

## *Reif Dance Summer Class Descriptions*

### **Technique Class**

This is your standard ballet class that begins at the barre and spends anywhere from thirty-minutes to an hour moving through over a dozen combinations working on nearly all types of foot work required for today's dancer. Following the barre, dancers move into the centre where work is done applying what they've learned within a series of combinations from turning to jumping.

### **Pointe Class**

A Pointe class requires that the dancer has had a technique class immediately before it in order to get the body warm and properly aligned. This class also begins at the barre, although now in pointe-shoes, dancers work doing smaller exercises to further strengthen their feet for dancing "en-pointe". The class then moves into the centre and focuses on the more feminine aspects of ballet technique.

### **Variations**

In this class, dancers are usually "en-pointe" and will learn soloist to principal repertoire from major classical ballets. This class is typically the favorite of all dancers because it offers the chance to test their mettle and put all their accumulated work to the test.

### **Focus**

This ballet class will vary in its theme each week spending an entire hour working in the centre on one specific aspect of technique. For example, one class would focus on pirouettes or fouettes, and the following week could be jete' battu or saut de chat.

### **Men's Class**

This class is for men and it focuses on the masculine aspects of ballet. Male students will increase their stamina here as they get to work on big jumps and turns, the meat and potatoes of ballet.

### **Pas de Deux \*(Pending sufficient male dancers)**

In this class, the men and women combine to work on partnering skills such as promenades, partnered turns and lifts.

### **Stretch**

Typically following a hard class at the end of a long week, this class offers dancers the chance to properly warm-down, increasing their flexibility and helping to prevent muscle injuries.

### **Choreography \*(Summer programs only!)**

6-8 of applicants will be selected from the top level for this opportunity. Dancers will be assigned and the music may also be provided. After having an introductory class to concepts and methods of constructing a piece, these choreographers will get scheduled time throughout the week to work their pieces which will be premiered at the performance on the 27<sup>th</sup>. One choreographer may be chosen by the artistic staff to create a piece for the following years' company performance.

## **Modern**

This often “weighty” form of dance is also historically rooted in ballet. Dancers can expect to get a very visceral experience in this class as they move in and out of the floor and contractions alike. This is an essential style for a well rounded dancer as it’s very important to feel a strong connection to the ground. This class’ style of movement and accompanying music can vary greatly per instructor.

## **Pilates**

Most teachers would argue that this is an essential cross-training tool for developing dancers. These classes teach students exercises to help strengthen the all important core from which nearly all movement begins. You can never have too much core strength and it helps dancers hold strong positions in the air and while turning.

## **Video/Study**

In this class students will get to watch various pieces of genre defining repertoire performed by some of the world’s most notable dancers and companies. This will be followed by discussion and reflection with instructors present to help lead the conversation. Other days, dance theory and terminology will be explored along with other fun dance trivia related games that will challenge student’s knowledge of their field.

## **Tap**

Tap students are musicians as well as dancers. Class will typically begin with basic steps (shuffles, flaps, triples, etc.) to warm and loosen the ankles. Exercises across the floor will challenge the student’s ability to combine learned steps as well as their ability to execute complex rhythms. The rich history of tap brings choreographic styles varying from the classic Broadway show tappers to the pounding styles of the hoofers.

## **Jazz**

Deeply rooted in ballet technique, this contemporary style of dance is ever-changing along with popular culture. A jazz class typically starts with isolations of the hips and shoulders and develops into a full dance sequence that is both challenging and fun. This class’ style of movement and accompanying music can vary greatly per instructor.