



## S.T.R.I.V.E Mini Academy

### *Cuties and Company* Ages: 2-3 and Their Caregiver

**Class Requirement: Must be walking**

**Description:** Cuties and Company is an introduction to the world of dance and music designed for the littlest mover and their caregiver. This class is the perfect introduction to music and movement for the very young child not ready to separate but ready to explore in a nurturing learning environment. The basic elements of dance and music are introduced in a positive and loving way using props such as stuffed animals and musical props. Skills learned and carried beyond the dance classes include communication skills, memory development, and social involvement. And the best part? You get to take class with your little cutie!

### *Tiny Tots* Ages: 4-5

**Class Requirement: Potty Trained**

**Description:** Children are introduced to the basic concepts of rhythm and movement using creative games that expand their individual creativity. They will learn body awareness, listening skills, group socialization and structure. They will strengthen their bodies and learn coordination to ready themselves for the next level in training. Our goal is to make sure we are building and awaken enthusiasm, self-confidence and a love for the arts in each student all while nurturing their natural creativity in a fun and loving atmosphere.

### *S.T.R.I.V.E Recreational Academy* Ages: 6 and up

**All students are required to have a placement assessment at the time of enrollment**

#### *Ballet*

**Description:** Our Recreational Ballet class is the beginning and foundation of performing arts training and is the first level where students are physically, emotionally and mentally ready to enhance their training and skills within an innovative, creative and fun atmosphere. Students will be introduced to Barre work, terminology, ballet concepts, coordination, body awareness and alignment, and a specific focus on class etiquette and discipline. Students will focus on slowly developing their strength and flexibility to further assist their growth and success. We highly encourage all students to enroll in Ballet as the discipline and technique is incomparable!



## Jazz

### **Class Requirement: Ballet enrollment**

**Description:** This high-energy class takes ballet technique and combines it with an introduction to jazz technique. Students will learn a variety of movements that concentrate on body isolations and coordination. Students will learn a proper warm-up routine that will progress over the season and includes dynamic and static stretches, center combinations and across the floor progressions. More importantly, Jazz is the gateway to exploring energy, endurance, performance quality and personal style!

## Tap

**Description:** Tap is a great way for students to further their understanding of counting, timing, syncopation and rhythm. Tap further trains student's musicality and "ear". Our recreational tap class will focus on enhancing foot and ankle flexibility needed to execute "sound" correctly, proper warm-ups, terminology, and combinations. Students will learn the foundation and essentials needed to continue advancing and growing in their tap education.

## Hip-Hop

**Description:** Hip-Hop is a fast-paced and exciting class that introduces students to intricate popular movements to hip-hop beats and lyrics. This class will concentrate on freedom of movement, style and isolations. Hip-Hop is a great aerobic workout that develops strength and flexibility. Our main focus is for Hip-hop to be fun while incorporating upbeat and age appropriate music and choreography. Hip-hop is constantly changing and new styles are regularly incorporated into class.

## Musical Theater Dance Styles

**Description:** This exciting and fun class will give students the opportunity to explore what it means to be apart of an ensemble. Our MT curriculum teaches students at a very young age how to retain and execute choreography. Students will learn stylized movement, a variety of Broadway genres & dance styles and, performance quality and singing while dancing! Our syllabus will challenge student's to bridge the gap between the dance and theater world. It is sure to be a show stopping experience!

## Performance Class

### **Class Requirement: must be able to read and write**

**Description:** Our Performance class is a great opportunity for the student's to shine, collaborate with their classmates, and focus on the performance aspect of their training



every week! Valuable performance and audition skills, professional etiquette, communication and responsibility are taught along with ensemble work, character work, acting through song, exploration of musicals and plays and choreography. The voice portion of our syllabus will concentrate on improving breathing, vocal tone, range, agility, volume, diction, vocal health, expression and self-confidence. We focus on memorization skill; analyzing the lyric and approaching the song from an actor's stand point by and performing solos/duets in a group class setting. The acting portion of our syllabus will focus on theater terminology and acting concepts. All instruction is based on Stanislavski and Meisner theories and techniques and focuses on ensemble work, text analysis and character development. Classes also explore improvisation, basic voice and speech techniques, warm-ups and theater games. Performance class is an opportunity for our students to learn what it takes to be an exceptional triple threat and have a blast while learning!

