CHIPPS NA 2019/2020
TECHNIQUE PROGRAM SCHEDULE

BALLET TECHNIQUE + POINTE

K-2nd Graders	Ballet Technique I	Wednesdays 3:45-4:15pm	Rachel Donovan	Studio 2
3rd-6th Graders	Ballet Technique II	Thursdays 6:00-6:45pm	Matthew Hooper	Studio A
4th-7th Graders	Ballet Technique III	Tuesdays 4:30-6:00pm	Rachel White	Studio 2
5th-8th Graders	Ballet Technique IV	Wednesdays 4:15-5:45pm	Rachel White	Studio 4
5th-8th Graders	Ballet Technique IV	Thursdays 3:45-5:15pm	Rachel White	Studio 2
7th-12th Graders	Ballet Technique V	Mondays 3:45-5:15pm	Rachel White	Studio 2
Invite Only	Ballet Technique VI	Wednesdays 5:45-7:15pm	Rachel White	Studio 3/4
Instructor Permission	Pre-Pointe / Pointe I	Mondays 6:45-7:15pm	Karen Carberry	Studio C
Instructor Permission	Pre-Pointe / Pointe I	Wednesdays 5:45-6:15pm	Karen Carberry	Studio A
Instructor Permission	Pointe II	Mondays 5:15-6:00pm	Rachel White	Studio 2
Instructor Permission	Pointe III	Wednesdays 7:30-8:15pm	Rachel White	Studio 4

LYRICAL + CONTEMPORARY TECHNIQUE

6th-8th Graders	Contemporary Tech	Wednesdays 6:45-7:30pm	Nicole DiGiorgio	Studio B

JAZZ TECHNIQUE

K-2nd Graders	Jazz Technique I	Wednesdays 4:15-4:45pm	Rachel Donovan	Studio 2
3rd-6th Graders	Jazz Technique II	Wednesdays 6:15-7:15pm	Shannon Rivera	Studio A
7th-12th Graders	Jazz Technique III	Tuesdays 4:30-6:00pm	Nancy Chippendale	Studio 1

TAP TECHNIQUE

K-2nd Graders	Tap Technique I	Wednesdays 4:45-5:15pm	Alex Ostanin	Studio 2
3rd-6th Graders	Tap Technique II	Thursdays 3:45-4:30pm	Alex Ostanin	Studio 4
7th-12th Graders	Tap Technique III	Thursdays 6:00-6:45pm	Alex Ostanin	Studio 4
Invite Only	Tap Technique IV	Mondays 6:00-6:45pm	Alex Ostanin	Studio 3/4

ACRO TECHNIQUE

K-1st Graders	Acro I	Wednesdays 5:15-6:00pm	Meghan Reid	Studio 2
2nd-5th Graders	Acro II	Wednesdays 6:00-6:45pm	Meghan Reid	Studio 2
6th-12th Graders	Acro III	Mondays 6:30-7:30pm	Meghan Reid	Studio 2

ELECTIVES

3rd-12th Graders	Stretch	Tuesdays 6:00-6:45pm	Shannon Rivera	Studio C
6th-8th Graders	Ballet Barre	Thursdays 6:45-7:30pm	Matthew Hooper	Studio A
6th-12th Graders	Floor Barre	Mondays 6:00-6:45pm	Rachel White	Studio 5
6th-12th Graders	Jazz Tricks	Tuesdays 6:45-7:30pm	Shannon Rivera	Studio A
6th-12th Graders	Tap Tricks	Tuesdays 6:00-6:45pm	Alex Ostanin	Studio A
6th-12th Graders	Tap Jam	Thursdays 4:30-5:15pm	Alex Ostanin	Studio 4

FLIPPITY HIPPITY

3-5 year olds	Flippity Hippity	Tuesdays 4:45-5:45pm	Karen Carberry	Studio C
3-5 year olds	Flippity Hippity	Wednesdays 4:45-5:45pm	Meghan / Kelli	Studio C/A

BALLET TECHNIQUE
Kindergarten - 12th Graders

Ballet Technique focuses on a selection of different disciplines incorporating Classical, Character and Folk styles. Classes are designed to strengthen the entire dance facility and require a great deal of musicality and focus to maintain progress. Class structure follows a traditional format that begins at the ballet barre, transitions to center work and progresses across the floor.

