



*DanzArt's*

**SECOND COMPREHENSIVE  
DANCE WORKSHOP  
FOR RECREATIONAL  
DANCERS**

**JULY 03 – 29**

# SECOND SUMMER COMPREHENSIVE DANCE WORKSHOP FOR RECREATIONAL DANCERS

After the success of its first summer dance workshop, *DanzArt* delivers its Second  
**SUMMER COMPREHENSIVE DANCE WORKSHOP FOR RECREATIONAL DANCERS**

A splendid opportunity to strengthen your body, focus your mind, perfect your skills, release stress, and dance your way through the holidays!

This unique **1, 2, 3 or 4 - WEEK WORKSHOP** of structured and inspiring dance and body conditioning courses is specifically designed for young and adult recreational dancers of all skill levels, from the absolute beginner with no previous experience to the more seasoned dancer, to explore and learn a variety of dance forms, keep physically fit, improve and refine technical skills, develop artistry and versatility through the exploration of other dance styles or simply experience the joy of movement and dance.

This Comprehensive Dance Workshop has just the class or combination of classes to meet students' needs and preferences through a choice of **Classical & Neoclassical Ballet, Contemporary Dance, Pointe Technique, Repertory, Dance Kinetics, Body Conditioning** as well as **Skill-Development Sessions (turns, small/mid/big jumps, PBT)**, all taught by highly-qualified, devoted and enthusiastic teachers and professional dancers in a friendly, nurturing and nonthreatening environment.

*DanzArt*'s professional team and guest teachers will provide students with teaching methods based on sound dance and fitness techniques, enriched with anatomical principles for increased body awareness and connectivity, proper alignment, correct technical execution and deeper understanding of the artistry and musicality underlying movement.

Students will have the possibility to **CUSTOMIZE** their own workshop in accordance with their summer schedules by choosing any of the courses per timeslot with the desired intensity -**Regular, Half or Full Program-** and duration -**One, Two, Three or Four-Week Program-**.

*DanzArt*'s **Summer Comprehensive Dance Program** is a fun and unique opportunity for young and adult recreational dancers to keep physically and mentally fit, learn new skills, perfect their technique, meet new friends, and spend a pleasant time.

Come and Join *DanzArt*'s team on this enriching and wonderful journey into the magical world of dance!

## **WORKSHOP CONTENTS**

- One, two, three or four-week program
- Choice of courses and/or timeslot combination:
  - \* Classical Ballet (90 min.)
  - \* Neoclassical Ballet (60 min.)
  - \* Contemporary Dance (90 min.)
  - \* Dance Kinetics (90 min.)
  - \* Body Conditioning (60 min.)
  - \* Pointe Technique (60 min.)
  - \* Repertoire (60 min.)
  - \* Skill-Development Sessions (60 min.):
    - Turns (Beginner & Intermediate Level)
    - Small / Medium/ Big Jumps
    - Progressing Ballet Technique (PBT)

## **CUSTOMIZE YOUR PROGRAM!!!**

By choosing any of the courses listed above per timeslot or a combination thereof, students will be able to select the desired workshop **INTENSITY:**

- **Drop-in**
- **Regular**
- **Half Program**
- **Full Program**

and **DURATION:** 1 / 2 / 3 / 4 Weeks

## **CRITERIA FOR ENTRY:**

Open Level

Any age from 15+

Courses are subject to minimum attendance

**Prior enrollment** required due to limited capacity and for optimal organization

## **IMPORTANT NOTES:**

Courses and schedules are subject to change depending on enrollment and/or instructor's availability.

Courses are subject to minimum and maximum enrollment.

Capacity is limited. In order to ensure optimal instruction and promote the best possible dance experience in a safe environment, we encourage students to reserve their place ahead.



## **COURSE DESCRIPTION**

### ❖ **CLASSICAL BALLET (90 min.)**

DanzArt's recreational ballet classes are specifically designed for youngsters and adults of all skill levels, from absolute beginners to more skilled and advanced students wishing to improve and refine their technical skills, overall fitness, mind, and creativity, and to encourage grace, confidence, musicality, and artistic expression.

Classes will provide a formal training in the classical ballet technique, with emphasis on correct body alignment/placement, strength and flexibility, coordination, artistry, musicality, and proper execution.

Classes will be offered in three different levels: **Ballet Fundamentals, Beginners and Intermediate/Advanced.**

### ➤ **NEOCLASSICAL BALLET (60 min.)**

Neoclassical ballet is the style of 20th century classical ballet exemplified by the works of George Balanchine. Opening up ballet to modernist tendencies, Neoclassical Ballet draws on the advanced techniques of academic ballet, exploring its content and respecting its codes, but extends its boundaries with new concepts and innovations. Its simplified external style allows for the dancers' movement to become the main artistic medium, which is the hallmark of Neoclassical Ballet.

