

**Just For Kix of White Bear Lake**  
**Dance Styles Offered for 2020-2021 Dance Season**

*Updated 8/4/2020*

**What we offer**

Just For Kix is a team-based dance program. All of our classes are treated like teams and we stress how important each person is to the team and how powerful we are as a group, as well as individuals. We strive to teach excellent technique in a teamwork environment.

There are over 210 Just For Kix youth dance programs in the United States right now. Every Just For Kix program is different. Some offer only kick classes. Some, like ours, offer many different styles (similar to a dance studio). We've added some descriptions here to help you make informed choices for your dancer. We hope your dancer will try new styles!

All of our classes, with the exception of ballet and tap, will perform and/or compete 4-6 times per year. Ballet and tap will perform 2-3 times each year.

Each class has its own uniform/costume and it is worn for all of that class' performances and competitions.

Here are the dance styles, and some information about each, that we offer at the Just For Kix program in White Bear Lake:

- Core
  - This is what we call the classes for kids in preschool and those in Kindergarten through 3rd grade. These are Tiny Kix, Wee Petites and Wee Kix (sometimes, we also may have Teeny Kix for 2-3 year olds and Pre Petites for 4 year olds). They are called "Core" classes because we will cover many dance fundamentals of many styles - ballet, jazz, creative movement, lyrical and others. These fundamentals are the "core" of dance. Dancers get to experience many styles so that they can make an educated decision about what they'd like to take as they get older.
  - Tap is sometimes included in one of these classes, or a separate tap class may be available for that age group.
- Ballet
  - Ballet is the basis of all dance styles. Ballet trains the mind and body to work together - it trains a dancer to know his/her body alignment and where every part of his/her body is at all times. A well-trained ballet dancer can really do any style of dance. By being in ballet, all other styles of dance will be easier to learn and dancers who take ballet will learn routines faster.
  - Ballet teaches a dancer the beginning of a step, the middle and the end. These pieces can get muddled in other styles of dance.

- We incorporate ballet basics into all of our Tiny Kix (preschool age), Wee Petites (K-1) and Wee Kix (2nd-3rd grade) classes.
  - Dancers in 1st through 3rd grade can take a combination class of ballet and lyrical. This introduces a dancer to both styles.
  - Once a dancer reaches 4th grade, s/he can take a separate class in ballet. Studies have shown that the human body can really grasp the concept of “turnout” by age 9, so our individual study of ballet starts at this age.
  - We may incorporate a small amount of ballet into our 4th-12th grade Kix classes. If we do, it will consist mostly of the 5 positions and how to releve and plie properly. For in-depth knowledge, a dancer should take ballet as a stand alone class.
  - The full season classes for 4-12th graders are separated by skill and somewhat by age:
    - **Pearl Ballet** is for 4-12th graders who have had very little or no official ballet training.
    - **Emerald Ballet** is for 5-12th graders who have at least two years of ballet training (preferably in Pearl).
    - **Ruby Ballet** is for 7-12th graders who have had at least four years of specific, official ballet training (preferably in Pearl and Emerald).
    - **Sapphire Ballet** is for 8-12th graders who have had at least five years of specific, official ballet training (preferably in Pearl, Emerald , and Ruby)
  - We recommend that any and all dancers take ballet, if possible.
- **Tap**
    - Tap is rhythm noise made by the feet.
    - Tap helps dancers learn timing, musicality, and rhythm, as well as being able to do fast footwork and think quickly.
    - There are many different styles of tap. We teach more of a “broadway” or musical theater style, but sometimes do more of a “hooper” style if dancers want it.
    - We perform primarily on a stage, so stage presence is discussed and practiced.
    - Tap is now separated by skill, which is new for the 2020-2021 dance season. Beginners should take Level 1. Dancers wishing to be placed in levels 2 or 3 should contact our Program Director at 651-653-8539.
  - **Kick**
    - Kick is a powerful, energetic and fun style of dance.
    - Kick routines are usually done to music that has a hard, driving beat.
    - Kick fundamentals are different than many other styles of dance - in kick the focus is on straight body lines, precise movements and tight formations.
    - In a kick class, we teach that power and strength are essential to be a great kicker and jumper.
    - All of our youngest classes - Tiny Kix, Wee Petites, and Wee Kix - incorporate kick fundamentals.

