

SHINING STARS SCHOOL OF PERFORMING ARTS

2010- 2011 CLASS CATALOG



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WWW.GOSSSPA.ORG



000 Combo

001 Beginner Combo

Prerequisites: No prior dance required. Ages 3-5.

This class is an introduction to and appreciation of ballet and tap vocabulary and principles of movement. In this course the student will be introduced to, and physically experience, fundamentals of human movement as it applies to ballet and tap technique. Emphasis is on hand-eye coordination.

Attire:

(f) Black leotard, pink tights, hair pulled back, pink ballet shoes and black tap shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes and black tap shoe.

002 Intermediate Combo

Prerequisites: Requires 001 or equivalent. Ages 4-6

This class is intended to continue the development of the dancer who has satisfactorily completed the Beginner Combo level. Further ballet and tap terminology and history will be introduced.

Attire:

(f) Black leotard, pink tights, hair pulled back, pink ballet shoes and black tap shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes and black tap shoe.

003 Advanced Combo

Prerequisites: Requires 002 or equivalent. Ages 7 and up.

This class is devoted to Special Plympic and special needs dancers intended to continue the development of the dancer. More complex ballet and tap terms and combinations will be explored.

Attire:

(f) Black leotard, pink tights, hair pulled back, pink ballet shoes and black tap shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes and black tap shoes.

100 Tap

101 Tyro Tap

Prerequisites: Requires 003 or equivalent. May be repeated.

A traditional, basic study of the elements of tap dance designed for the dancer who has completed the Advanced Combo level. Emphasis is placed on developing the music of the feet through a technically focused, rhythm centered, body aware study.

Attire:

(f) Black leotard, tights, hair pulled back and black tap shoes. May wear skirt, leg warmers, black jazz pants and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt and black tap shoes).

102 Intermediate Tap

Prerequisites: Requires 101 or equivalent and instructor permission. May be repeated.

A continuation of the elements of tap dance designed for the dancer who has satisfactorily completed the Tyro level. Students will develop an expanded mastery of its elements and application of its concepts through a systematic, rhythmically complex study.

Attire:

(f) Black leotard, tights, hair pulled back and black tap shoes. May wear skirt, leg warmers, black jazz pants and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt and black tap shoes.

103 Advanced Tap

Prerequisites: Requires 102 and instructor permission. May be repeated.

This class is designed for the advanced tap dancer. It requires solid technical fundamentals, introduces advanced steps, and emphasizes the stylistic presentation of rhythmically complex phrases as well as the history of tap. Students begin exploring improvisation and choreography to create dynamic phrases based upon their mastery of the elements and concepts of tap.

Attire:

(f) Black leotard, tights, hair pulled back and black tap shoes. May wear skirt, leg warmers, black jazz pants and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt and black tap shoes).

104 Delta Tap

Prerequisites: ECDT Delta or by invitation.

See 103 Advanced Tap

Adding this is a non-recital class geared to competition performances.

200 Ballet

201 Preschool Ballet/Beginner combo

Prerequisites: No prior dance required. Ages 2-4.

This class is intended for our littlest dancers. It provides an introduction to basic ballet movements and techniques. Emphasis is placed on hand-eye coordination and cooperation.

Attire:

(f) Leotard, tights, hair pulled back, pink ballet shoes.

May wear skirt, leg warmers, and dance sweaters.

(m) Boys wear black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

202 Tyro Ballet

Prerequisites: Requires 003 or equivalent. May be repeated.

The continuation of the development of an understanding of ballet technique and principles. Emphasis is on correct placement and fundamental technique. Correct use of terminology, movement concepts, and ballet history are integrated into the class.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and pink canvas or leather ballet shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

203 Intermediate Ballet

Prerequisites: Requires 202 or equivalent and instructor permission. May be repeated.

This class is designed for the dance student who has satisfactorily completed Tyro level. It develops a deeper kinesthetic understanding of ballet fundamentals and sharpens physical presentation of technique.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and pink canvas or leather ballet shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoe.

204 Adult Ballet/Tap

Prerequisites: Requires 203 or equivalent and instructor permission. May be repeated.

This class is designed to continue the process of enlarging and strengthening areas of ballet technique. Emphasis is to be placed on accurate and consistent execution of technical skills, efficient use of energy, and expressive performance in the context of a contemporary application of the balletic forms.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and pink canvas or leather ballet shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes).