This class is aimed at students who have some knowledge and understanding of the ballet fundamentals and would like to challenge themselves. The focus of the class is on those skills such as space, rhythm, memory, composition and performance, with special emphasis on musicality, speed, syncopation, and self-expression. By learning this style students will be able to find freedom inside the rigid ballet structure, improve their physical and artistic capacity, and get "the feel" of the movement before perfecting the technique.

Designed for the beginner/intermediate student, this class is fun and challenging and will encourage students to dance with dynamics and emotion.

**Beginners & Intermediate/Advanced Students.**

### ➤ **CONTEMPORARY DANCE (90 min.)**

Contemporary Dance is a genre that incorporates elements of classical ballet and modern dance. For not being constrained to the rigorously defined body lines and forms found in traditional classical ballet, this dance style allows a greater range of movement of the upper body with emphasis on ease and free flow of movement; a work where the dancer has an incredible sense of complex coordination and where the full body is contributing to the movement and not the pose.

This course explores the techniques of Graham, Horton, Limon, Duncan and other modern dance pioneers, introducing students to the basic skills, concepts, movements, and terminology of modern or contemporary dance, including improvisation and choreography, being an excellent complement to ballet training to become a more versatile dancer.

Concerning the structure, classes start with a comprehensive warm-up to gradually build up to more elaborate movement sequences with focus on natural body movement, breathing, use of body weight and balance, efficiency of muscle use and safe body alignment as well as an increased focus on personal interpretation, self-expression, awareness of space and a strong use of Modern Ballet technique.

**Open level. No previous experience required.**

### ➤ **DANCE KINETICS (90 min.)**

Strongly influenced by the Eric Franklin Method, Dance Kinetics uses visualization, dynamic imagery, bio-mechanical principles of the human anatomy in dancing as well as educational skills to create a lasting positive change in the body and mind.

By combining elements of classical ballet and modern dance and applying body awareness tools through the use of functional, effective movements taught in a simple and joyful manner, this program will lead the participant to progressively improve posture, develop flexibility and coordination and increase muscle strength, thus creating the basis for efficient and gentle movement.

**Open Level (dancers & non-dancers). No previous experience required.**

### ➤ **BODY CONDITIONING (60 min.)**

Body Conditioning incorporates stretch and conditioning techniques borrowed from Pilates, yoga, ballet and contemporary dance. This course emphasizes integration of breath and movement, core strength, alignment, and unlocks the deep muscles around the pelvis with the aim of developing strong, supple, articulated bodies

This class is a useful and effective training method for dancers and non-dancers to increase body awareness, strength and flexibility, develop a greater understanding of linking breath to movement and learn how to prevent injuries and release stress. Through a combination of yoga, Pilates, floor barre exercises, and stretching techniques and the use of resistance bands, weights, and balls, dancers will build core and leg strength, learn to connect mind and body, find and maintain their balance, and increase their flexibility.

This conditioning regime is just the perfect tool to complement the dancer's technical and stylistic training.

**Open level (dancers & non-dancers). No previous experience required.**



## ➤ **REPERTOIRE (60 min.)**

Repertoire or repertory classes give students the chance to utilize their technical training and learn steps from one of the classical ballet masterpieces, improving their performance skills and understanding of the 19<sup>th</sup> century classical style.

Students will be taught how to transform their physical training into art by learning choreography in a 60 minute (adapted) variations class from the classical ballet repertory to learn the essential performance skills of spatial relationships and cooperation with fellow dancers.

The sessions will be used as a tool for developing artistry through technique by teaching students the ideas of performance space, entering and exiting off a stage properly, how to walk and run as a dancer, how to put together a phrase or small piece to perform on stage.

Repertoire classes will be offered in two different levels, **beginners** and **intermediate/advanced**, being attendance vital for the group to develop cohesiveness (like corps de ballet) and be present to learn.

## ➤ **POINTE TECHNIQUE (60 min.)**

These classes are designed for students with previous ballet training. The Pointe curriculum is designed to build the required strength and develop an understanding of proper alignment and technique for pointe work. Each class will focus on how to stand on pointe correctly and will include barre exercises, center floor work and across-the-floor combinations to strengthen feet, ankles and lower legs to promote stability and strength for pointe work.

Pointe Technique classes will be offered in two different levels, **beginners** and **intermediate/advanced**.

