



# HSA DANCE



**HSA Dance** provides opportunities for children to attain their highest level of excellence through recreational and pre-professional level training. HSA is proudly one of six official affiliate schools in the world offering the American Ballet Theatre (ABT) National Training Curriculum. HSA Dance features two distinct programs: the HSA Dance Enrichment Program (ages 2-17), which allows students to experience the transformative power of dance regardless of skill level or prior training and the HSA Dance Academy for students serious about dance.

Within the Academy, HSA offers PRE-PREP (ages 10-14) and PREP (ages 12-17), a high school and college preparatory program geared for students who intend to go to college to study dance. The primary goal of these programs is to prepare classically trained, versatile young dancers who are empowered to secure admission into elite dance programs on the middle school, high school and collegiate levels. HSA Dance alumni have also pursued professional careers dancing in companies all over the world.

#### **DIRECTOR**

**Aubrey Lynch II**



# DANCE CLASSES & TECHNIQUES

## HSA DANCE ENRICHMENT PROGRAM

The HSA Dance Enrichment Program allows students aged 2-17 to experience the transformative power of dance regardless of skill level or prior training. There is no minimum class or audition requirement for dance enrichment classes. However, students aged 8+ must be assessed for placement by an HSA Dance faculty member prior to enrollment into a ballet or modern class.

### Tiny Moves *Ages 2-3*

Each child in this class must be accompanied by a parent or caregiver who actively serves as dance partner to the tiny mover. This class is a wonderful opportunity to introduce children to live music, self-awareness, and freedom of movement.

### Ballet *Ages 3 & up*

HSA is proudly one of six official affiliate schools in the world offering the **American Ballet Theatre (ABT) National Training Curriculum** and all ballet faculty are ABT certified. The curriculum combines scientific principles with elements from classic French, Italian, and Russian schools of training. Pointe class is introduced to girls ages 11 and up.

*\* Ballet classes for age 8 and older require a placement assessment. Please contact [alynch@hsanyc.org](mailto:alynch@hsanyc.org) to set up an interview or inquire about the assessment process.*

### Dynamic Dance for Boys *Ages 3-7*

This class series is designed especially for boys to develop the kind of discipline, drive, and focus that dancers share with professional athletes. Modern, ballet, African and Afro-Caribbean techniques increase coordination and flexibility necessary for a future in dance, gymnastics, or other athletics. No prior dance training is required.

### African *Ages 4-17*

Students develop strength, aerobic stamina, coordination, flexibility and rhythmic awareness while acquiring an understanding of the nuances of traditional music from the African diaspora. These classes are accompanied by live drummers. Students learn traditional African dance forms as well as the techniques of Katherine Dunham and Pearl Primus.

### Tap *Ages 4 & up*

This class allows children to explore the world of dance through the rhythm of the feet. Students learn musicality, coordination, and the foundation of proper tap technique. Tap dance is a fun way to spark creativity, imagination, and athleticism.



### **Jazz** *Ages 8-17*

From the classic style of the 1940s musicals to today's *So You Think You Can Dance*, these classes include various jazz styles. Guest teachers and choreographers are from film, television and Broadway.

### **Contemporary** *Ages 9-17*

Modern dance classes at HSA Dance are based on the techniques of Lester Horton, Martha Graham, and Jose Limon. Students learn the aesthetic and technical elements of each of the aforementioned techniques in an effort to introduce style, and unexplored dimensions of movement to young dancers.

### **Hip-Hop** *Ages 8-17*

Students learn body isolation movements, gain a better understanding of rhythm and enjoy learning to dance to popular music.

### **Ballet with Daniel Catanach** *Ages 18 & up*

Acclaimed teacher and choreographer Daniel Catanach combines scientific principles with elements from classic French, Italian, and Russian schools of training.

### **Ballet with Kat Wildish** *Ages 18 & up*

Master ballet and pointe technique teacher Kat Wildish introduces students of all ages and levels to classical ballet technique with a strong emphasis on proper alignment, promoting balance, focus, and grace.