211 Pre-Pointe/ Beginner Ballet

Prerequisites: Requires 202 or equivalent and instructor permission. May be repeated.

This class is designed for the dance student who is interested in pursuing pointe work within three years. Emphasis is on more complex barre and center work with regular strengthening exercises. Students are expected to differentiate between Royal, Cecchetti, and Bolshoi terminology. Satin shoes with ribbons and/or demi-pointe shoes are introduced.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun), pink canvas or leather ballet shoes and satin shoes with ribbons or demi-pointes (with instructor permission). May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

212 Beginner Pointe/Intermediate Ballet

Prerequisites: Requires 203 or equivalent and instructor permission. Must be taken concurrently with 211. May be repeated.

This class is designed for those students who have recently begun dancing en pointe. It is taken directly after a pre-pointe class to ensure a proper warm up and continued strengthening of the feet. Pointe shoes are introduced.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and pointe shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

213 Intermediate Pointe/ Advanced Ballet

Prerequisites: Requires 212 or equivalent and instructor permission. Must be taken concurrently with 204. May be repeated.

This class is designed for those students who have some experience dancing en pointe. Students are now capable of performing barre and center work including adagios en pointe for the majority of the class. There is continued emphasis on correct body placement, foot position, ankle position, and knee position.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and pointe shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

214 Advanced Pointe

Prerequisites: Requires 212 or equivalent and instructor permission. Must be taken concurrently with an intermediate or more Ballet class May be repeated.

This class is designed for those students who have extensive experience dancing en pointe. Students are now capable of performing complex barre and center work including adagios en pointe for the entirety of the class.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and pointe shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

221 Modern

Prerequisites: Requires 211 or equivalent. May be repeated.

A study of a form of dance developed in the early 20th century. It is typified by the dancing styles of Isadora Duncan, Martha Graham, Paul Taylor, Twyla Tharp, and Alvin Ailey among others. Emphasis is on rhythm and exploration of historically relevant figures.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and ballet or lyrical shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

222 Contemporary

Prerequisites: Requires 204 or equivalent. May be repeated

This class uses classical ballet techniques as a starting point for the dancer. There is in-depth exploration of a greater range of movement than permitted in classical ballet and of expression of emotion through movement.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and ballet or lyrical shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

223 Partnering

Prerequisites: Requires 204 or equivalent. May be repeated.

This class focuses on the pas de deux, or the dance of two people in classical ballet. This incorporates lifts and turns with classical ballet technique. Contemporary partnering is also introduced.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and ballet and pointe shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

224 Variations

Prerequisites: Requires 204 or equivalent. May be repeated.

This class teaches the traditional choreography to classical ballets. As these are physically demanding, only the most advanced students are admitted to this class.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and ballet and pointe shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

300 Lyrical

301 Tyro Lyrical

Prerequisites: Requires 003 or equivalent. May be repeated. May not be offered each year

This class is designed for the dancer who wishes to begin to study a fusion of contemporary and ballet dance. Dances are performed to songs with lyrics, with the movement matching the emotion of the words.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and ballet and pointe shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

302 Intermediate Lyrical

Prerequisites: Requires 301 or equivalent and instructor permission. May be repeated.

This class is designed for the dance student who has satisfactorily completed Tyro level. It explores a deeper range of emotions and incorporates more advanced ballet moves. Some acrobatic elements are added.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and ballet and pointe shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

303 Advanced Lyrical

Prerequisites: Requires 302 or equivalent and instructor permission. May be combined with certain ballet classes for Intermediate ballet and up. May be repeated.

This class is designed for the dance student who has satisfactorily completed Intermediate level. Complex syncopation, quick movements, and demanding leaps and turns are studied. Students are encouraged to conduct inner exploration of emotions to find a more authentic emotional range and presentation.

Attire:

(f) Black leotard, pink tights, hair pulled back (preferably in a bun) and ballet and pointe shoes. May wear skirt, leg warmers, and dance sweaters.

(m) Black shorts or jazz pants, white t-shirt, and black ballet or jazz shoes.

400 Acro

401 Young Acro

Prerequisites: No prior dance required. Ages 6-9. May be repeated.

This class was created for beginning students. It has a mixture of barre work, floor combinations and acro basic tumbling techniques incorporated with dance movements. The focus is on proper alignment, physical placement and safety.

Attire:

(f) Black jazz pants or bike shorts with tights, leotard (any color), black jazz shoes or jazz sneakers, hair pulled back. No bare midribs or pants rolled below belly button.

