

# Christine Rich STUDIO

## DANCE ACADEMY & PERFORMING ARTS CENTER



### The Classes Brochure Welcome to dance at Christine Rich Studio!

### Class Level Progressions and Ballet Requirements Table

If you have previous dance training, call or email to set up a placement class to determine your CRS level.

=★ Open to Beginners Click on a **BLUE** title below to go to a detailed description of the class.

<u>JAZZ</u>	<u>BALLET</u> The Foundation of Dance	<u>TAP</u>
★ Jazz Beginning	<b>CHRISTINE RICH YOUTH BALLET COMPANY*</b>	★ Pre-Beginning Tap Ages 6-10
Jazz Continuing	<a href="#">Pre Ballet*</a> Ages 4-6 45 mins. per week	★ Beginning Tap Ages 6 & up
Jazz I	★ <a href="#">Pre-Beginning Ballet Survivor Island*</a> Ages 6-10 1x/wk for 1 hr	Tap I
Jazz II	★ <a href="#">Beginning Ballet*</a> Ages 6-12 1x/week for 1 hr	Tap II
Jazz III	<a href="#">Pre Ballet I-Prep</a> meets 2x/week for 1.5 hour (+ pre-pointe)	Tap III - IV
Jazz IV	<a href="#">Ballet I*</a> meets 3x/week for 1.5 hr (+ pointe)	
	<a href="#">Ballet II*</a> meets 3x/week for 1.5 hr (+ pointe)	
	<a href="#">Ballet III*</a> meets 3x/wk for 1.5 hr (+ pointe)	<b><u>DANCE TECH/STRENGTH</u></b>
<b><u>HIP HOP/SHOW JAZZ</u></b>	<a href="#">Ballet IV*</a> meets 4x/week for 2 hr	★ Dance Tech
★ Hip Hop Ages 5 and up	<a href="#">Ballet V*</a> meets 5x/week for 2 hr	
	<a href="#">Ballet VI*</a> meets 6x/week for 2 hr when offered for 6x	★ Dancer's Strength Ages 10 & up
	★ <a href="#">Adult Ballet</a> Ages 14 & up meets 1x/week for 1 hr	
	Character Folk Dance	

<u>TODDLERS</u>	<u>ACROBATICS</u>	<u>MODERN</u> Summer Only
	★ Beginning Acro Ages 5-22	★ Modern I Ages 5 - 11
★ <a href="#">2 - 3 Year Old Dance Movement</a>	Continuing Acro	Modern II Ages 11 and up
★ <a href="#">Kinder Tap &amp; Move Ages 3-6</a> (potty trained)	Acro I	
	Acro II	
	Acro III	
	Acro IV	

### For May Recital Participation Ballet I-VI and Jazz I-IV Students:

#### YEAR-ROUND STUDY IN:

- ❖ Jazz I through Jazz II require your ballet level requirements met. *Beginning & Continuing Jazz do not require concurrent ballet study.* Jazz III-IV must be a Primary Program or Excellence Program student.
- ❖ Ballet I through Ballet VI require Ballet level requirements met. *Modern Dance required in Summer Ballet I and up, or for EP or PP for PBBSI and up.* Ballet III-VI must be PP or EP student. Ballet solos in recital and 16 Year Acknowledgement solo (when offered) require private lessons.

### For Part-Time Participation or Special Rates:

- ❖ Any student (especially adults) may apply for part-time status and take Ballet I-VI classes at less than their requirements if approved. Ages 23 and up, with part-time status might be selected by a choreographer to participate in the recital for a part.
- ❖ Drop-In Classes: Purchase a 'Drop-In Dance Card' for prepaid blocks of time for entry to any level class at a higher rate (\$30/hr) than the discounted semester rate.
- ❖ College Students: Receive a price roll-back for beginner or intermediate levels (Level I/II) with current college classes full-time enrollment (6 credit hours summer semester, 12 credit hours fall or spring semester) proof. Inquire by email. Cash only.

### Barter:

- ❖ Any person desiring to barter services in exchange for dance classes may contact the office. (Cleaning, office duties). Inquire by email.

**CHRISTINE RICH STUDIO DANCE ACADEMY**  
**ABOUT THE CLASSES REQUIRED FOR THE**  
**EXCELLENCE OR PRIMARY PROGRAM MEMBERSHIP**

**BALLET:** This is the foundation of all dance, providing the perfect mix of flexibility and strength, beauty and passion, history and athleticism. We instruct students in the art of classical repertoire knowledge with weekly technique in the Russian method of the Vaganova syllabus plus other influences.

