



3. Class Information

Types of Classes

Pointe 2 Pointe offers classes in:

<i>Classical Ballet</i>	<i>Jazz / Musical Theatre</i>	<i>Contemporary</i>	<i>Tiny Tots Dance</i>
<i>Pointe</i>	<i>Tap</i>	<i>Stretch & Strengthen</i>	<i>Pre-Primary Dance</i>
<i>National Character</i>	<i>Song & Dance</i>	<i>Adult Dance</i>	<i>Primary Dance</i>
<i>Neo-Classical</i>		<i>Hip Hop</i>	

Pointe2Pointe offers the standard of the Australian Teachers of Dancing Ltd. (ATOD Ltd.) methodology in all styles of dance. The syllabi involve various levels which progress systematically and encourage the development of technique, strength and artistry.

Pointe2Pointe firmly believes that a good foundation in dance begins with Classical Ballet. Classical Ballet enables the proper placement and alignment needed to build strong versatile dancers. Pointe2Pointe encourages students at all levels to study Classical in conjunction with their other classes.

Description of Classes

Children's Classes

Tiny Tots This unique and specialised class has been creatively designed to introduce the tiniest of dancers to dance and singing in an energetic and positive environment. It principally focuses on the development of gross and fine motor skills, creative expression, sensory exploration and general social skills. Students are introduced to basic classical ballet, jazz, tap and vocal techniques in an imaginative and musical manner. They are also encouraged to discover their creativity through acting, miming and imaginative free-play using props like scarves, ribbons, wands, etc. In spite of all the fun they have, students improve their balance, rhythm, coordination and musicality. The goal for this class is to delight students with a full arts experience and inspire them to develop a genuine love for dancing, singing and performing.

Pre-Primary and Primary These classes are a progressive continuation of the Tiny Tots class. Students are exposed to more formalised dance training which incorporates the fundamentals of classical ballet, jazz, tap and singing. A focus on developing imagination and creativity remain a key feature of these classes, as does the nurturing of a love for dancing, singing and performing in a fun and social environment.

Classical Stream

The Classical Stream is a class which combines classical ballet, national character and neo-classical styles. The focus in this class is for students to learn to become beautiful ballerinas so if you're a budding Odette, Giselle, Coppelia, Cinderella or Prince Charming, then this is the class for you!

Classical Ballet Classical Ballet assists students to develop good posture, correct alignment, physical strength and flexibility. Students also improve balance, grace and coordination. This component of the class primarily focuses on developing classical technique and an understanding of the technical theory which underpins classical ballet. Developing and enhancing musicality and performance skills will also be pursued.



National Character National Character introduces students to authentic steps from a range of different countries including, Russia, Poland, Hungary, Italy, Austria, Spain, India, Thailand, China, etc. While the emphasis is on technical accuracy, the class offers a unique insight into different cultures which is particularly important in our diverse and multi-cultural society. Partner and pattern work is incorporated which enhances the enjoyment of students.

Neo-Classical Neo-Classical is a free form of contemporary classical ballet that is creative, expressive, gentle, fluid and non-restrictive. Students are encouraged to explore continuous free movement, interpret pieces of music and choreography in their own way and develop the ability to express their feelings and emotions regarding pieces of music and choreography. Despite the freedom, emphasis is still placed on correct technique and alignment.

Pre-Pointe Conditioning and Pointe This class is designed to fulfil a dual purpose. Students invited to begin preparing for pointe work will be required to undertake this class to build their foundation technique under close supervision. Students already undertaking pointe work also participate in this class separately to their Classical Stream class with a view to concentrating on their pointe work and furthering the techniques they will apply in their regular classes.

Theatrical Stream

The Theatrical Stream is a class which combines jazz / musical theatre and tap styles, along with vocal training and drama. The focus in this class is for students to learn to become fabulous entertainers so if you love a good musical or cabaret, then this class will provide you with all the thrills that are Show Biz!

