

# The Dance Studio of Park Slope

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## Adult Class Descriptions

### Abs and Back Lab & Beyond

Focus on strengthening abs, back, joints, overall body health. Set to music, exercises and stretches are thoughtfully planned, many using props. Perfect for injury prevention and body restoration. The class incorporates many different styles and techniques of exercise, accommodating each student's needs.

### Ballet

*Ballet classes provide a friendly, supportive and non-competitive environment*

**Beginner Ballet Workshop** is designed for students with knowledge of basic ballet technique and are able to execute it. This class helps students to deepen their understanding of proper placements, correct muscle usages, coordination of movements, and musicality.

**Adv. Beginner / Intermediate Level Workshop** is designed for experienced dancers with solid classical vocabulary and technique. This class focuses on refining placement, executing more intricate sequences, improving musicality, and maximizing individual dancer potential. The Intermediate class encourages self-discipline, focus, persistence when challenged, fitness, memory skills, self-esteem; all while providing concrete ballet technique in a friendly, professional environment.

**Open Level class** is designed for mixed level students who are ready for the challenges of longer and more complex combinations of center floor work and wish to refine their musicality and transition of movements. This class offers ample center practice with in adagio, turns, jumps and diagonals, all fully explained. Not introductory.

**Master Class** is offered periodically for the Adv. Beginner / Intermediate Level dancer.

### Tap

*Tap classes provide a friendly, supportive and non-competitive environment*

This class combines traditional/classic and theatre dance styles of tap. The vocabulary of tap is emphasized as great music from big band, Broadway, rock n roll, jazz, country, swing, etc. fill the room accompanying exciting choreography.