



STUDIO PROGRAM AGE LEVEL INFORMATION 2019-2020

Parents and dancers routinely ask, "What do your age levels mean?" or "When will my dancer be ready for the next class?"

Parents and students should not anticipate annual age level advancements. Dance classes do not progress at the same pace as traditional academic grades. It is common for students to repeat age levels of study. Because the range of criteria for promotion is so diverse, it may be one or two years before a student is ready for advancement to the next age level.

Beginner Levels (Suggested Ages 6-7)

- Stage Direction
- Basic Timing
- Basic Rhythm
- Musicality
- Strength in upper and lower body
- Posture
- Hip Placement
- Basic Spotting
- 1 full rotation on both the right and left
- Stretch in the knees on leaps and kicks
- Work on right, left and middle splits
- Memorization Skills
- Learning patterns and progressions

Beginner/Intermediate Levels (Suggested Ages 8-9)

- Stage Direction
- Timing (All Tempos)
- Rhythm
- Musicality
- Strength in upper and lower body
- Posture
- Hip Placement (correcting and applying)
- Spotting techniques
- 1-2 full rotations on both the right and left
- Solid progress on stretch in the knees for leaps and kicks
- Work on right, left and middle splits
- Memorization skills
- Learning progressions across the floor and building on throughout the year
- Direction changes
- Applying simple corrections and retaining the corrections
- Learning improvisation skills

Intermediate Levels (Suggested Ages 10-12 & Teen)

- Stage Direction
- Timing (All Tempos)
- Rhythm
- Musicality
- Strength in upper and lower body
- Posture
- Hip Placement (correcting and applying)
- 2 full rotations on both the right and left
- Consistent full stretch in the knees for leaps and kicks
- Work on right, left and middle splits
- Memorization skills
- Learning progressions across the floor and building on throughout the year
- Switch spotting techniques and directional changes
- Terminology and meaning
- Quality of movement
- Solid grasp of style
- Improving improvisation
- Apply and retain all corrections