

## **Which Class(es) Should My Dancer Take?**

Just For Kix - White Bear Dance Program

*Help from our Program Director, Laurisa Rosenow*

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Hello! Thank you for your interest in Just For Kix!

I know we offer A LOT of dance classes. We do that because we want to offer as much as we can to as many dancers as possible! But, I know it can be confusing. I'm here to guide you. I've written up this handy guide to help you figure it all out. After you read this if you have any questions, text or call me at 651-663-8539 or email me at [whitebearlake\\_mn@justforkix.com](mailto:whitebearlake_mn@justforkix.com). I'm happy to talk with you about it more to make sure your dancer is taking the classes s/he really enjoys or needs to achieve his/her goals.

I'm going to break this out by age group, so feel free to scroll to the part(s) that pertain(s) to you and your dancer(s) the most.

### **Preschool age (2 through 4 years)**

At this time in life, we just want to instill a love of dance and movement in every child that comes to class. Our Tutu Tots curriculum, developed by our owner Cindy Clough, makes this easy!

- For 2 and 3 year olds, we have a short term, special session called Teeny Kix. At this young of an age, we feel that the long 8-month commitment may be too much for little ones, so we've broken it out into three shorter sessions. Teeny Kix meets for 30 minutes, once per week for six weeks and covers dance basics and fundamentals, but the main focus is body movement, awareness and fun!
- For 3 year olds, there are two choices:
  - Teeny Kix special sessions - (see above) for the three year old who wants the shorter sessions.
  - Tiny Kix - this is a 30 minute class that meets once per week from September through April. Dancers can start an stop whenever needed, but the curriculum is for the full 8 months. Tiny Kix dancers work on dance basics and fundamentals and have lots of fun!
- For 4 year olds, our Tiny Kix class is perfect! Our curriculum is designed to teach your dancer dance skills in a logical way, but also instill a love of dance and movement in their bodies.
- If your dancer is 5, but not yet in Kindergarten, your dancer can choose between our Tiny Kix and Wee Petite classes. Either one will work well, but one is just a little longer than the other to accommodate the developing longer attention span of a 5 year old.

### **Kindergarten through 3rd grade**

- Dancers in Kindergarten:
  - These dancers are welcome to take our Wee Petites class. This class builds confidence as dancers master large and small motor skills and work on rhythm and musicality. We use fun, exciting activity songs and exercises to engage your dancer.
  - Kindergarteners can choose to be in our Wee Tap class. This is a 30 minute class that focuses on the basic skills of tap.
- Dancers in 1st grade start to have lots of options now that they are in 1st grade!

- Wee Petites - this is our dance basics class as described above. In Just For Kix, it's called a "Core" class because we teach all of the base, or CORE, skills for many dance styles like ballet, jazz, lyrical and kick.
- Wee Tap - a separate 30 minute tap class for K-3rd graders.
- Wee Jazz - this is a class that focuses on the jazz dance style. We consider this a class for the dancer who wants to progress faster and wants "more." We will mostly work on turns, leaps and performance quality. A 1st grade dancer MUST also be in Wee Petites. This class will compete in 1-3 Just For Kix Together We Dance competitions.
- Wee Hip Hop - for 1st through 3rd graders. This is a separate dance class just in the hip hop style. This class will compete in 1-3 Just For Kix Together We Dance (TWD) competitions.
- Wee Ballet/Lyrical - for 1st through 3rd graders. This is a combo class starting with ballet and ending with instruction in the lyrical style. Lyrical has become a very popular style of dance as it combines ballet, jazz and contemporary dance, as well as acting, into one style. A 1st grader MUST also be in Wee Petites to take this class. This class will compete in 1-3 Just For Kix Together We Dance (TWD) competitions.
- Dancers in 2nd and 3rd grade have a lot of options!
  - Wee Kix - this is our "core" dance class, which covers lots of dance basics and fundamentals all in one class, like jazz, ballet and kick. If your dancer takes only ONE class, it should be this class.
  - Wee Tap - a 30-minute tap class for all levels; we progress as quickly as the class can to learn more difficult steps.
  - Wee Jazz - this is a class that focuses on the jazz dance style and where dancers learn more technical skills, like turns and leaps. We consider this a class for the dancer who wants to progress faster and wants "more." A 2nd or 3rd grader MUST also be in Wee Kix. This class will compete in 1-3 Just For Kix Together We Dance competitions.
  - Wee Ballet/Lyrical - this is a combo class starting with instruction in ballet and ending with instruction in the lyrical style. Lyrical has become a very popular style of dance as it combines ballet, jazz and contemporary dance, as well as acting, into one style. This is a secondary class and is for those dancers wanting to progress faster and learn more. A 2nd or 3rd grader MUST also be in Wee Kix to take this class. This class will compete in 1-3 Just For Kix Together We Dance (TWD) competitions.
  - Wee Hip Hop - a dance class that is just in the hip hop style. This class will compete in 1-3 Just For Kix Together We Dance (TWD) competitions.

