

CYNTHIA KNIFFIN DANCE ACADEMY

22 West Main St., P.O. Box 582, Norwalk, Oh 44857
419-681-7569

CLASS ATTIRE

PRINCESS BALLERINAS – pink short-sleeve, scoop neck leotard, tutu and crown.

MOVEMENT & MUSIC BASICS – Light blue skirted short-sleeve leotard + white headband.

ELEM. MOVEMENT I - Burgundy skirted short sleeve leotard + pink headband.

TUMBLING: Fitted exercise clothes, gym shorts if tied as the waist. Hair must be pulled back from face(ponytail/braid) so it doesn't get in the way of training and spotting. Acro shoes would be preferable.

PRE-BALLET – Pink skirted short sleeve leotard, ballet pink convertible style tights, shoes + pink headband.

BALLET I – Light blue short-sleeve leotard (no skirt), ballet pink tights, shoes, white headband and waist belt.

BALLET II - Dark Blue short-sleeve leotard (no skirt), ballet pink tights, shoes, white headband and waist belt.

BALLET III – Burgundy or black leotard, black wrap skirt, ballet pink convertible style tights, shoes, pink headband and waist belt.

INTERMEDIATE – Black, gray or burgundy leotards, black wrap skirt, ballet pink convertible style tights, shoes + belt.

ADVANCED BALLET – Black or muted color leotards, black wrap skirt, ballet pink convertible style tights. No leg warmers, shorts or shiny fabrics. Multi-colored or low cut leotards (front or back) are not acceptable. The simpler the style the better. Mrs.Bond has final say on appropriate styles.

JAZZ – Black leotard, black jazz shoes with black or flesh tights (no shiny fabrics). Jazz dancers may add black jazz pants or dance Shorts. **Additional clothing at teacher discretion.**

TAP – Black tap shoes and comfortable clothing or your other dance class attire.

DRUMMING CLASS - Attire: comfortable clothing

Athletes/male dancers/boys – white T-shirt, dark sweats or shorts and black jazz shoes.

NOTE: Dancers BIII and above should purchase a black chiffon skirt and must carry a hand towel, water bottle and proper hair equipment at all times. (Hair kits available at studio)

CLASS DESCRIPTIONS

Ballet: A precise and formalized study of dance technique and is the basis for most forms of dance.

Jazz: A rhythmic, percussive dance form. **Hip Hop:** a jazz form with more of a street vernacular.

Jazz I: 2nd, 3rd, 4th and (5th) grades **Jazz II:** 5th, 6th, 7th and (8th) grades. Class placement is based on readiness.

Contemporary: Combines Jazz, Modern and Ballet techniques and is offered to Intermediate and Adv. dancers.

Tap/Rhythm: Level 1- mastering basic technique. Level 2&3- teaches more complex technique.

Pointe Work: Pointe work is taught to qualified students with at least three years sound training, who are physically ready and who are registered for a minimum of 2 ballet classes per week. 1st year pointe students may not dance on pointe in the year-end performance.

Princess Ballerinas: Movement, music and song in a playful setting focusing on a princess of the month.

Movement: Laying the foundation for more advanced techniques.

Tumbling: Building strong skills using arm and core muscles and utilizing body control. Skills to learn and build on are position rolls, cartwheels (and variations), bridges, backbends, kickovers, limbers, walkovers and back handspring drills.

Pre-Ballet: Setting the stage for Ballet.

Pas de Deux: Social maturity has become an issue. If dancers are unable to be quiet and stay focused on class work, they will be removed until self-control is demonstrated. Ballet technique, pointe work, weight and height will affect readiness.

Stage Combat: Taught in Workshop format teaching skills with long swords, broad swords and daggers as well as fighting technique that does not inflict any harm but gives the impression that it is real and treacherous.

Jazz, Tap or Contemporary: strongly suggested to expand the range of style & technical experience for our dancers. A strong ballet foundation, however, is required to excel in other dance forms.

Drumming class: This class will be a mix between music and movement. Students will learn fun “Stomp-like” musical compositions where they can express themselves rhythmically as well as engage in light “drum-corps” style choreography.

Advancement: Promotion to a higher level is not automatic – it is based on ability, physical readiness, technical progress, self-control and maturity. Students in BIII and Intermediate spend a minimum of two years at these levels before advancing. *Intermediate/Senior dancers are advised to take Jazz. Seniors must take Pointe.*

PARENTS: Please make sure that your dancer is in each and every class, rested, hydrated and comes with an attitude of hard work. Help them understand that correction from their teacher is the quickest way to improve. Dancers who are chronically late or just plain absent impose an unfortunate hardship on fellow dancers... so plan success into your child’s learning process. They will be glad you did.

ACADEMY POLICIES

Arrival/Departure: must be in street clothes...arrive at least 5 minutes before class time.

Valuables: CKDA will not be responsible for unattended valuables. Leave them at home.

Class Observation: Parents are invited into the studio on Parent Observation. See calendar above, Parents are always welcome to watch classes from Studio C “observation balcony” (please turn off cell phones when observing).

Studio Telephone: Used only with permission to arrange transportation. **Please turn off cell phones upon arrival.** No calls during class time except for emergencies!!

Stairway & Entrance: Quiet and courteous please. Good manners are expected. Act like ladies and gentlemen on Main St. at all times.

Parents MUST attend to siblings who are not in class. No one is permitted in stairwell during classes...all children must be INSIDE CKDA premises except for arrival and departure.

Student Teaching: Several days each year are provided for older dancers to plan and teach dance classes with assistance from their teachers.

Make-up Lessons: can be arranged for absence due to illness, provided that notification of a student's inability to attend class has been called or texted in before said class. Classes missed for any other reason are forfeited. Make up lessons must be taken within current pay period.

Pointe class students must take a minimum of 2 Intermediate level (or above) classes to take Pointe class. (3 total)

Pointe Work and Pas de Deux (Partnering): Only students physically and emotionally ready for the rigors of these classes will be permitted to enroll or continue in these classes. If progress is not evident, a student may be asked to take appropriate "time-off" until adequate strength, technique and social maturity have been achieved.

Instructors have final say on admittance to Tap/Rhythm classes. We prefer 8 years and older for skill requirements but we will allow a one month trial period for younger dancers.

Staff: **AMY KNIFFIN-BOND: Owner/Director/Instructor/Choreographer** © 419-681-7569

KASSANDRA LEE: Instructor/Choreographer © 440-308-6610

SARAH BEARD: Instructor/Choreographer © 419- 504-1728

CYNTHIA KNIFFIN: Instructor/Choreographer © 419-366-3391