**JAZZ:** Contemporary dance at the professional and competition world draws from ballet, modern and jazz. Jazz originates in America and is based upon ballet, adding body isolations and performance emotion and is loved by dance students. **HIP HOP** for ages 5-6 develops the isolations and with the addition of Show Jazz (think Musical on stage) students love the joy of movement without the turns and leaps of jazz class.

**TAP:** Rhythm and “an ear” for beat, timing...musicality...is learned from folk dance. Traditional ballet schools always offer folk dance...tango, Russian, polka and we offer tap. Upper level ballet and jazz students with a strong tap background are always the ones to pick up combinations and hear where they are with the music much faster than their non-tapping peers. Musicality is essential in dancing classical variations in ballet.

**DANCER'S STRENGTH:** Over the years we have found that the addition of this class has drastically reduced the incident of injury due to cross training the muscles with resistance in a various ways. Increasing overall strength and core muscles assists the ballet dancer to hold their leg higher, as an example, due to stronger muscles. The class helps to keep the body lean. Professional dancers also spend several hours cross training in the fitness world now.

**DANCE TECH:** “Simply amazing” best describes this class. In two months’ time, students who could only bend forward and touch under their kneecaps, could touch the floor. Students, who had worked on splits for years, got their splits in a few weeks. And others, who could lift their leg 90 degrees with assistance, learned to stretch it 180 degrees (yes, straight up to the sky) in a short time. This class focuses on necessary elements that will make the ballet student soar...elevation, speed, flexibility, injury prevention, and strength.

**ACROBATICS:** Similar to gymnastics tumbling, but without the strain and wear to children’s back and knees, Acrobatic dance includes everything from rolls and cartwheels to aerial tricks and back handsprings. Acro is essential training for advancing ballet dancers to do contemporary dancing.

To enroll/stay in:

**Acro Continuing:** stand-to-back bridge, front limber prep, headstand for 16 cts, R&L standing cartwheel, running cartwheel, bridge walk length of mat.

**Acro I:** handwalk 4x, running round-off; length of mat with straight legs/proper arms: back/front limber, frt/bk walk-overs, back Arabian.

**Acro II:** perfect basic tricks (feet together limbers/leg up walkovers), headstand with all splits, close to no-spot on back handspring.

**Acro III:** handwalk  $\frac{3}{4}$  of room, aerial cartwheel, back handspring (stand & run), working on continuous back handspring.

**Acro IV:** all handwalks, Barani, tucks, layouts, aerial front walkover, close to having aerial front/back tuck, half and full twist.

**Click on a class description above for videos, pictures, and more details.**

**From Young to Accomplished Dancers and Academic Students ... A Few CRS Students!**



**Meena  
Jain**



**Andrew  
Cribbett**



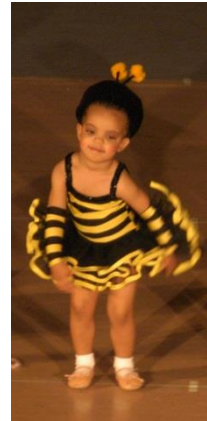
**Alexis  
Miller**



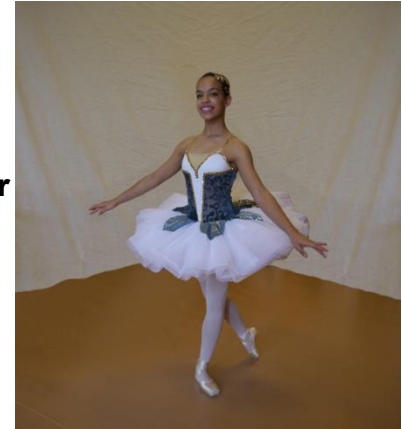
**Ashley  
Thopiah**



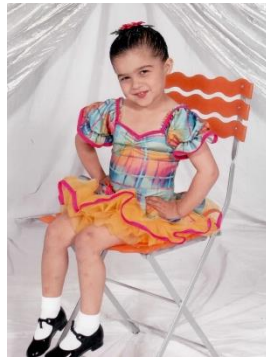
**Gauri  
Shankar**



**Jade  
O'Connor**



**Maya &  
Sara Kesan**





## DID YOU KNOW?

Students involved in dance for at least 9 hours weekly year round are:

- 4 times more likely to be recognized for academic achievement
- 3 times more likely to be elected to class office
- 4 times more likely to participate in a math and science fair
- 3 times more likely to win an award for writing an essay or poem
- 4 times more likely to perform community service

**Christine Rich STUDIO**  
DANCE ACADEMY

217.355-9265

[ChristineRichStudio.com](http://ChristineRichStudio.com)

Report by Shirley Brice Heath, Stanford University 1998

**Thank You.**

**Contact us with any questions.**

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