(m) Black jazz pants or shorts, t-shirt without logos, black jazz shoes or jazz sneakers.

402 Youth Acro

Prerequisites: Requires 401 or equivalent. Ages 9-13. May be repeated.

This class is designed for the dance student who has satisfactorily completed the Young level or has prior gymnastics training. Students learn basic gymnastics, tumbling (cartwheels, back/front walkovers, splits, etc.) and acrobatic stunts used in different styles of dance. There will also be a focus on increased flexibility.

Attire:

(f) Black jazz pants or bike shorts with tights, leotard (any color), black jazz shoes or jazz sneakers, hair pulled back. No bare midribs or pants rolled below belly button.

(m) Black jazz pants or shorts, t-shirt without logos, black jazz shoes or jazz sneakers.

403 Teen Acro

Prerequisites: Requires 402 or equivalent and instructor permission. Ages 13+. May be repeated.

This class is designed for advanced students who are working on more advanced tumbling skills (aerials, back handsprings, etc.). There will also be a focus to improve strength, flexibility and balance.

Attire:

(f) Black jazz pants or bike shorts with tights, leotard (any color), black jazz shoes or jazz sneakers, hair pulled back. No bare midribs or pants rolled below belly button.

(m) Black jazz pants or shorts, t-shirt without logos, black jazz shoes or jazz sneakers.

500 Voice and Theater

501 Voice

Prerequisites: None. May be repeated. Offered with interest.

This class is for students who are interested in developing vocal technique and repertoire. Students will practice exercises to warm up and strengthen their voice, learn to breathe properly for singing, have fun with articulation exercises, and explore performance techniques.

Attire:

Comfortable clothing, no bare midriffs or pants rolled below belly button.

502 Show Choir

Prerequisites: Requires 501 or prior vocal experience. May be repeated. Offered with interest

A performance based class which covers many styles of music with emphasis in songs from Broadway shows. Singing and movement are combined with other theater elements with an emphasis on correct vocal technique.

Attire:

Comfortable clothing, no bare midriffs or pants rolled below belly button.

511 Musical Theater

Prerequisites: Requires 003 or prior dance experience. May be repeated

This class focuses on choreography and staging of musical numbers performed on the West End and Broadway. Students practice a variety of acting, dancing, and singing methods that prepare the student for auditions.

Attire:

Comfortable clothing, no bare midriffs or pants rolled below belly button.

521 Stagecraft Clinic

May not be offered each year, based on interest.

The stagecraft class is designed to provide an introductory level of technical training in all the theatrical disciplines. The class includes the traditional studies in Voice and Musical Theater as well as introduction to the various roles of backstage production. The class culminates in a musical theater production using mentors as guides.

Attire:

Comfortable clothing, no bare midriffs or pants rolled below belly button.

600 Hip-Hop

601 Young Hip-Hop

Prerequisites: No prior dance required. Ages 6-9. May be repeated.

This class will introduce students to the basics of hip hop, including the latest hip hop trends and break dancing moves. This form of dance is very high energy and lends itself to each student creating his or her own unique style.

Attire:

(f) Black jazz pants or bike shorts with tights, leotard (any color), black jazz shoes or jazz sneakers, hair pulled back. No bare midribs or pants rolled below belly button.

(m) Black jazz pants or shorts, t-shirt without logos, black jazz shoes or jazz sneakers.

No street shoes permitted.

602 Youth Hip-Hop

Prerequisites: Requires 601 or equivalent. Ages 9-13. May be repeated.

This class is intended for the dancer who has satisfactorily completed the Young level. This class includes continued instruction in hip hop techniques, with popping, locking, and krumping elements. Dance conditioning will be introduced to strengthen the body for more advanced hip-hop training.

Attire:

(f) Black jazz pants or bike shorts with tights, leotard (any color), black jazz shoes or jazz sneakers, hair pulled back. No bare midribs or pants rolled below belly button.

(m) Black jazz pants or shorts, t-shirt without logos, black jazz shoes or jazz sneakers).

No street shoes permitted.

603 Teen Hip-Hop

Prerequisites: Requires 602 or equivalent and instructor permission Ages 13+. May be repeated.

This class is intended for the dancer who has satisfactorily completed the Youth level. In addition to further exploration of hip hop, popping, locking, and krumping, freestyle elements are introduced to the students. Dance conditioning is continued to protect the dancer against injury.