## **HSA DANCE ACADEMY**

The HSA Dance Academy for students aged 8-17 is a rigorous, predetermined curriculum which requires a minimum number of weekly ballet classes based on a child's attained age and skill level. The Dance Academy curriculum is supported by supplemental classes in modern, jazz, African and hip-hop. Dance Academy students are also invited to participate in repertory rehearsals and performance opportunities. Select students will be invited to join HSA PRE-PREP and PREP.

## **HSA DANCE ACADEMY CLASS PROGRESSION BY AGE \***

<b>Primary</b>	<b>Ages 8-10</b>	3 classes 2 ballet classes 1 elective
<b>Level 1A/ Level 1B</b>	<b>Ages 8-10</b>	3 classes 2 ballet classes 1 elective
<b>Level 2A/ Level 2B</b>	<b>Ages 9-11</b>	4-5 classes 3 ballet classes 1-2 electives
<b>Level 3A-4 Level 3B-4</b>	<b>Ages 10-12</b>	5-6 classes 3 ballet classes 2-3 electives
<b>Level 5-7</b>	<b>Ages 12-14</b>	5-8 classes 5 ballet classes 2-3 electives
<b>Advanced Academy</b>	<b>Ages 15-17</b>	6-8 classes 5 ballet classes 2-3 electives

*Please note: HSA Dance Academy Package Pricing available upon request. PRE-PREP and PREP are by invitation or audition only. Please contact [alynch@hsanyc.org](mailto:alynch@hsanyc.org) for information regarding auditions and placement. HSA Dance reserves the right to reassign a class for any student based on age and/or ability.*



## **HSA DANCE PRE-PREP AND PREP PROGRAM**

HSA has limited merit-based scholarships available for students within the HSA Dance Academy. The HSA Dance College Preparatory Programs PRE-PREP and PREP are full scholarship programs for students exhibiting exceptional skills and a palpable passion for dance. PRE-PREP and PREP are designed for students, aged 10-17, who have expressed a compelling desire to pursue dance professionally. PRE-PREP and PREP students participate in a pre-determined curriculum (a minimum of 6-8 classes are required weekly) including invitation-only repertory workshops, performance opportunities, arts enrichment events, personal coaching and audition preparation for academic programs. Select PREP students will be invited to join the HSA Dance Ensemble.

## **HSA DANCE ENSEMBLES**

HSA Dance Ensemble (Ages 12-17) and HSA Junior Dance Ensemble (Ages 8-11) features students from HSA Dance PRE-PREP and PREP. Members of the HSA Dance Ensemble are offered invitation-only repertory workshops, numerous performance opportunities, arts enrichment events, personal coaching and audition preparation for academic programs.



# DANCE CLASS SCHEDULE

AGE GROUP	DAY	CLASS	TIME
Ages 2-3	Saturday	Tiny Moves	9:00 am - 9:45 am
Ages 3-4	Saturday	Ballet Pre-Primary	9:00 am - 9:45 am
Ages 3-5	Friday	Ballet Pre-Primary	4:00 pm - 4:45 pm
Ages 3-5	Wednesday	Ballet Pre-Primary	4:00 pm - 4:45 pm
Ages 3-5	Saturday	Dynamic Dance for Boys I	9:00 am - 9:45 am
Ages 4-5	Saturday	Ballet Pre-Primary	9:45 am - 10:30 am
Ages 4-5	Saturday	Hip-Hop (Early Childhood)	9:45 am - 10:30 am
Ages 4-7	Friday	African	4:00 pm - 4:45 pm
Ages 4-7	Saturday	African	9:45 am - 10:30 am
Ages 6-7	Saturday	Dynamic Dance for Boys II	9:45 am - 10:30 am
Ages 4-6	Friday	Hip-Hop (Early Childhood)	5:00 pm - 5:45 pm
Ages 5-6	Saturday	Hip-Hop (Early Childhood)	12:30 am - 1:15 pm
Ages 6-7	Saturday	Hip-Hop (Early Childhood)	2:15 pm - 3:00 pm
Ages 4-7	Saturday	Tap (Mini Taps)	11:30 am - 12:15 pm
Ages 5-6	Saturday	Ballet Primary A	10:30 am - 11:30 am
Ages 5-6	Saturday	Ballet Primary A	11:30 am - 12:30 pm
Ages 5-6	Thursday	Ballet Primary A	4:00 pm - 5:00 pm
Ages 6-7	Saturday	Ballet Primary B	10:30 am - 11:30 am
Ages 6-7	Wednesday	Ballet Primary B	4:00 pm - 5:00 pm
Ages 7-8	Saturday	Ballet Primary C	10:30 am - 11:30 am
Ages 7-8	Friday	Ballet Primary C	4:00 pm - 5:00 pm
Ages 7-11	Thursday	Hip-Hop 1-2	6:00 pm - 7:00 pm
Ages 8-12	Saturday	Ballet Level 1-4 A/B	1:15 pm - 2:45 pm
Ages 8-12	Saturday	Hip-Hop 1-4 Boys	3:00 pm - 4:00 pm
Ages 8-12	Saturday	Girls Hip-Hop 1-4	4:15 pm - 5:15 pm
Ages 8-12	Saturday	African 1-2	12:15 pm - 1:15 pm
Ages 8-12	Thursday	Ballet (Boys Ballet Level 1-2 A/B)	4:30 pm - 6:00 pm
Ages 8-11	Saturday	Ballet Level 1 A/B	1:15 pm - 2:00 pm
Ages 8-11	Tuesday	Ballet Level 1 A/B	4:30 pm - 6:00 pm
Ages 8-11	Saturday	Tap 1	12:15 pm - 1:15 pm



