



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

A Guide to classes for Teens at CGPAC:

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 this weekend, and registration starts July 19/20/21 for returning students.

Ballet:

Teen Ballet 1: 6th-12th grade beginners. 60-minute class. Learn curriculum equivalent to Ballet 3.

Teen Ballet 2: 7th-12th grade advanced beginner/intermediates. 75-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 5th-7th grade students and some older dancers may move here from Teen Ballet 1. 75-minute class.

Teen Ballet 3: 75-minute, once per week. Taught similar 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 7th-10th grade students, some move here from Ballet 4, some from Teen Ballet 2 or 3. 75-minute class, plus additional Ballet Technique 60-minute class on additional day. Can start pre-pointe if desired * take the class that lines up with pre-pointe). Also encouraged to take Turns, Leaps and Jumps either as a regular class, or on a drop in basis.

Ballet 6: mostly 9th-12th grade students, move here from Ballet 5. 90-minute advanced ballet class for serious dancers. Two additional 60-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.

Hip Hop:

Hip Hop 1 (beginner) all 5th-7th grade beginners. Most will spend 2-3 years here. The most skilled 6th/7th graders move to Hip Hop 2.

Hip Hop 2 (intermediate) – by recommendation only. 6th-8th graders. Many spend 2-3 years in this level!

Hip Hop 3 (int/advanced) – by recommendation only. 8th-12th graders at a high level of skill

Hip Hop 4 (advanced) – by recommendation only. 10th-12th graders at highest skill level.

Teen Hip Hop - Open to any dancer 8th-12th 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.

Tap:

Teen Tap 1: 7th-12th grade beginners. 45-minute class. Learn curriculum equivalent to Tap 3.

Tap 4: mostly 5th-7th grade students and some move here from Teen Tap 1 or BT1.9. 45-minute class.

Teen Tap 2: 6th-12th grade intermediates. 45-minute class. *Not offered this year – will be placed in tap 4 or tap 5.

Tap 5: mostly 7th-10th grade students. 45-minute class. Some students will spend more than 2 years in tap 5.

Tap 6: mostly 8th-12th grade students, advanced level by recommendation only. 60-minute class.

Tap 7: mostly 9th-12th grade students, advanced level by recommendation only. 60-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: 6th-12th grade beginners. 60-minute class. *not offered by itself this year, will be together with TJ2

Jazz 4: mostly 5th-8th grade dancers. 60-minute class, dancers strongly encouraged to take ballet with Jazz 4.

Teen Jazz 1/2: 7th-12th grade dancers. 60-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.

Jazz 5: 7th-12th grade dancers. 75-minute class. Taking ballet is required to be in this level. Turns, Leaps and Jumps is strongly encouraged.

Teen Jazz 3: 8th-12th grade dancers. 75-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: 8th-12th grade dancers. 75-minute class. Taking ballet is required to be in this level. Turns, Leaps and Jumps is strongly encouraged.

Jazz 7: 9th-12th 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 Wednesday 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!

Flexibility: Using a combination of yoga and dance technique, this is an EXCELLENT way to improve your flexibility! Take it as a weekly class, or buy a punchcard, or pay a drop in... just like Turns and Leaps.

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!

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