Jazz/Musical Theatre Jazz/Musical Theatre is a strong style of dance that allows students to move to a variety of different music. The jazz component is most commonly associated with the dancing in pop stars' music videos and at their concerts. The musical theatre component is typically likened to musicals such as Chicago, Cabaret and Fame. This aspect of the class focuses on strength and technique. Students learn to perfect sharp and exaggerated body movements, isolations and strong kicks and jumps. Despite the precision required, students are encouraged to develop their own style, along with those all important elements of flair and pizzazz!

Tap There are no arguments when it comes to this style of dance – tap is fun fun fun! Just consider Hot Shoe Shuffle, Tap Dogs and Bootmen - as well as all those old classics! This component of the class enables students to experience tap in a progressive manner, from traditional to contemporary styles. Despite making a lot of very nifty sounds with their feet, students develop sound coordination skills and excellent balance. They also gain a strong appreciation of rhythm and musicality. This ever popular style of dance is loved by children and adults alike – who wouldn't want to express themselves through their "happy feet"!

Song & Dance This exciting and fun component of the class combines vocal training with drama. Students are exposed to vocal technique and styles and develop a keen sense of rhythm and musicality. They are encouraged to develop their creative voice through improvisation, scene study, accompanying singing with actions and movement, and characterisation. While great for the imagination, singing and acting is even better for building students' self confidence!

Other Styles

Contemporary This class explores free-form contemporary movement. Due to the abstract and angular movements and shapes created in contemporary dance, it is often considered a bit "weird", but students tend to delight in the freedom and strength that this style offers. Elements such as "boundaries", "fall



and catch” and “release and recover” are explored and form the basis for this class. Athletic components are also pursued and students enjoy working with and against gravity. Students are also encouraged to interpret and put their own special touches on this ever evolving style of dance.

Hip Hop Hip Hop is dance in its rawest form. Most typically, it is associated with the popular and funky style of dance seen on today's video clips. Students are taught isolations, break dancing elements like “popping” and “locking”, light acrobatics and strong jumps. Intricate footwork and freezes are also perfected. This is a non-stop, high energy and most of all, fun class where students tend to develop the “attitude” that comes with most street-dancing styles these days!

Stretch & Strengthen This class is designed to enhance flexibility through isolated stretching and conditioning techniques specifically designed for dancers. The exercises used encourage the elongation of muscles whilst ensuring the maintenance of correct alignment of bones, tendons, ligaments and muscles. A by-product of increased flexibility is enhanced strength and improved endurance. This class will also assist students to achieve sound balancing skills.

Adult Dance These classes provide the full dance experience for adults and incorporate classical ballet, neo-classical, contemporary, jazz/musical theatre, tap, hip hop and stretch & strengthen. Refer to the above sub-headings for detailed descriptions of the styles of dance explored during the classes.

Age Groups & Dance Experience

Age and dance experience provides a guide for class placement, however, Pointe2Pointe assesses all students on an individual basis to ensure they are placed in the class most beneficial to their standard.

Length of Classes

The length of each class depends on the age and level of the student. Please refer to the [Summary of Classes](#) for class lengths.

Class Sizes

To facilitate optimal learning conditions, Pointe2Pointe aims to keep class sizes to a maximum of 15 students. On occasions, this number is exceeded (ie. Tiny Tots, Pre-Primary, Primary and Hip Hop classes).

Minimum class size is 5 students.

Schedule of Classes

Please refer to the [Class Schedule](#), noting that classes are subject to change without notice.

Class availability is dependant on enrolments – insufficient enrolments may result in some classes being merged with others or, as a last resort, cancelled.

Venues

Classes are held at the following venues (refer to the [Class Schedule](#) for the location of each class):

ρ	Palmerston Community Hall	Tiptree Crescent, Palmerston (<i>next to the shops</i>)
ρ	Palmerston Primary School Hall	Kosciuszko Crescent, Palmerston (<i>down from the shops</i>)
ρ	Gungahlin Community Resource Centre	Cnr Ernest Cavanagh Street, Gungahlin (<i>at the Library</i>)