



## Class Descriptions:

### Glass House Dance

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**BALLET/LYRICAL/CREATIVE MOVEMENT 3-4years** Class is designed to provide our newest dancers with an introduction to dance!! Ballet/creative movement/lyrical, will offer instruction into basic technique within the ballet & lyrical dance genres. Of equal emphasis is movement exploration & self-expression. Experimental games will aid dancers in imaginative thinking, imagery and story-telling. This class is perfect for the self-thinker and dreamer, offering the perfect balance of structure & freedom!

\*Attire: ballet tights (any color) & leotard (any color). Pink ballet shoes\* (Boys: Black form fitting dance pants/tights & any SOLID colored form fitting shirt. Black ballet shoes)

**BALLET/JAZZ/ACRO 3-4years** Class is designed to provide our newest dancers with an introduction to dance! Ballet/Jazz/Acro will offer instruction into basic technique within the ballet, jazz & acro dance genres. Early exposure to these three foundational dance genres will lay a strong foundation for future development in any specific dance genre! Classes are energetic, stimulating and aim to teach our newest dancers proper classroom structure and etiquette, while creating a love and passion for dance, at a very young age!

\*Attire: ballet tights & leotard (any color). Pink ballet shoes. Hair pulled back. (Boys: Black form fitting dance pants/tights & any SOLID colored form fitting shirt. Black ballet shoes)

**HIP HOP/ACRO/AGILITY 3-4years** Class is designed to provide our newest dancers with an introduction to dance! Hip hop/Acro/Agility will offer instruction into basic technique within the hip hop & acro dance genres. Agility portions of class will focus on team building & social skills, strength/flexibility & coordination. Early exposure to these foundational dance genres & concepts will lay a strong foundation for future development in any specific dance genre, gymnastics and/or team sports. Classes are energetic, stimulating and aim to teach our newest dancers proper classroom structure and etiquette, while creating a love and passion for dance, at a very young age!

\*Attire: Athletic attire that allows for freedom of movement. No Jeans. Hair pulled back. Tennis Shoes for Hip Hop/Agility portions of class. Bare Feet for Acro

**INTRODUCTORY BALLET 5-6years** Introductory ballet will teach our Pre-K, K & 1stgrade dancers the most basic & fundamental techniques of ballet technique! Following a traditional ballet class structure, class will offer barre, across the floor & center combinations. Introductory ballet acts as a transitional class from the micro division into the mini division, with full focus on ALL things ballet. Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful technical training that will enhance all physical endeavors and dance disciplines.

\*Attire: Pink ballet tights & any SOLID colored leotard. Pink ballet shoes. Hair in Bun\* (Boys: Black form fitting dance pants/tights & any SOLID colored form fitting shirt. Black ballet shoes)

**INTRODUCTORY HIP HOP 5-6years** Introductory hip hop will teach our Pre-K, K & 1stgrade dancers the most basic & fundamental techniques of hip hop dance!! Class structure will offer a warm up, across the floor & center combinations. Introductory hip hop acts a transitional class from the micro division, into the mini division!! Class will introduce concepts of improvisation and focus on building confidence & self-expression through movement & music. Hip Hop encompasses a wide array of movement vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking, and new style. Hip Hop is a blend of modern and contemporary dance styles, performed to current day Hip Hop music and beats.

\*Attire: Loose fitting clothing or athletic attire (no jeans), tennis shoes. Hair pulled back

**INTRODUCTORY JAZZ/ACRO 5-6years** Introductory jazz/acro will teach our Pre-K, K & 1stgrade dancers the most basic & fundamental techniques of jazz & acro dance! Class will split focus, with the first half on jazz technique and the second half on acrobatics. Jazz/Acro acts as a transitional class from the micro division, into the mini division!! Jazz Technique will offer a warm, across the floor & center combinations. Jazz is a mixture of many styles reflecting today's pop culture; identifiable by exciting "tricks" and fast paced movement. These classes place an emphasis on isolating body parts, increased flexibility & strength, and exhibition of individual personality. Acro will focus on strength & flexibility with introduction into

backbends, cartwheels, handstands, rolls & walkovers; just to name a few. Acro is a high energy performing art that focuses on strength, flexibility, balance and motor coordination. Early exposure to Jazz/Acro disciplines will lay a strong foundation for future development in any specific dance genre or gymnastics!!

