup>-12<sup>th</sup> grade beginners. 55-minute class. Learn curriculum equivalent to Ballet 3.

*Teen Ballet 2:* 7<sup>th</sup>-12<sup>th</sup> grade advanced beginner/intermediates. 70-minute class. Dancers may spend several years in this level. Curriculum similar to Ballet 4, this is now a longer class to be equivalent to Ballet 4.

*Ballet 4:* mostly 5<sup>th</sup>-7<sup>th</sup> grade students and some older dancers may move here from Teen Ballet 1. 70-minute class.

*Teen Ballet 3:* 75-minute, once per week. Taught similarly to a Ballet 5 level. Also encouraged to take Ballet Technique or Turns, Leaps and Jumps as a second class, but not required. Less intense upper level option for those not planning to commit to Ballet 6 (3 days per week) in the future. For those interested in pointe, please discuss with Miss Robin.

*Ballet 5:* mostly 7<sup>th</sup>-10<sup>th</sup> grade students, some move here from Ballet 4, some from Teen Ballet 2 or 3. 75-minute class, plus additional Ballet Technique 55-minute class on additional day. Can start pre-pointe if desired. \* Must take the Mon. B5 class that lines up with pre-pointe). Also encouraged to take Turns, Leaps and Lumps either as a regular class, or on a drop-in basis.

*Ballet 6:* mostly 9<sup>th</sup>-12<sup>th</sup> grade students, move here from Ballet 5. 90-minute advanced ballet class for serious dancers. Two additional 55-minute Ballet Technique classes per week required. Can substitute Turns, Leaps and Jumps for one of the techniques if desired.

*Pre-Pointe:* 30-minute strengthening class to develop foot and ankle muscles along with learning technique for safe transition to Pointe Shoes in January. Non-performing class. Open to all Ballet 5 and Ballet 6 dancers. Must take the Ballet class that precedes pre-pointe on the same night.

*Pointe 1, 2, and 3:* Dancers must take the Ballet 5 or 6 class preceding pointe on the same night. Dancers are encouraged to take part of their Ballet Technique class(es) on pointe as well.

### **Tap:**

*Teen Tap 1:* 7<sup>th</sup>-12<sup>th</sup> grade beginners. 40-minute class. Learn curriculum equivalent to Tap 3.

*Tap 4:* mostly 5<sup>th</sup>-7<sup>th</sup> grade students and some move here from Teen Tap 1 or BT1.9. 40-minute class.

*Teen Tap 2:* 6<sup>th</sup>-12<sup>th</sup> grade intermediates. 40-minute class. Learn curriculum equivalent to Tap 4 (possibly more).

*Tap 5:* mostly 7<sup>th</sup>-10<sup>th</sup> grade students. 40-minute class. Some students will spend more than 2 years in tap 5.

*Tap 6:* mostly 8<sup>th</sup>-12<sup>th</sup> grade students, advanced level by recommendation only. 55-minute class.

*Tap 7:* mostly 9<sup>th</sup>-12<sup>th</sup> grade students, advanced level by recommendation only. 60-minute class

## **Hip Hop:**

*Hip Hop 1* (beginner/adv beginner) all 5<sup>th</sup> -7<sup>th</sup> grade beginners. 40-minute class. Most will spend 2-3 years here.

*Hip Hop 1/2* (adv beginner/int) HH1 6<sup>th</sup> -7<sup>th</sup> graders who were in HH1 last year and any HH2 7<sup>th</sup>-8<sup>th</sup> graders blend together. 40-minute class.

*Hip Hop 2/3* (int/advanced) – by recommendation only. 7<sup>th</sup>-9<sup>th</sup> graders at a higher level of skill. 40-minute class.

*Hip Hop 4* (advanced) – by recommendation only. 10<sup>th</sup>-12<sup>th</sup> graders at highest skill level. 45-minute class.

*Teen Hip Hop* - Open to any dancer 8<sup>th</sup>-12<sup>th</sup> grade. If you want to take class with only older dancers, this will be a perfect option for you. Level will vary due to who is in there. 40-minute class.

## **Jazz:**

Although ballet is not required for lower level jazz dancers, it is highly recommended for ALL jazz dancers. In order to move to Jazz 5, 6 or 7, dancers MUST be in and continue taking ballet. Advanced jazz curriculum requires a solid technical foundation in ballet. Turns, Leaps and Jumps is highly recommended for students in Jazz!

*Teen Jazz 1:* 6<sup>th</sup>-12<sup>th</sup> grade beginners. 55-minute class, strongly encouraged to take ballet concurrently.

*Jazz 4:* mostly 5<sup>th</sup>-8<sup>th</sup> grade dancers. 55-minute class, dancers strongly encouraged to take ballet with Jazz 4.

*Teen Jazz 2:* 7<sup>th</sup>-12<sup>th</sup> grade dancers. 55-minute class taught at a Jazz 4 level. Dancers are *strongly* encouraged to take ballet, but not required. Some students move here from Teen Jazz 1 or Jazz 4. **\*Not offered separately this year. Those ready to push hard and hopefully also take ballet and or turns and leaps should choose TJ2/3, and those newer to Jazz or only taking jazz should choose TJ1/2.**

*Jazz 5:* 7<sup>th</sup>-12<sup>th</sup> grade dancers. 70-minute class. Taking ballet is required to be in this level. Turns, Leaps and Jumps is strongly encouraged.

*Teen Jazz 3:* 8<sup>th</sup>-12<sup>th</sup> grade dancers. 70-minute class taught at a Jazz 5 level. Dancers are *strongly* encouraged to take ballet or Turns, Leaps and Jumps, but not required. Students move here from Teen Jazz 2, Jazz 4 or Jazz 5.

*Jazz 6:* 9<sup>th</sup>-12<sup>th</sup> grade dancers. 70-minute class. Taking ballet is required to be in this level. Turns, Leaps and Jumps is strongly encouraged.

*Jazz 7:* 10<sup>th</sup>-12<sup>th</sup> grade dancers. 75-minute class. Taking ballet is required to be in this level. Turns, Leaps and Jumps is strongly encouraged.

## **Back again this year: Turns, Leaps and Jumps Class**

**This 45-minute class for dancers in Ballet 4+ or Jazz 4+. This will be a technique only class on Tuesday and/or Thursday nights. This class can be signed up for all year, or can be attended via punch card or drop in fee. We are very excited about the progress we saw in the dancers who took this class in the past and hope more will do it this year!**

**Some students will receive recommendations to transfer into the “teen track” program this year. We strongly consider proper placement. It is our intention to foster improvement to help all students realize their maximum potential and receive the best training, education and development. Teen classes cover the same comprehensive curriculum, at a pace dictated by the goals and needs of the students who are enrolled. Our goal is the same as yours, to make you the best dancer that we can!**

**We hope these revisions and new classes make your dance training more enjoyable, and more successful. Please let us know if you have questions at any time. And we hope to see you in class this summer!**

*Miss Amy*      *Miss Robin*  
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