

# Dance Academy Offerings



## Pre-Ballet

This class introduces young ones to the world of ballet in a fun and engaging way through simple exercises, imaginative games and activities that encourage self-expression with the use of appropriate music and props.

Children will develop:

- physical skills: body awareness, balance, coordination;
- spatial awareness;
- musicality and performance.

Dance classes provide a stimulating environment where children are encouraged to improve their confidence and self-esteem, communicate and cooperate as a team, and express themselves creatively through movement.

## Intermediate Ballet

This class provides a solid foundation to the art form of ballet.

Children will learn:

- technique: correct posture, weight placement, coordination, control, spatial awareness;
- music: timing and dynamics;
- performance: expression and communication.

Students will get in touch with ballet terminology and practice different types of ballet exercises: on the floor to improve flexibility and strength, at the barre to refine their technique and sequences, in the center of the studio, to explore their creativity and express themselves through dance. The classes always emphasize discipline, focus and teamwork and often introduce simple choreography, allowing children to perform.

## Advanced Ballet

This more advanced class focuses on building upon the foundational skills learned in earlier years.

Children will learn and refine:

- technique: correct posture, weight placement, coordination, control, spatial awareness;
- line and dynamic values;
- music: timing and responsiveness to music;
- performance: expression, communication, projection, and interpretation.

Students will work on mastering more complex ballet movements through strength and conditioning exercises, barre work, center work, pointe work (when applicable) and choreography.

## **Hip-Hop**

Our fun hip-hop classes are packed with a variety of dancing, jumping and stretching exercises to an upbeat tempo, designed to foster trust in their own abilities, and to develop balance and a good coordination. The great beat from the hip-hop music will make sure that no one can remain still in the room.

These foundational dance skills pave the way for learning dance, music, and coordination in a fun way with steps from diverse genres of modern dance and hip-hop styles. The dancers in this class will experience great energy and plenty of movements and dancing.

## **Contemporary Dance**

Contemporary dance classes focus on fluidity, improvisation, and personal interpretation. Through these classes, dancers connect their body with their emotions and learn how to tell stories through their movements. Within our program, classes incorporate technical elements of ballet, modern dance, and lyrical jazz. Includes improvisation moments and choreographic constructions composed for stage performances and competitions. All dancers can explore their own unique style.

## **Jazz Dance**

Jazz is a dance style that is fun and energetic, and the variety of music is boundless. These classes are full of rhythms, and we cultivate dancers with a jazz technique. Emphasizing posture and drawing from the long lines of ballet techniques, the training encompasses preparations for turns, leaps, isolations, and the enjoyment of modern movements. Students will dedicate substantial effort to enhancing flexibility and strength while learning exciting choreographies. Additionally, we explore various styles such as hip-hop, lyrical, contemporary, commercial, and musical theatre.

Our Jazz classes are brimming with a variety of exercises, including dance techniques, jumping, and stretching, all designed to foster self-confidence and cultivate balance and coordination. These foundational dance skills pave the way for learning steps from diverse genres such as Jazz, contemporary, and hip-hop dance. Dancers in this class will immerse themselves in ample dancing and choreography opportunities.

## **Dance Fun**

We focus on the dance movement and music, emphasizing freedom and enjoyment. This approach is tailored specifically to facilitate the learning of dance steps during this crucial stage of a child's development. We believe that children are naturally inclined to dance and find joy in healthy, physical exercises synchronized with music, and that this engagement continues to nurture their inherent creativity. Our approach delves into various directions, hones coordination, and builds self-confidence but also expands the child's understanding of their movement potential beyond their usual boundaries.

Through our Dance Fun classes, children are introduced to a spectrum of dance styles. They learn dance steps from ballet, jazz, contemporary, and hip-hop disciplines. Additionally, we impart skills like listening to and counting music, jumping, rolling, and stretching. This class is meticulously crafted to instill confidence in their abilities and to foster the development of balance and coordination. By building these foundational dance skills, students are enabled to experiment with improvisation and embrace a myriad of dancing styles.

## **RAD**

The TASIS Dance Academy is excited to introduce the optional RAD (Royal Academy of Dance) preparation ballet program under the guidance of Ines Lima, who holds a degree in ballet. The RAD is an internationally recognized institution, known for its rigorous standards and prestige in the dance world. For students aspiring to pursue dance either professionally or as a serious discipline, obtaining an RAD qualification provides a significant advantage by opening doors to advanced studies and prestigious institutions. This certification is globally regarded as a hallmark of excellence, ensuring that students meet the highest levels of technical and artistic achievement. The RAD examinations will assess proficiency in Classical Ballet and Character Dance, and students must participate in both dance styles.

To participate in this program, students must attend a minimum of two ballet classes per week, as well as an extra 25-minute session on Tuesdays or Thursdays. Please note that joining this program will incur additional costs for extra classes and exams.

## Price List Per Class

Classes per week	Price per class	Price per week
1 class per week	15 euros	15 euros/week
2 classes per week	13,50 euros	27 euros/week
3 classes per week	12,50 euros	37,50 euros/week
4+ classes per week	11,50 euros	46 euros/week