## <u>\_EVEL III</u>

TRAINING FOR YOUNG DANCERS (AGES (9-11)

### ACRO III

Acro is defined by its unique athleticism and challenging skill set. Classes will focus on strength, flexibility, balance, and concentration. Students will learn to use their bodies in new ways, mastering skills such as front and back walkovers, handstands, aerials and so much more. Each student will receive one-on-one, hands-on attention. Every class will use mats, and other equipment will be present to better enhance safety, confidence, and learning abilities.

#### ACRO FEMALE IDENTIFYING UNIFORM



<u>Leotard</u> COLOR: BURGUNDY STYLE: CAPEZIO HIGH NECK TANK (CC201C)

<u>Tights</u> (worn over the leotard) COLOR: BLACK STYLE: ULTRA SOFT TRANSITION® TIGHT (1916C)

<u>Shoes</u> BAREFOOT

HAIR NEATLY PULLED BACK

### ACRO III MALE IDENTIFYING UNIFORM

- PLAIN WHITE T-SHIRT (FREE OF LOGOS OR DESIGNS)
- BLACK TIGHTS/LEGGINGS
- BAREFOOT



## <u>EVEL III</u>

TRAINING FOR YOUNG DANCERS (AGES (9-11)

### BALLET III

Ballet III aims to build artistry and solid technique in young dancers. With progressively more challenging exercises at the barre and in center, the class provides a solid technical framework in classical ballet while emphasizing the hallmarks of Nimbus Dances' approach to dance: the artistry and unique voice of each dancer, musicality, and athleticism, paired with fluidity and coordination.

### BALLET III FEMALE IDENTIFYING UNIFORM



#### <u>Leotard</u> COLOR: BURGUNDY STYLE: CAPEZIO HIGH NECK TANK (CC201C)

<u>Tights</u> COLOR: PINK OR FLESH TONE STYLE: ULTRA SOFT TRANSITION® TIGHT (1916C)

<u>Shoes</u> (\*Shoes and tights must match in color.) PINK OR FLESH TONE BALLET SHOES

HAIR NEATLY PULLED BACK IN A BUN

### BALLET III MALE IDENTIFYING UNIFORM

- PLAIN WHITE T-SHIRT (FREE OF LOGOS OR DESIGNS)
- BLACK TIGHTS/LEGGINGS
- BLACK SOCKS
- BLACK BALLET SHOES



## LEVEL III

TRAINING FOR YOUNG DANCERS (AGES 9-11)

### HIP HOP III

Hip Hop III uses rhythm and creative expression to allow students to break down steps and phrases from various Hip Hop techniques into fun easy-to-learn sequences. The warm-up and movement progressions make for an incredible introduction into more advanced Hip Hop dance.

### HIP HOP III UNIFORM

- LOOSE FITTING CLOTHING THAT YOUR DANCER IS COMFORTABLE MOVING IN. CLOTHING SHOULD BE FREE OF LOGOS.
- CLEAN INDOOR SNEAKERS
- HAIR NEATLY PULLED BACK



## <u>EVEL III</u>

TRAINING FOR YOUNG DANCERS (AGES (9-11)

### **MODERN III**

Modern III begins to explore codified techniques, including basic Lester Horton and Martha Graham-based techniques. Students at this level are given more challenging exercises and are entering into a more intermediate level of movement.

#### MODERN III FEMALE IDENTIFYING UNIFORM



Leotard COLOR: BURGUNDY STYLE: CAPEZIO HIGH NECK TANK (CC201C)

<u>Tights</u> (worn over the leotard) COLOR: BLACK STYLE: ULTRA SOFT TRANSITION® TIGHT (1916C)

<u>Shoes</u> BAREFOOT

HAIR NEATLY PULLED BACK IN A BUN

### MODERN III MALE IDENTIFYING UNIFORM



- PLAIN WHITE T-SHIRT (FREE OF LOGOS OR DESIGNS)
- BLACK TIGHTS/LEGGINGS
- BAREFOOT



## <u>EVEL III</u>

TRAINING FOR YOUNG DANCERS (AGES (9-11)

### PRE- POINTE III/IV

A supplemental class to ballet technique. Pre-Pointe is designed to building the specific strength and proper alignment in students' ankles and feet for a safe progression into pointe work.