Attire:

(f) Black jazz pants or bike shorts with tights, leotard (any color), black jazz shoes or jazz sneakers, hair pulled back. No bare midribs or pants rolled below belly button.

(m) Black jazz pants or shorts, t-shirt without logos, black jazz shoes or jazz sneakers.

No street shoes permitted.

604 Boys Hip Hop

**Prerequisites: No prior dance required. All Ages
Must be male. May not be offered each year.**

This class is intended for the male dancer . Taught by Mr. Drew (who understands what it is to be a guy who likes dance), this class follows the techniques taught at the Young and Youth levels. Positive self expression is encouraged.

Attire:

Loose fitting, comfortable clothing and jazz sneakers.

No street shoes permitted.

700 Irish Step

701 Young Irish Step

Prerequisites: No prior dance required. Ages 6-9. May be repeated. May not be offered each year

This class is intended for the beginning Irish Step dancer. In this level the students will learn basic form along with the Jig and Reel.

Attire:

Ballet or soft Irish shoes required. Hard shoes may be requested by instructor.

702 Youth Irish Step

Prerequisites: Requires 701 or equivalent. Ages 9-13. May be repeated. May not be offered each year

This class is intended for the dancer who has satisfactorily completed the Young level. The dancers learn the Slip Jig, Traditional Hornpipe and Traditional Treble Jig along with learning new steps in the Jig and Reel.

Attire:

Ballet or soft Irish shoes required. Hard shoes may be requested by instructor.

703 Teen Irish Step

Prerequisites: Requires 702 or equivalent and instructor permission. Ages 13+. May not be offered each year.

This class is intended for the dancer who has satisfactorily completed the Youth level. Emphasis is on harder material while still working on form and technique. At this level the students learn the Slow Hornpipe, Treble Jig, and a Set Dance.

Attire:

Ballet or soft Irish shoes required. Hard shoes may be requested by instructor.

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800 Other

801 Dance Fitness/ Conditioning

Prerequisites: No prior dance required. May be repeated.

This class is intended for the athlete and/or dancer interested in exploring a similar form of exercise to perform better at competitions or onstage. It is an vigorous program with stretch and strength components. The focus is on balancing muscle groups often neglected through emphasis on one particular sport or form of dance to enhance stamina, extensions vertical leaps and power dancing.

Attire:

Comfortable clothing that is easy to move in and dance or aerobics sneakers.

No street shoes permitted.

811 Ballroom

Prerequisites: No prior dance required. May be repeated. Partner suggested, but not required.

This class provides an introduction to ballroom competition dances. It includes waltz, foxtrot, tango, swing, cha-cha, and rumba. It also can cover samba, mambo, and hustle. Both Latin and Smooth as well as American Style and International Style are discussed.

Attire:

Comfortable clothing that is easy to move in.

No street shoes permitted. Heels recommended for women.

812 Zumba

Prerequisites: No prior dance required. May be repeated. Partner suggested, but not required.

This class is intended to the dancer who wants to sizzle! This class covers the basics of Zumba. Elements such as weight transfer, knee movement, posture, frame, correction and timing are explored.

Attire:

Comfortable clothing that is easy to move in.

No street shoes permitted. Heels recommended for women.

821 Beginning Twirling

Prerequisites: No prior dance required. May be repeated.

*****Baton required*****

This class is intended for the beginning student. Taught by USTA World Team member and National, Regional and State Men Champion, Mr. Drew, students are introduced to the sport of baton twirling. Technique includes terminology, wrist flexibility, and correct body positioning. Twirlers also learn basic compulsory and movement techniques.

Attire:

comfortable clothing that is easy to move in.

No street shoes permitted.

831 Competition Dance Team
By Audition Only.

This is the SSSPA Competition team. Dances include hip-hop, jazz and lyrical. Prior dance training required.

841 Contretemps Ballet Corps
Prerequisites: Ballet/Pointe.
By Audition Only

These advanced ballet and pointe dancers are featured in SSSPA's narrative full length ballets. In the past, members of the Contretemps have been the leads in productions of "The Last Unicorn," "The Little Mermaid," "Alice in Wonderland," and "The Nutcracker."

851 Special Needs
Prerequisites: Coordination with Special Needs.
Contact us for more information.

This class is taught in coordination with Public School Special Needs class. The focus is on creative movement, motor coordination and control using basic dance techniques.

852 Body Sculpting
One of our newest classes this year. Taught by a certified fitness instructor, this class is an intense and serious work out to help maintain motivation and with

emphasis on focus, intensity, and body power.

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