#### **4th through 12th grade**

Dancers in any of these age groups can take any dance classes in any of these styles:

- Kick
  - Kick is a powerful, energetic and fun style of dance. The routines are usually done to music that has a hard, driving beat. Fundamentals of a kick class are different than many other styles of dance - the focus in a kick class is on straight body lines, precise movements and tight formations.
  - These classes are separated by age - see the listing below for age levels.
- 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.

- These classes are separated by age - see the listing below for age levels.
- 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 we may also focus on the “hoofing” style.
  - These classes are separated by age - see the listing below for age levels.
- 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. Ballet teaches a dancer the beginning of a step, the middle and the end.
  - These classes are separated by skill and somewhat by age:
    - **Pearl Ballet (Level 1)** is for 4-12th graders who have had very little or no official ballet training.
    - **Emerald Ballet (Level 2)** is for 6-12th graders who have at least two years of ballet training (preferably in Pearl).
    - **Ruby Ballet (Level 3)** is for 7-12th graders who have had at least four years of specific, official ballet training (preferably in Pearl and Ruby).
    - **Sapphire Ballet (Level 4)** is for 8-12th graders who have had at least five years of specific, official ballet training (preferably in Pearl, Ruby and Emerald).
  - Dancers can expect to spend 2-3 years in each level before moving to the next level. All skills must be mastered AND the strength and flexibility that is required to move up must be attained.

A dancer can also take any of these classes, but must also take another class with it:

- Lyrical
  - Lyrical is a combination of ballet, jazz, some contemporary dance and acting. Routines are usually done to slower, more modern or contemporary music, and usually tell some kind of story.
  - A dancer must also take kick OR ballet to be in lyrical
- Jazz
  - Jazz is a technical class 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. Jazz uses many elements of ballet, but changes them in a way so that they are less rigid and more contemporary. A dancer in jazz will be much more successful if s/he also takes ballet.
  - For a dancer to be in either Mini or Senior Jazz (these are non-placement classes - meaning anyone can join that is in the age range), the dancer must also take kick OR ballet.
  - For a dancer to be in either Rising Stars, Starmakers or Dream Team jazz (these are classes where a dancer has been placed into the class by past class participation or by audition), the dancer must also take ballet.

**Here is a list of the level names for each grade level:**

- 4-5th graders should take MINI level classes
- 6th graders can choose - those that are new to dance, or new to a style of dance, should take MINI level classes; all other 6th graders should take JUNIOR level classes

- The only exception to this is 6th graders should take MINI Jazz, unless they are invited to, or placed in, the Rising Stars class
- Please try to take ALL of your dancer's classes at the same age level (for example, if your dancer takes Mini Hip Hop, s/he should register for other MINI level classes)
- 7-8th graders should take JUNIOR level classes
  - The only exception to this is for non-placement jazz - 7th and 8th graders should take SENIOR jazz
- 9th graders can choose - those who have little, or no, dance training should take JUNIOR level classes; all others should take SENIOR level classes
  - The only exception to this is for non-placement jazz - 9th graders should take SENIOR jazz
- 10-12th graders should register for SENIOR level classes
- Please remember that ballet classes are separated a little differently, so please refer to the ballet bullet included in the list above

I know this is a lot of information. If you still have any questions about which class, or classes, your dancer should take, please contact me! I'd be happy to chat with you to help you determine what is best for your dancer.

Thank you for reading this document. I look forward to seeing your dancer at class!

Sincerely Yours,  
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