

Style Descriptions

Acro

Acrobatic Dance is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. It is often defined by unique choreography, flexibility, stretch, balancing, limbering, and tumbling. Acro dancers blend musicality, emotional expression, lines, and extension with acrobatic movements in a dance context.

Broadway

Broadway dance, seen in musical theater productions, is a fusion of various dance styles with theater and singing. Elements of jazz, tap, ballet, modern, and contemporary movement are used to tell an integral part of the musical's plot line. In CBS' Broadway/Jazz class, students will use jazz dance as the basis of their class technique. While exploring a diverse collection of family-friendly musicals, students will participate in a wide variety of theatrical movement styles. This class tends to be high-energy and face-paced while still emphasizing the proper technique needed for student safety as well as technical and artistic growth. Students are highly encouraged to audition for annual musicals with Elevate Productions, the resident theater performance company of Colorado Ballet Society. Performance opportunities are included in the program. Classes are available for dancers ages 5 and up. All students are given the opportunity to showcase their talents in a year-end performance.

Character

Character dance is an integral part of Ballet training and is a specific subdivision of classical Ballet. Character dance classes are much like a Ballet class in that they begin with a complete barre before going to the center, except everything will be in a specific cultural style. It is often the stylized representation of traditional folk or national dance, mostly from European countries, and uses movements and music which have been adapted for the theater. Popular character dance adaptations for ballet include the national dances of Hungary, Russia, Poland, Italy, and Spain: csárdás, mazurka, tarantella, flamenco. These styles are represented and portrayed in many full-length ballets such as Swan Lake and Don Quixote.

Classical Ballet

Ballet is a type of performance dance that originated during the Italian Renaissance in the fifteenth century and later developed into a concert dance form in France and Russia. It has since become a widespread and highly technical form of dance with its own vocabulary. Ballet has been influential globally and has defined the foundational techniques which are used in many other dance genres and cultures. Various styles like Cecchetti, Vaganova, RAD, etc. have been created throughout the years as an evolution of the original Italian style.

Ballet is the cornerstone of Colorado Ballet Society's curriculum. We currently follow the American Ballet Theatre's National Training Curriculum. Dancers may begin as early as age 2.5 in our Sparkle and Superhero programs, where they learn age-appropriate skills and expression. Dancers have the opportunity to progress through numerous levels, pre-pointe programs and finally pointe classes. All students are given the opportunity to showcase their talents in a year-end performance.

Conditioning

Conditioning class is vital for our dancers to strengthen the body both with attention and care. We break down the muscle groups being used during specific exercises while focusing on repetition and control throughout the body as a whole. Conditioning will ensure that the dancers are using their muscles properly while executing exercises in daily dance classes and even in day-to-day life. This will complement the dancers' training to help prevent injuries. We also study and discuss the Kinesiology (studying the body's movements) as well to not only broaden the understanding of our bodies physically but to also train our minds.

Contemporary Dance

Contemporary dance classes have a large focus in modern technique mixed with elements of ballet and jazz. Dancers will explore different movement styles, a wide range of floor work and movement through multiple levels of space all while maintaining proper placement and alignment. Dancers are encouraged to strengthen their technique and physicality, enhance their movement quality, and expand their versatility as dancers."

Classes are available for beginning through advanced dancers ages 7 and up. All students are given the opportunity to showcase their talents in a year-end performance. Those who reach a higher level of achievement may audition for our Contemporary Dance Company, Connexus.

Hip-Hop

Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It is a fun, high energy class that encourages individual style and creativity while learning and developing coordination, confidence, and a wide variety of styles. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States. All students are given the opportunity to showcase their talents in a year-end performance.

Jazz Dance

Jazz is an energetic and athletic style of dance where students work on strength, flexibility, and stylistic techniques. It combines elements of Ballet, Contemporary, African, and Modern dance. This style of dance is often influenced by the pioneers of Jazz dance such as Katherine Dunham, Bob Fosse, Jerome Robbins, and Jack Cole. Jazz dance has an emphasis on strong lines, musicality, and performance skills.