### PRE-POINTE III/IV FEMALE IDENTIFYING UNIFORM



#### <u>Leotard</u> COLOR: BURGUNDY STYLE: CAPEZIO HIGH NECK TANK (CC201C)

<u>Tights</u>

COLOR: PINK OR FLESH TONE STYLE: ULTRA SOFT TRANSITION® TIGHT (1916C)

<u>Shoes</u> (\*Shoes and tights must match in color.) PINK OR FLESH TONE BALLET SHOES

HAIR NEATLY PULLED BACK IN A BUN

#### POINTE III/IV MALE IDENTIFYING UNIFORM



- PLAIN WHITE T-SHIRT (FREE OF LOGOS OR DESIGNS)
- BLACK TIGHTS/LEGGINGS
- BLACK SOCKS
- BLACK BALLET SHOES

Students in Split level classes should wear the uniform appropriate for their level



## <u>EVEL III</u>

TRAINING FOR YOUNG DANCERS (AGES (9-11)

### TAP III/IV

Tap III/IV will continue to progress the rhythmic tap dance technique. Students will learn how to articulate their feet to create more challenging percussive sounds. They will begin to combine toe, heel, jumping and hopping movements to create rhythmic patterns. Students will improve coordination of sound and movement, articulation of their feet and awareness of rhythm.

### TAP III/IV FEMALE IDENTIFYING UNIFORM



Leotard COLOR: BURGUNDY STYLE: CAPEZIO HIGH NECK TANK (CC201C)

<u>Tights</u> (worn over the leotard) COLOR: BLACK STYLE: ULTRA SOFT TRANSITION® TIGHT (1916C)

<u>Shoes</u> BLACK TAP SHOES

HAIR NEATLY PULLED BACK IN A BUN

#### TAP III/IV MALE IDENTIFYING UNIFORM



- PLAIN WHITE T-SHIRT (FREE OF LOGOS OR DESIGNS)
- BLACK TIGHTS/LEGGINGS
- BLACK SOCKS
- BLACK TAP SHOES

Students in split level classes should wear the uniform appropriate for their level



## <u>EVEL III</u>

TRAINING FOR YOUNG DANCERS (AGES (9-11)

### MUSICAL THEATER III

Musical Theater III will introduce musical theater style jazz technique, emphasizing style, rhythm, musicality and dynamics. Students will focus on increasing physicality and improving their jazz technique within stylized choreography.

#### MUSICAL THEATER III FEMALE IDENTIFYING UNIFORM



<u>Leotard</u> COLOR: BURGUNDY STYLE: CAPEZIO HIGH NECK TANK (CC201C)

<u>Tights</u> (worn over the leotard) COLOR: BLACK STYLE: ULTRA SOFT TRANSITION® TIGHT (1916C)

<u>Shoes</u> BLACK JAZZ SHOES

HAIR NEATLY PULLED BACK IN A BUN

#### MUSICAL THEATER III MALE IDENTIFYING UNIFORM



- PLAIN WHITE T-SHIRT (FREE OF LOGOS OR DESIGNS)
- BLACK TIGHTS/LEGGINGS
- BLACK SOCKS
- BLACK JAZZ SHOES



## LEVEL III

TRAINING FOR YOUNG DANCERS (AGES 9-11)

### VOCAL TECHNIQUE III

Students will work on vocal technique and use of a healthy voice. In the course, students learn proper singing techniques to improve their range, projection, and pitch while keeping their voices strong and healthy. The course will focus on musical theater styles and include theory and ear training for well-rounded singers.

### VOCAL TECHNIQUE UNIFORM

Vocal Technique students are welcome to follow the uniform for Level III. However, there is not a uniform requirement for Vocal Technique II students. We recommend wearing anything that makes you feel comfortable and inspired to sing!

