

Christine Rich STUDIO

DANCE ACADEMY & PERFORMING ARTS CENTER



The Classes Brochure Welcome to dance at Christine Rich Studio!

Our CRS Class Level Progressions

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	CHRISTINE RICH YOUTH BALLET COMPANY*	★ Pre Beginning Tap Ages 6-10
Jazz Continuing	★ <u>Pre Ballet*</u> Ages 4-6 45 mins. per week	★ Beginning Tap Ages 10 & up
Jazz I	★ <u>Pre Beginning Ballet*</u> Ages 6-10 1x/wk	Tap Continuing
Jazz II	★ <u>Beginning Ballet*</u> Ages 6-12 1x/week	Tap I
Jazz III	<u>Ballet I-Prep</u> meets 2x/week (+ pre-pointe)	Tap II
Jazz IV	<u>Ballet I*</u> meets 3x/week (+ pre-pointe)	Tap III - IV
★ Adult Jazz Ages 14 & up	<u>Ballet II*</u> meets 3x/week (+ pointe)	★ Adult Tap
	<u>Ballet III*</u> meets 3x/wk (+ pointe)	<u>DANCE TECH/CONDITIONING</u>
<u>HIP HOP</u>	<u>Ballet IV*</u> meets 4x/week	★ Dance Tech
★ HH Beginning Ages 5 & Up	<u>Ballet V*</u> meets 4-5x/week	★ Floor Barre
★ HH Intermediate Ages 12 & Up	<u>Ballet VI*</u> meets 6x/week when offered for 6x	★ Dancer's Conditioning Ages 9 & Up
	★ <u>Adult Ballet</u> Ages 14 & up meets 1x/week for 1 hr	

<u>TODDLERS</u>	<u>ACROBATICS</u>	<u>MODERN or CHARACTER</u>
	★ Beginning Acro Ages 4-22	★ Modern I Ages 5 - 11
★ <u>2 - 3 Year Old Dance Movement</u>	Continuing Acro	★ Modern II Ages 11 and up
★ <u>Fairy Tale Ballet/Tap</u> Ages 3-4 (potty trained)	Acro I	★ Character Dance Ages 6 and up
★ <u>Fairy Tale Ballet/Tap</u> Ages 4-6	Acro II	
	Acro III	
	Acro IV	

For Ballet I-VI and Jazz I-IV Students:

- ❖ Beginning & Continuing Jazz do not require concurrent ballet study. The more ballet trained you are, the easier it is to be promoted to upper level Jazz.
- ❖ 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.
- ❖ 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 paid up front to receive rate.

Barter:

- ❖ Any person desiring to barter services in exchange for dance classes may contact the office. (Cleaning, office duties, landscaping). 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 4.5-6 develops the isolations and students love the joy of movement without the turns and leaps of jazz class. This is a recreational class and not necessary for a dance career.

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 CONDITIONING: 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.

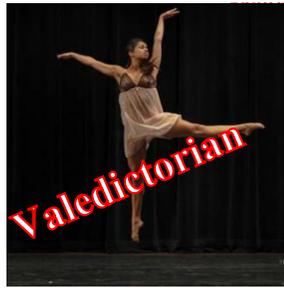
ACROBATICS: Similar to gymnastics tumbling, but without the strain and wear to children’s back and knees, Acrobatic dance includes everything from rolls and cartwheels to aerial tricks and back handsprings. Acro is essential training for advancing ballet dancers to do contemporary dancing.

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



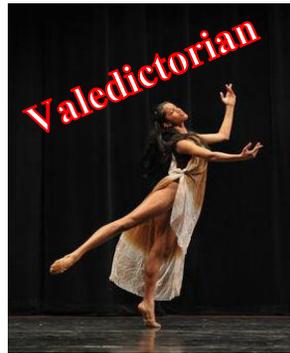
Alexis Miller



Ashley Thopiah



Gauri Shankar



Jade O'Connor



Thank You.

Contact us with any questions.

Christine Rich STUDIO
DANCE ACADEMY & PERFORMING ARTS CENTER



1402 Regency Dr West
Savoy, IL 61874
(217) 355-9265

admin@ChristineRichStudio.com

www.ChristineRichStudio.com

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

Report by Shirley Brice Heath, Stanford University 1998