

Preparatory Dance 2018-2019

Open Program

The Preparatory Dance Open Program offers classes in ballet, contemporary dance, and Flamenco and Spanish Dance for students of all ages and abilities who love to dance and want high-quality instruction with a flexible class schedule. Multiple levels provide the opportunity for continuing study in a sequential format and accommodate students with years of serious training as well as beginners who are eager to get started.

Adult Continuing Education (ACE)

Beginners Ballet for Adults and Teens

The Beginners Ballet class is offered for those ages 13-adult with little or no previous ballet training as well as those returning to class after a hiatus. Students work on fundamental vocabulary and arm movements (*port de bras*), build strength, and increase coordination. Attention is given to body alignment and improving range of motion incrementally. Students may remain in the same class for more than one semester as they acquire the skills to prepare them for Level 1. No placement class required.

Dress: Students provide their own dance attire; see <http://peabody.jhu.edu/preparatory/ways-to-study/departments/dance/info/dresscode/> or contact the Preparatory Dance Office for details: prepdance@jhu.edu or 667-208-6648.

Levels 1/2 Ballet for Adults and Teens

This ballet class for ages 13-adult is taught for students who are currently dancing an elementary/intermediate level. Standard *barre* exercises are repeated to encourage the development of technical proficiency and strength; students work on more diverse center vocabulary and *port de bras* to improve coordination and artistry. A placement class is required prior to registration for this course. In general, a minimum of three years of recent ballet training is required to be placed in Levels 1/2. Students may remain in the same class for more than one semester as they acquire the skills to prepare them for Levels 2/3.

Dress: Students provide their own dance attire; visit <http://peabody.jhu.edu/preparatory/ways-to-study/departments/dance/info/dresscode/> or contact the Preparatory Dance Office for details: prepdance@jhu.edu or 667-208-6648.

Levels 2/3 Ballet for Adults and Teens

The Levels 2/3 ballet class for ages 13-adult accommodates intermediate and advanced students who have significant prior training and a strong knowledge of ballet vocabulary, including *adagio*, turns, and jumps. Students focus on technique, coordination, stamina, musicality, and expression. A placement class is required prior to registration for this course. In general, at least four years of recent ballet training is required to be placed in Levels 2/3.

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Contemporary Dance for Adults and Teens

Contemporary Dance is designed for adult movers ages 13-adult who wish to increase their movement capability and dance from an authentic place. A variety of warm-up exercises, movement sequences and guided improvisations will challenge the dancer to use efficient alignment, increase personal range of motion, build strength, find coordination, work on stamina and explore musicality, all in a supportive dance environment. Dancers are encouraged to work within their own movement capacity, whether as experienced movers or absolute beginners, as all experience levels are welcome.

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Beginners Flamenco and Spanish Dance for Adults and Teens

Flamenco and Spanish Dance for students ages 13-adult focuses on establishing a knowledge of the dance technique vocabulary of this beautiful art form while emphasizing its powerful and exciting expression by exploring various rhythms and regional dances from Spain. Each class focuses on upper body stylization, footwork and turns and applying these techniques to colorful, musical, and expressive repertory.

Dress: Students provide their own specialized dance attire and shoes; visit <http://peabody.jhu.edu/preparatory/ways-to-study/departments/dance/info/dresscode/> or contact the Preparatory Dance Office for details: prepdance@jhu.edu or 667-208-6648.

Intermediate Flamenco and Spanish Dance for Adults and Teens

Intermediate Flamenco and Spanish Dance is designed for practiced students ages 13-adult. The course continues to build a knowledge of the dance technique vocabulary of this beautiful art form while emphasizing its powerful and exciting expression in the form of more advanced footwork and combinations, which culminate in a full *Flamenco Baile* (dance choreography). Previous training in Flamenco and Spanish Dance is required, along with permission from the instructor; contact Ms. Miton at amiton1@jhu.edu.

Dress: Students provide their own specialized dance attire and shoes; visit <http://peabody.jhu.edu/preparatory/ways-to-study/departments/dance/info/dresscode/> or contact the Preparatory Dance Office for details: prepdance@jhu.edu or 667-208-6648.