## **NEW!** THE STRIVE COMPANY

**Ages: By audition and invitation only and at the discretion of the Director**

**Refer to our handbook for all of the requirements and standards for this program**

### Dance Concentration

#### Ballet

##### **\*Required Class**

**Description:** Ballet classes are the foundation for training at our school and focus on developing a solid ballet technique with emphasis on understanding correct body placement, proper use of terminology, turn out, coordination of the upper body (epaulement), and use of arms (port de bras). We take pride in our ballet curriculum and believe every artist's journey starts at the barre. Our syllabus structure allows students to build upon the techniques they are learning each week and apply them to center and across the floor progressions. Our innovative approach exposes students to both aspects of traditional and modern techniques.

#### Conditioning

##### **\*Required Class**

**Description:** Our Conditioning class is designed to take our student's to the next level and beyond their physical and mental limits. This class focuses solely on helping students develop better flexibility and strength. This is a non-stop full bodywork out that is safe and effective for a dancer's growth. Our syllabus incorporates elements of yoga,



Pilates, floor barre, balance work and more to help students elongate and tone their muscles. You will leave class feeling like you can conquer any obstacle!

## Jazz

### **\*Required Class**

**Description:** Our class curriculum is based on the foundation of ballet and classical jazz technique. Students will learn a proper warm-up routine that will progress over the season and includes dynamic and static stretches, body isolations, center combinations and across the floor progressions. Students will work on different styles of choreography within the Jazz genre; such as, lyrical, jazz funk and more, and will give them the opportunity to further explore their energy, endurance, performance quality and personal style.

## Tap

### **\*Required Class**

**Description:** Tap dance is a timeless art that combines dance and percussion. Our tap curriculum will explore the two traditional styles, rhythm tap and Broadway tap. Class begins with warm up exercises that increase knee and ankle flexibility, control, coordination and rhythm followed by across the floor exercises that teach dynamics, phrasing and musicality and ending with combinations and choreography.

## Musical Theater Concentration

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## Musical Theater Dance Styles

### **\*Required Class**

**Description:** This exciting and fun class will give students the opportunity to explore what it means to be apart of an ensemble. Our MT curriculum teaches students at a very young age how to retain and execute choreography. Students will learn stylized movement from famous Broadway choreographers such as Fosse and Cole, as well as, learn a variety of Broadway genres, dance styles and iconic performances. Our syllabus will challenge student's to bridge the gap between dance and theater. It is sure to be a show stopping experience!

## Performance Class

### **\*Required Class**

**Description:** Our Performance class is an innovative and exclusive part of the STRIVE Musical Theater Experience Program and is a great opportunity for the student's to shine, collaborate with their classmates, and focus on the performance aspect of their training every week! Students will experience the collaboration of all three art forms, how they work together and what it means to be a true "triple threat". Valuable performance and audition skills, professional etiquette, communication and responsibility are taught along with ensemble work, character work, acting through song, exploration of musicals and plays and choreography. The voice portion of our syllabus will concentrate on improving breathing, vocal tone, range, agility, volume, diction, vocal health, expression and self-confidence. We begin to build student's repertoire as we explore songs from musicals, films and modern and classical repertory. We focus on memorization skill; analyzing the lyric and approaching the song from an actor's stand point by and performing solos/duets in a group class setting. The acting portion of our syllabus will focus on theater terminology and acting concepts. All instruction is based on Stanislovski and Meisner theories and techniques and focuses on ensemble work, text analysis and character development. Classes also explore improvisation, basic voice and speech techniques, warm-ups and theater games. Performance class is an opportunity for our students to learn what it takes to be an exceptional triple threat!

Strive  
*Performing Arts Center*