# DANCE CLASS SCHEDULE

AGE GROUP	DAY	CLASS	TIME
Ages 9-12	Saturday	Ballet Level 2 A/B	1:15 pm - 2:45 pm
Ages 9-12	Thursday	Ballet Level 2 A/B	4:30 pm - 6:00 pm
Ages 9-12	Tuesday	Ballet Level 2 A/B	4:30 pm - 6:00 pm
Ages 9-12	Tuesday	Contemporary 2-4	6:00 pm - 7:00 pm
Ages 9-12	Saturday	Contemporary Jazz 2-3	4:00 pm - 5:00 pm
Ages 9-17	Thursday	Jazz 2-4	6:00 pm - 7:00 pm
Ages 9-17	Tuesday	Tap 3-5	6:30 pm - 7:45 pm
Ages 10-12	Saturday	Hip-Hop 3-4	5:15 pm - 6:30 pm
Ages 10-17	Monday	Ballet Level 4	5:00 pm - 6:30 pm
Ages 10-17	Wednesday	Ballet Level 3	5:00 pm - 6:30 pm
Ages 10-17	Friday	Ballet Level 3-4	5:00 pm - 6:30 pm
Ages 10-17	Saturday	Ballet Level 4	2:45 pm - 4:15 pm
Ages 10-17	Monday	Ballet Level 3-7	5:00 pm - 6:30 pm
Ages 12-17	Saturday	African 5-7	6:15 pm - 7:30 pm
Ages 12-17	Friday	Ballet 5-7	5:00 pm - 6:30 pm
Ages 12-17	Saturday	Ballet 5	2:45 pm - 4:15 pm
Ages 12-17	Thursday	Ballet 5	5:00 pm - 6:30 pm
Ages 12-17	Monday	Ballet Level 5	5:00 pm - 6:30 pm
Ages 12-17	Tuesday	Ballet 5	5:00 pm - 6:30 pm
Ages 12-17	Wednesday	Ballet 4-5 Ladies	5:00 pm - 6:30 pm
Ages 12-17	Wednesday	Ballet 5-7 Men's	5:00 pm - 6:30 pm
Ages 12-17	Monday	Ballet Level 3	5:00 pm - 6:30 pm
Ages 12-17	Saturday	Contemporary Ballet Jazz 3-4	5:00 pm - 6:15 pm
Ages 12-17	Thursday	Contemporary 4-5	6:30 pm - 8:00 pm
Ages 12-17	Friday	Hip-Hop 5-7	6:30 pm - 8:00 pm
Ages 12-17	Saturday	Hip-Hop 5-7	6:30 pm - 7:45 pm
Ages 12-17	Friday	Open Teen and Adult Ballet	6:30 pm - 8:00 pm
Ages 12-17	Wednesday	Partnering	6:30 pm - 8:00 pm

PLEASE NOTE: Schedule is subject to change. Please visit [www.HSAnyc.org](http://www.HSAnyc.org) for the most up-to-date information.