



STURBRIDGE LOCATION CLASS DESCRIPTIONS

PRESCHOOL PROGRAMS

TINY TOTS 1: 2.5 – 4 years old. This beginner dance and creative movement class introduces young dancers to basic coordination exercises, stretching, and flexibility training. Faculty and their assistants introduce basic ballet principles, music appreciation, and discipline skills in a variety of fun and exciting ways. Memory skills and team work concepts are developed in an enjoyable setting teaching young movers the pleasures of dance.

TINY TOTS 2: 4 – 5 yrs. All of the elements of the Tiny Tots 1 program are reinforced and students are introduced to tap classes as well. Tiny Tots 2 is conducted with a more structured class format, preparing the student for our children's program. Both Tiny Tot 1 and Tiny Tot 2 classes are one hour long.

CHILDREN'S PROGRAMS

ELEMENTARY COMBO CLASS – Ballet / Jazz / Tap for new students ages 5 -8. Introduction of formal dance techniques.

INTERMEDIATE COMBO CLASS – Ballet / Jazz / Tap for the 6 – 9 year old with at least one year of dance study.

ADVANCED COMBO CLASS – Ballet / Jazz / Tap for students who have surpassed the Intermediate Combo level.

OPEN 1 Classes – The Open 1 program is designed for students who have completed the Combo classes or who wish to study Ballet, Jazz or Tap on a recreational basis. The Open 1 program is for the 8 – 11 year old student.

OPEN 2 Classes – The Open 2 program is for students 12 years old & up. It is a perfect dance study program for students who want to study dance but not participate in an intensive study program.

ADDITIONAL DANCE COURSE OFFERINGS

Mass Motion Dance offers the following areas of supplemental dance studies:

HIP HOP, DANCER'S GYMNASTICS AND IRISH STEP.

INTENSIVE STUDY PROGRAMS –

Our Intensive Study Programs are for the serious dance student who wants the opportunity to study dance at a higher level and to perform in a wider range of opportunities. Intensive study students are eligible to perform in our annual June Recital, Nutcracker and, when ready, to also participate in dance competitions.

PETITE 1 – The Petite 1 program is for the serious dance student who has completed the preparatory dance programs such as the Advanced Combo program. The Petite 1 program is on Thursday from 4 – 6:30pm. Classes cover Ballet, Jazz and Tap on a more advanced level.

PETITE 2 – The Petite 2 program (new this year), offers Petite students two days of dance study and includes Lyrical dance as well. Petite 2 students study Monday from 3:45 – 5:30pm and Thursday from 4 – 6pm.

JUNIOR PROGRAM – The Junior Program is an intermediate level program designed to enforce proper dance technique, challenging the dancers while preparing them for the more advanced levels of dance study in our Senior Division. This program meets on Monday and Thursday from 3:30 – 5:30pm and includes Ballet, Jazz, Tap and Modern / Contemporary.

SENIOR INTENSIVE PROGRAM –

Our Senior Program is offered on 3 levels of study. Student Level Placement is determined by ability, age, body development (strength) and dedication/discipline. Placement is at the discretion of our highly qualified staff and is continually reassessed throughout the dance year.

SENIOR 1: The Senior 1 Division is an accelerated student program designed to challenge the younger advanced dancer. Placement in this division requires a strong physical development, excellent attendance, strong work ethic and the desire to have dance as the main area of extracurricular study.

SENIOR 2: The Senior 2 Division is for the student who has reached an advanced level of study but is not yet ready for the demands of the accelerated divisions.

SENIOR 3: The Senior 3 Division is the most advanced level of study. This program is designed to challenge the student to attain their highest potential. This advanced level of study requires a strong dance foundation, well developed physical strength, excellent attendance and a passionate work ethic.

EXTRA PERFORMANCE OPPORTUNITIES FOR THE INTENSIVE STUDENT

THE DANCE ENSEMBLE & THE DANCE PROJECT

Mass Motion Dance Senior Intensive Students are eligible for **THE DANCE ENSEMBLE**. This advanced study and performance team is designed to supplement the dance education of the dedicated dancer. **THE ENSEMBLE** will meet twice each week, Tuesday evening from 7:15 – 8pm and Saturday morning from 9 – 10:30am. Dancers will study and learn choreography with MMD faculty as well as guest teachers. Participation in **THE ENSEMBLE** will cost \$25 per month. Students will be required to participate in some fundraising events during the year.

DANCE ENSEMBLE students will perform in community service events as has been the tradition of our **MMD DANCE PROJECT**.