

Ling Hui's Dance

2020-2021

BEGINNING CONTEMPORARY DANCE

(45 mins. / Tuesday 7-years and up)

Concept of rhythm, body alignment and space awareness. Creative movement through locomotor skills, developing self-expression and confidence.

BEGINNING BALLET

(45 mins. / Wednesday 8-years and up)

Foundation of technical training in ballet and contemporary dance: body alignment and creative movement through short ballet barré routines, locomotor skills, cross-floor patterning, and group cooperation.

JUNIOR CONTEMPORARY DANCE

(60 mins. / Wednesday 9-years and up)

Emphasis on body alignment, rhythm, space, and creative movement; developing strength, flexibility, and confidence.

JUNIOR BALLET *

(60 mins. / Monday 9-years and up)

Emphasizing firm foundation - the big step into the serious ballet world.

JUNIOR / INT. CONTEMPORARY DANCE **

(60 mins. / Thursday 11-years and up)

More serious about the rhythm and dance phrases.

JUNIOR / INTERMEDIATE BALLET **

(60 mins. / Tuesday/Friday 11-years and up)

Based on Vaganova method. Coordination between arms and legs is emphasized, both at the barre and center work.

INTERMEDIATE BALLET **

(70 mins. / Tuesday / Thursday 13-years and up)

Based on Vaganova method. More demanding work for ballet routines; a good time to begin pointe work.

* Class requires dance training at least twice a week.

** Two ballet classes per week required.

*** Three classes per week required.

INTERMEDIATE / ADVANCED BALLET ***

(75 mins. / Monday 16-years and up)

Based on Vaganova method. Advanced technical training with longer combinations for intensive ballet.

BALLET POINTE WORK ***

(30 mins. twice weekly, Mon/Weds/ Fri. 13-years and up)

Student must be approved by instructor. Three ballet classes per week required. First two weeks include foot strengthening exercises.

INTERMEDIATE & INT. / ADVANCED CONTEMPORARY DANCE * (75 mins.)

Intermediate * (Tuesday 13-years and up)

Intermediate/Advanced ** (Thursday 15-years and up)

Based on José Limon and Merce Cunningham training - more intensive technical movement and longer composition.

CREATIVE DANCE I (30mins./Thursday, 4 yrs. and up)

CREATIVE DANCE II (40mins./Monday, 6 yrs. and up)

Designed for young children, the emphasis is on concepts of rhythm, body awareness, creative movement, and the joy of dance. *Creative Dance I* dancers will dance with mom or dad the last 20 minutes of class.

Attire - Hair tied back off the face. Ballet students must have leotard, and light pink ballet slippers and tights. A wrap dance skirt is optional (after barré exercise). Contemporary dance students must have leotard and leggings, bare feet or cotton socks.

Visitors are welcome for the last ten minutes during the last lesson of every month. Please make prior arrangements for special circumstances such as visiting relatives or new students observing classes.

Placement is very important for the benefit of all students' safety and optimum learning. If you are uncertain as to the appropriate placement in classes, please contact Ling Hui at 774-2373 or at linghuidance@gmail.com.

School Policies can be downloaded from our website. Please read before you sign up!

* Class requires dance training at least twice a week.

** Two ballet classes per week required.

*** Three classes per week required.