## ➤ **SKILL-DEVELOPMENT SESSIONS (60 min.):**

These sessions are perfect for working on specific moves or muscle groups, and allow for polishing and perfecting the specific step or movement technique beyond the scope of usual classroom practice. This sessions will be offered in pirouettes and travelling turns, small/mid/big jumps, and PBT (Progressing Ballet Technique).

### **I. PIROUETTE (TURN) SESSIONS:**

In a standard ballet class only a limited amount of time can be dedicated to working on pirouettes and students don't always get the individual attention needed to improve their turns. Being turns one of the most universally challenging aspects of ballet technique, these skill-development sessions are an excellent way for dancers to improve their turns outside of the normal class environment.

The class structure and progression are designed to break down every part of the turning technique, training spot, balance, force control, and placement from the ground up, and using the tools of

alignment, coordination and musicality.

Through one-on-one attention, diagnosis, and corrections, these sessions will teach the proper mechanics of the rotating movement to set the foundations for more consistent and successful pirouettes, regardless of dance style.

These sessions are open to dancers of all dance disciplines and will be offered in two different levels; beginners and intermediate/advanced.

**Beginner level:** In this session, students will learn how to start, maintain and complete a single *en dehors*, *en dedans* and travelling turn and will focus on spotting, holding arms and *retiré*, momentum, and balance.

**Intermediate/Advanced Level:** In this workshop, students will work on multiple *en dehors*, *en dedans* and travelling turns. It will also be a more diagnostic class to address general and individual student problems.

## II. PETIT, MID AND GRAND ALLEGRO SESSIONS

From the quick mechanics of petit allegro to the dynamic power of travelling grand allegro combinations, these sessions are designed to set in place a proper foundation for safe and effective jumps, teaching dancers to jump higher, faster and with accuracy and cleaner execution of movement. In this area, musicality and proper accenting will act to maximize the height and timing of all jumps. In addition to exposing the dancer to a greater variety of jumps, there will be special attention to the use of their plié, not only to increase height, smoothness, and speed, but for safety in the prevention of injury.

Petit Allegro Session: small, quick jumping steps and sequences.

Mid and Grand Allegro Session: medium, big and travelling jumps and combinations.

## III. PROGRESSING BALLET TECHNIQUE (PBT) SESSIONS

PBT is a technique developed for students to understand the depth of training muscle memory, core stability, weight placement and alignment so as to achieve their personal best in classical ballet and other dance styles. This program uses a fit ball, resistance bands and other tools to aid dancers in their understanding and training of core strength, stability, alignment, weight placement, and on how to engage the right muscles in order to dance safely and correctly.

**Open level. Beginner & Intermediate/Advance students.**



## WORKSHOP SCHEDULES

### MONDAY

17:00-18:30	Ballet 1 (Beginners)
18:30-19:30	Pointe Technique I♦
18:30-20:00	Ballet (2) Inter./Adv.
20:00-21:00	Neo-classical
21:00-22:00	Skill-Based II*

### WEDNESDAY

17:00-18:00	Conditioning
18:00-19:30	Ballet (2) Inter./Adv.
18:30-19:30	PBT♦
19:30-20:30	Repertoire II
20:30-22:00	Dance Kinetics

### FRIDAY

17:00-18:00	Conditioning
18:00-19:30	Ballet Fundamentals
19:30-21:00	Ballet (2) Inter./Adv.
21:00-22:00	Neo-classical

### TUESDAY

17:00-18:30	Ballet 2 (Inter./Adv.)
18:30-20:00	Ballet (1) Beginners
20:00-21:00	Skill-Based I*
21:00-22:30	Contemporary

### THURSDAY

17:00-18:30	Ballet 1 (Beginners)
18:30-19:30	Repertoire I
19:30-21:00	Ballet 2 (Inter./Adv.)
21:00-22:30	Contemporary

### SATURDAY

09:30-10:30	PBT
10:30-12:00	Ballet 1 (Beginners)
12:00-13:30	Ballet 2 (Inter./Adv.)
13:40-14:40	Pointe Technique II
14:50-15:50	Skill-Based II*
15:55-16:55	Repertoire II

#### \* SKILL-DEVELOPMENT SESSIONS:

**WEEK 1 and 3:** Pirouettes & Turns

**WEEK 2 and 4:** Small, Medium and Big Jumps

- ♦ **Pointe Technique 1** (Beginners) classes on Monday and **PBT** classes on Wednesday will be held in the small room.

**IMPORTANT NOTES:** Schedules are subject to change depending on enrollment and/or instructor's availability.

Courses are subject to minimum and maximum enrollment.



