



## Levels Syllabus

### **Prep Level I**

*1 Hour Per Week – Ages 5-9*

An introductory dance curriculum that establishes a strong foundation in ballet, jazz, and lyrical dance. The ballet component introduces essential techniques, including body alignment, feet and arm positions, poses, basic jumps, and turns, while encouraging musicality and exploring ballet's historical roots. The Core Tech portion lays the groundwork for jazz and lyrical styles. Jazz focuses on rhythm and isolations, while lyrical emphasizes expressive movement tied to music and lyrics, blending elements of ballet and jazz. This program nurtures foundational skills, creativity, and confidence in young dancers.

Dancers of this level will showcase their new skills in the Cinderella production as the Village Girls.

*Dancers who show mastery of Level I may be recommended advancement to a higher level mid-semester.*

### **Prep Level II**

*2 Hours Per Week – Ages 5-9*

Our Prep Level II dance curriculum is generally for dancers with some prior dance experience and builds on foundational skills in ballet, jazz, and lyrical dance while increasing class time to enhance their training. In ballet, students will deepen their understanding of fundamental techniques and classical vocabulary, learning to perform a diverse array of ballet movements with precision and confidence. The Core Tech + Flex program expands on jazz and lyrical foundations introducing terminology and choreography sequences that emphasize musicality and skill development. Additionally, students will focus on flexibility, stretching, and acrobatic tricks, seamlessly integrated into jazz and lyrical routines to showcase their strength and agility. This program fosters technical growth, artistry, and versatility in young dancers.

Most dancers in this level will learn the choreography of the Magical Sprites for the Cinderella production.

## **Academy Level I**

*2 Hours Per Week – Ages 8+*

This level is for young dancers showing a strong foundation in dance, graduates of SDA's prep level curriculum, or pre-teens beginning their dance training. Focusing on refining and expanding skills in ballet, contemporary, and jazz. In ballet, students will strengthen their mastery of classical alignment and individual steps, progressing into intermediate-level techniques and learning to combine multiple steps, tempos, and directions into fluid ballet combinations. The contemporary program builds on basic steps, terminology, and choreography sequences, emphasizing the development of advanced skills and connection to music. Core Tech focuses on refining jazz and lyrical techniques, building stamina, and expanding movement vocabulary to enhance versatility. This program cultivates technical precision, expressive artistry, and dynamic performance in young dancers.

Academy Level 1 dancers will learn ancillary supporting roles for Cinderella, such as the Messengers or Court Ladies.

## **Academy Level I+**

*3 Hours Per Week – Ages 8+*

The Academy Level I+ curriculum extends the training of Level 1 students with specialized Strength & Flexibility along with Character & Musical Theatre classes, with increased class time to deepen development. The Strength & Flexibility program focuses on building students ability to perform advanced acrobatic tricks and generally body conditioning. The Character & Musical Theatre program expands dancers' versatility, introducing diverse rhythms, movement qualities, facial expressions, storytelling, and styles beyond classical ballet and contemporary, preparing them for varied roles in musical theatre and other productions. These additions complement the ongoing refinement of ballet, contemporary, and jazz skills from Level I, fostering greater technical excellence, artistry, and adaptability.

Academy Level 1 dancers will learn ancillary supporting roles for Cinderella, such as the Messengers or Court Ladies.

## **Academy Level II**

*4 Hours Per Week*

The Academy Level II curriculum, designed for students who have surpassed fundamentals and seek more challenging material, builds on their mastery of ballet, contemporary, and jazz techniques while incorporating Strength & Flexibility and Character & Musical Theatre programs. In ballet, students will advance to pre-pointe and pointe techniques and explore

ballet variation class material, honing technical precision and artistry. The contemporary program progresses beyond beginner foundations, introducing intricate choreography and challenging technical exercises to further develop skills and expression. The Strength & Flexibility program emphasizes building the strength and flexibility required for complex acrobatic skills, enabling seamless integration into expressive choreography to enhance performance, body control, and artistic range. The Character & Musical Theatre program fosters well-rounded performers by developing technical, artistic, and performance skills essential for success in theatrical dance and productions. This curriculum cultivates advanced technical proficiency, dynamic artistry, and versatility in aspiring dancers.

Level II dancers will audition for the leading roles in Cinderella, showcasing their technical training on the stage in solo and combination roles with all levels of SDA dancers.

*Level II is a placement only level, requiring graduation of a Level I curriculum or evaluation from the Artistic Director before placement.*

*Current as of 6/23/25 – Subject to change up till start of semester*