Classes are available for beginning through advanced dancers ages 6 and up. All students are given the opportunity to showcase their talents in a year-end performance.

Men's Class

Ballet class focuses on men's technique. It is designed to give male dancers the strength and agility to perform various jumps and turns with a strong sense of line and body position. Men's Technique also focuses on the powerful yet elegant body movement. It is a class that is essential in developing a strong male classical ballet artist

Pre Pointe

Invitation Only

Colorado Ballet Society developed and offers this specially designed preparation program as part of our focus on health and safety for the young dancer. The curriculum for the class includes a look into history and how dancing on pointe evolved; a basic understanding of the anatomy of the foot, as well as the structure of the pointe shoe; proper foot care; and how to care for and sew ribbons and elastic onto pointe shoes. Most importantly, you will be taught TheraBand, Pilates, and physical therapy exercises designed to strengthen the structures of the foot and ankle, while continuing to work on placement and strengthening of the legs and core.

Pre Pointe is by invitation only to dancers that have shown physical, mental, and emotional readiness. Pre Pointe is usually begun in the summer and continues into the fall semester. Following pre pointe, dancers are put en pointe between October and January.

Praise Dance Ensemble

- Praise Dance Ensemble strives to equip students with the skills to dance for Jesus as a form of worship. Students are led in a short Bible study then proceed through contemporary ballet choreography. During performances, students are encouraged to worship while they dance by using principles found in 1 Thessalonians 5:16-18 “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” Finally, students are led through a time of Creative Worship where they can implement the aspects of worship through scripture they have learned.”

Progressing Ballet Technique

PBT is a unique and innovative program designed to help students understand the depth of training in muscle memory in achieving their personal best in classical ballet. PBT uses fit ball, therabands, fusion balls and other tools to aid dancers in their training. PBT has amazing success in guiding dancers in their understanding of core strength, stability, and alignment. This program will benefit any dancer wanting to enhance technique and strength by offering an understanding of how to use muscles correctly and safely.

Tap

Tap is a type of dance that is defined by the rhythmic, percussive sounds made by the metal taps on the bottom of the dancer's shoes. The style features creative and interpretive body movements that allow a dancer to express themselves. Tap helps dancers improve their musicality by emphasizing the downbeat of the music, and clear rhythm. Tap is included in our two youngest levels of classes. Tap is also offered as an individual for ages 6 and up. All students are given the opportunity to showcase their talents in a year-end performance.

Variations

Variations class is designed to give students an opportunity to work on learning classical ballet choreography that combines technique, style and performing quality. Students will learn level appropriate solos or group variations from classical repertoire to help prepare them for the stage, competitions, auditions as well as professional ballet companies. The repetition of working on one variation and focusing on set choreography gives the students the chance to grow as a dancer, explore different dancing styles, express their individuality, as well as gain confidence and consistency. Variations class also teaches the students how to apply personal corrections and how to approach rehearsals for any kind of dance setting.

Spanish Classical Dance

Come experience the classical style dance of Spain! The class teaches the basics of the traditional Sevillanas, folk dances originated from Sevilla, as well as Flamenco technique, style, musicality and artistry.

Stretch & Strength

Stretch is a fantastic class for our young dancers as they grow physically into their bodies. While these dancers are malleable and can be stretched in a healthy and monitored class, we work with them to ensure safety and assist the dancers in learning clear and understandable forms of stretching. While it is important to stretch your body, it is even more important to have a clear understanding of how to do so with attention and care. The result is a feeling of increased muscle control, flexibility, and range of motion.

Superheroes

Challenging the stereotype of early childhood dance classes, Superheroes is a class focused on building strength, athleticism, coordination, and determination in a boy-friendly environment, with girls welcome. Superheroes will learn basic dance technique as they explore the world of dance through daring and exciting adventures aboard pirate ships, in outer-space, and under the ocean depths. Capes and swords will take center stage over tutus and wands as students learn what it takes to be a gentleman or lady of focused determination. All students are given the opportunity to showcase their talents in a year-end performance.