## WORKSHOP FEES

<b>REGULAR PROGRAM</b> (twice per week)	200 kn (2 weeks) (4 classes) 270 kn (3 weeks) (6 classes) 340 kn (4 weeks) (8 classes)	Programs choice (90 min. class): ➤ Classical Ballet ➤ Contemporary Dance ➤ Dance Kinetics (or a combination thereof)
<b>REGULAR PROGRAM</b> (3 times per week)	260 kn (2 weeks) (6 classes) 350 kn (3 weeks) (9 classes) 430 kn (4 weeks) (12 classes)	
<b>REGULAR PROGRAM</b> (4 times per week)	340 kn (2 weeks) (8 classes) 440 kn (3 weeks) (12 classes) 540 kn (4 weeks) (16 classes)	

<b>HALF PROGRAM</b> (1 week)	450 kn/week 90 min. (48kn/class) 60 min. (40kn/class)	Each week includes <b>10 classes (13 hrs./week):</b> <b>(90 min. class x 6)</b> <b>(60 min. class x 4)</b> ➤ Classical Ballet (3) ➤ Contemporary Dance (2) & Dance Kinetics (1) <b>AND/OR</b> Classical Ballet (3) ➤ Neoclassical (2) ➤ Repertoire (2) <b>AND / OR</b> ➤ Pointe (1 class) <b>AND / OR</b> ➤ Skill-Based Session (1-3) <b>AND/OR</b> ➤ Conditioning (1-2)
<b>HALF PROGRAM</b> (2 weeks)	410 kn/ week 90 min. (45kn/class) 60 min. (35kn/class)	
<b>HALF PROGRAM</b> (3 weeks)	360 kn/ week 90 min. (40kn/class) 60 min. (30kn/class)	
<b>HALF PROGRAM</b> (4 weeks)	310 kn/ week 90 min. (35kn/class) 60 min. (25kn/class)	

<b>FULL PROGRAM</b> (1 week)	690 kn/ week 90 min. (43kn/class) 60 min. (30kn/class)	<b>Unlimited (19 classes - 23,5 hours/week):</b> <b>(90 min. class x 9)</b> <b>(60 min. class x 10)</b> ➤ Classical Ballet (6) ➤ Neoclassical Ballet (2) ➤ Contemporary Dance (2) ➤ Dance Kinetics (1) ➤ Repertoire (2) ➤ Skill-Based Session (2-3) ➤ Pointe Class (1) ➤ Conditioning (1-2)
<b>FULL PROGRAM</b> (2 weeks)	640 kn / week 90 min. (40kn/class) 60 min. (28kn/class)	
<b>FULL PROGRAM</b> (3 weeks)	590 kn / week 90 min. (37kn/class) 60 min. (25kn/class)	
<b>FULL PROGRAM</b> (4 weeks)	560 kn / week 90 min. (35kn/class) 60 min. (24kn/class)	

### **DROP – IN**

90 min.-class	60 min. class
65 kn	45 kn

# **PROGRAM EXPLANATION**

## **(COURSES & NUMBER OF CLASSES PER WEEK)**

### **REGULAR PROGRAM:**

- **2, 3 or 4 Classical Ballet, Contemporary Dance or Dance Kinetics classes** (90 min.) per week or a combination thereof.

### **HALF PROGRAM:**

- **3 Classical Ballet classes** (90 min.) per week. Since Classical Ballet classes are taught 6 days per week, participants have the option to take classes any day of their choice.
- **2 Contemporary Dance classes** (90 min.)
- **1 Dance Kinetics class** (90 min.). Participants have the option to attend Classical Ballet classes instead of Contemporary Dance or Dance Kinetics and to switch courses.
- **2 Neoclassical Ballet classes** (60 min.)
- **2 Repertory classes** (60 min.) **OR**
- **1 Pointe Technique class** (60 min.) **OR**
- **2-3 Skill-Development sessions** (60 min.) **OR**
- **2 Body Conditioning classes** (60 min.)

### **FULL PROGRAM:**

- **6 Classical Ballet classes** (90 min.).
- **2 Contemporary Dance classes** 90 min.)
- **1 Dance Kinetics class** (90 min.)
- **2 Neoclassical Ballet classes** (60 min.)
- **2 Repertory classes** (60 min.)
- **1 Pointe Technique class** (60 min.)
- **2-3 Skill-Development sessions** (60 min.)
- **2 Body Conditioning classes** (60 min.).

### **DROP-IN:**

Participants have the option to attend classes on a drop-in basis.

### **NOTE:**

Participants will have the possibility to adapt any of the above programs (Regular, Half or Full Program) by adding or removing classes and making a combination thereof, in which case fees will be adjusted accordingly.