\*Attire: Form fitting dance wear, Nude turners (shoe) for jazz. Bare feet for acro. Hair pulled back

**MODERN/CONTEMPORARY and/or LYRICAL** Contemporary is a “melting pot” of all dance styles, pulling from a foundation of ballet & post-modern dance techniques. Contemporary pushes today’s boundaries of movement vocabulary and movement innovation. Lyrical, a “sister” to contemporary, focuses on story telling through dance and is emotionally expressive. Class includes a technical warm-up, progressions across the floor, and center combinations. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

\*Attire: Form fitting dance wear. Nude turners (shoe) Hair pulled back\*

**BALLET** Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful technical training that will enhance all physical endeavors and dance disciplines. Class will consist of barre, across the floor & center combinations. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training. All ballet classes within the Mini, Jr & Sr age divisions are accompanied by a live pianist!!

\*Attire: Pink ballet tights & any SOLID colored leotard. Pink ballet shoes. Hair in Bun\* (Boys: Black form fitting dance pants/tights & any SOLID colored form fitting shirt. Black ballet shoes)

**HIP HOP** Hip Hop encompasses a wide array of movement vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking, and new style. Hip Hop is a blend of modern and contemporary dance styles, performed to current day Hip Hop music and beats. Emphasis will be placed on style and texture. Class includes a warm-up, progressions across the floor, and center combinations. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

\*Attire: Loose fitting clothing or athletic attire (no jeans), tennis shoes. Hair pulled back

**JAZZ TECHNIQUE** Jazz is a mixture of many styles reflecting today's pop culture; identifiable by exciting "tricks" and fast paced movement. These classes place an emphasis on isolating body parts, increased flexibility & strength, and exhibition of individual personality. Class includes a warm-up, progressions across the floor, and center combinations. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

\*Attire: Form fitting dance wear, Nude turners (shoe). Hair pulled back

**ACRO** Acrobatics for dancers is a class designed to teach the fundamentals of tumbling, acro-flex, and acrobatics. It is a high energy performing art that focuses on strength, flexibility, balance and motor coordination. Acro includes backbends, cartwheels, handstands, headstands, rolls, walkovers, handsprings, aerials, tucks, hand balancing, partner tricks and so much more. The ultimate intention of acro is the incorporation/integration of these various skills and tricks into other dance styles. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

\*Attire: form fitting dance/athletic wear, bare feet, hair pulled back\*

**IMPROVISATION/INTRO CHOREO** Improvisation/Intro Choreo introduces the most fundamental techniques & disciplines into dance academia. Dance is a continually evolving art form, that is predicated upon individual self-expression, interpretation & communication. Improvisation/Intro Choreo is designed to introduce dancers to the fundamental tools for dance improvisation and composition, guiding them in developing confidence in their own unique voice within movement vocabulary and artistry. Games, activities, collaboration and “chance” will act as a means of exploration. Creative choices will be identified, discussed, examined and reconsidered. Dancers enrolled into Improvisation/Intro Choreo Sep-Dec, will present their own choreographic work at “The Informal Student Showcase” (December). Dancers enrolled Jan-June, will present their own choreographic work at “The Glass House Ball” (June).

\*Attire: anything that allows freedom of movement

**DEEP STRETCH** Exactly as it sounds, deep stretch will focus on total body flexibility for dancers! Of emphasis however, is flexibility of the hips & major muscle groups such as the hamstrings & quadriceps; aiding in splits, battements & leaps. You cannot properly stretch and release without first & foremost strengthening, therefore class will also focus on building strength & awareness of various major muscle groups that are imperative to developing one’s dance technique. Of deep focus will be the core/abdominals. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

\*Attire: anything that allows freedom of movement