- Our kick classes (Mini Kix, Junior Kix, Senior Kix) are separated by age.
  - For 6th graders, they can choose either Mini Kix or Junior Kix (or both). We recommend a dancer with one or more years of dance who is also in 6th grade to select Junior Kix.
  - 9th graders can also choose between Junior Kix and Senior Kix. 9th graders that are new to dance should choose Junior Kix.
- Jazz
  - Jazz is a technical style of dance that is dictated by the music that the routine is to. The music is typically a faster song you may hear on the radio.
  - Jazz uses elements of ballet but changes them in a way so that they are less rigid and more contemporary.
  - Jazz is where we teach most of the “tricks” you see in a dance recital or competition - leaping and turning are a main focus in the class, as well as performance ability.
  - We incorporate jazz basics into all of our Tiny Kix (preschool age), Wee Petites (K-1) and Wee Kix (2nd-3rd grade) classes.
  - Dancers in 1st-3rd grade can take Wee Jazz
    - Dancers taking Wee Jazz must also take either Wee Petites or Wee Kix
  - Dancers in 4th-6th grade can take Mini Jazz
    - Excelling 6th graders can audition or may be invited to join Rising Stars.
  - Starting in 7th grade, jazz dancers can decide if they want to be in a class that is separated by age or by skill.
    - Dancers wanting to audition for the “by skill” classes can do so either during our annual evaluation process or by video.
      - Currently, the classes we offer that are separated by skill are Rising Stars (intermediate jazz), Starmakers (advanced jazz) and Dream Team (elite jazz).
      - *Dancers in Rising Stars, Starmakers or Dream Team MUST also take ballet.*
    - Dancers in 7th-12th grade who are NOT wanting to audition, but wanting to dance and compete in the jazz style, should register for Senior Jazz.
      - *Dancers in Senior Jazz MUST also take EITHER kick or ballet.*
  - All of our jazz classes will compete, but our “by skill” classes may compete more often.
  - Jazz is for everyone, but is also for those that are looking for something “more” - more challenges and more skills taught.
    - The jazz classes that are separated by skill will technically surpass the skill levels in all other jazz classes.
- Lyrical
  - Lyrical is a combination of ballet, jazz, some contemporary dance, and acting.

- Lyrical is also a style of dance that is dictated by the music (like jazz), but the music is typically slower - like a “slow song” you’d hear on the local radio station.
- The costume for the lyrical style of dance usually has some loose fabric and some “flow” to it.
- The focus in lyrical is technique and the emotion of telling a story.
- During class, we work on portraying the emotion of the music through our bodies and faces.
- We may incorporate some lyrical fundamentals in our younger classes.
- Lyrical dancers are separated by age.
- *NOTE: To take lyrical, a dancer must also take either ballet or kick.*
- Hip Hop
  - Hip Hop uses some jazz fundamentals but is mostly considered a “street” style of dance where any moves that fit a routine can go into a routine.
  - Hip Hop utilizes lots of strength and teaches timing, musicality, phrasing and some fast footwork.
  - The music for a hip hop routine usually determines the style of hip hop done.
  - Hip Hop classes are separated by age.
    - We offer a short term hip hop class for boys and girls in Preschool and Kindergarten called Petite Hip Hop
      - This class meets for six weeks and then performs in one of our shows
      - We offer a fall, winter and spring session
    - We offer four competitive classes:
      - Wee Hip Hop (2nd-3rd grade)
      - Mini Hip Hop (4th-6th grade)
        - 6th graders can choose between Mini and Junior Hip Hop (anyone placed in Rising Stars jazz should take Junior Hip Hop)
      - Junior Hip Hop (6th-9th grade)
        - 9th graders can choose between Junior and Senior Hip Hop (anyone placed in Starmakers Jazz should take Senior Hip Hop)
      - Senior Hip Hop (9th-12th grade)

Thank you for reading this document!

If you have any questions, please contact us at 651-653-8539 or [whitebearlake\\_mn@justforkix.com](mailto:whitebearlake_mn@justforkix.com).