BALLET BARRE*
6th - 12th Graders

Ballet Barre is a shortened Ballet Technique class that only includes the barre portion of class, unlike a full Ballet Technique class that also includes center and across the floor. This class may be used to fulfill the ballet class requirement for Pointe students.

FLOOR BARRE*
6th - 12th Graders

Floor Barre is a continuation of ballet training that strengthens turn out, abdominals, and total body control. Dancers must be very focused on improving their facility in order to be successful at this class level. This class may be used to fulfill the ballet class requirement for Pointe students.

PRE-POINTE TECHNIQUE
Instructor Permission Required**

Pre-Pointe Technique is offered to female students who excel in ballet technique. Students must take two or more ballet classes per week for at least one year before enrolling in this class. Once enrolled, dancers must take at least two ballet classes per week in addition to Pre-Pointe. The instructor works with students on flat and carefully promotes each of them to pointe shoes once they acquire the necessary skills and strength.

POINTE TECHNIQUE
Instructor Permission Required**

Pointe Technique is offered to female students who excel in ballet technique and have successfully completed Pre-Pointe. Students must maintain a high level of commitment to ballet technique, taking a minimum of three ballet classes per week in addition to Pointe. This class is offered in varying levels to further each dancer's pointe technique.

LYRICAL / CONTEMPORARY
6th - 8th Graders

Lyrical / Contemporary Technique incorporates ballet and jazz technique with a focus on musicality and emotional expressiveness. In this class, dancers will continue to develop their technical skills, as well as their artistic performance skills, through warm ups, progressions and combinations.

STRETCH*
6th - 12th Graders

Stretch class begins with a warm up and progresses to a combination of dynamic and static stretches in order to improve a dancer's flexibility safely and effectively.

JAZZ TECHNIQUE
Kindergarten - 12th Graders

Jazz Technique, developed in the mid-20th century, is commonly paired with popular music. It is similar to the style of dance most often seen in Broadway shows. In this class, dancers will focus on stretching, strengthening, balance, control and alignment as well as performance skills through progressions and combinations.

JAZZ TRICKS*
6th - 12th Graders

Jazz Tricks is an intermediate / advanced jazz based technique class that focuses on stretching, strengthening and balance exercises in order to improve a dancer's pirouette (turn), battement (kick), grand jété (leap) and more!

TAP TECHNIQUE
Kindergarten - 12th Graders

Tap Technique focuses on creating musical notes through the feet while also designing visual pictures through the rest of the body's movement. In this class, numerous tap exercises are drilled in order to improve musicality, rhythm, speed, balance, clarity and strength.

TAP TRICKS*
6th - 12th Graders

Tap Tricks is an intermediate / advanced tap based technique class that focuses on speed, clarity and strength of air steps and rhythm turns.

TAP JAM*
6th - 12th Graders

Tap Jam is an intermediate / advanced tap class focused on improvisation. Dancers must be willing to improvise in front of classmates within structured guidelines and exercises. Students will learn to expand their tap vocabulary through the art of improvisation in this fun, challenging class.

ACRO
Kindergarten - 12th Graders

Acro focuses on strengthening, flexibility, stamina and agility. Dancers will learn acrobatic skills that can be incorporated into their dance repertoire. For the safety of our dancers, placement in Acro is decided upon by the instructor and is non-negotiable.

FLIPPITY HIPPITY
3 - 5 year olds

This fun, non-performance class consists of 30 minutes of acro and 30 minutes of hip hop using age appropriate music and curriculum. Dance experience is not required, and this class may be taken as a supplement to our Recreational Recital Program. Dancers may enroll in just flippity, just hippity, or both.

*Electives are supplemental to the main technique class for each style. For example, dancers enrolled in Tap Tricks should also take Tap Technique.
**Email info@nancychippendales.com if your daughter would like to be evaluated for Pointe readiness. Dancers should take at least two ballet classes per week for one year before beginning Pre-Pointe.