



Please contact us to find out if the courses you're interested in still have space available:  
[StudioPulseAK@gmail.com](mailto:StudioPulseAK@gmail.com)

## STUDIO A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Age/level guidelines:</b> Mom/Dad & Me: ages 2-3 Creative Movement: ages 3-4 Pre-Ballet/Pre-Jazz: ages 5-6 Youth 1: ages 7-8 Youth 2: ages 9-12 (DOE) Youth 3: ages 11-13 (DOE) Jr. Company: ages 13-15 (DOE) Sr. Company: ages 15-17 (DOE)				11:30am-1:00pm Int/Adv Ballet w/Ms. Alice	9:15-10:00am
					10:15-11:00am Moms/Dads & Me (a) Ages 2-3
4:00-5:30pm Senior Co. Ballet	4:00-5:30pm Junior Co. Ballet	4:15-5:15 Youth 2 (c) Contemporary (moves to studio B for Ballet)	4:00-5:15 Youth 3 Ballet	4:00-5:45 Jr/Sr Co Combined Pointe	11:15-12:00pm Creative Movement Ages 3-4
5:30-6:45 Senior Co. Contemporary	5:30-6:45 Junior Co. Contemporary	5:15-6:30 Youth 3 (a) Modern	5:15-6:30 Youth 3 Contemporary	5:45-7:00 Jr/Sr Co Combined Jazz	12:15-1:00 Creative Movement Ages 3-4
Space in use 7:00-10:00pm	6:45-7:30 Jr/Sr Co. Pointe Strength	6:30-7:45 Youth 3 (b) Ballet	6:30-7:30 Hip Hop ages 8+	Space in use 7:00-10:00pm	1:15-2:00 Pre-Tap Ages 5-6
		Space in use 8:00-10:00pm	7:30-8:30 Hip Hop 11+		



## STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30-10:20am Pre-Ballet (a)
					10:30-11:20am Pre-Jazz
					11:30-12:20 Pre-Ballet (b)
					12:30-1:30 Youth 1 Ballet
					1:30-2:30 Youth I Jazz
4:30-5:30 Youth 2 (a) Contemporary	4:30-5:30 Youth 2 (b) Contemporary	4:30-5:15 Pre Ballet	4:15-5:00 Creative Movement	4:30-5:30 Youth 1	
5:30-6:30 Youth 2 (a) Ballet	5:30-6:30 Youth 2 (b) Ballet	5:30-6:30 Youth 2 Ballet (c) (moves from studio A)	5:15-6:00 Pre-Ballet	5:30-6:30 Youth 1 Jazz	
6:30-7:45 Intro to Ballet I	6:30-7:45 Ballet Basics III	6:30-7:45 Ballet Basics II	6:30-8:00 Intermediate Ballet + Pointe Strengthening 8:00-8:30	6:30-7:30 Acro ages 8+	

## THE ANNEX

### Saturday

### Sunday

	12:30-1:45 Strength & Flexibility for Dance ages 9+ <b>NEW!</b>	1:30-2:30 Jr. Competition Team Practice
	The Annex is a branch of Studio Pulse Center for Dance located two units over next to Namaste Indian restaurant. The Annex hosts yoga, dance, and fitness drop-in classes & Studio Pulse's competition teams. <a href="http://www.TheAnnexAK.com">www.TheAnnexAK.com</a>	2:45-4:00 Competition Team Technique & Skills



## **DANCER PLACEMENT GUIDELINES**

Students are placed based on age, experience, technical proficiency and ability to follow directions. Please note that an older student with little or no dance experience may be placed in a level below a younger student with significantly more dance experience. Our knowledgeable staff can help you find the best fit for your family. Placement guidelines for students enrolled in our programs *generally* follow the below ages and levels, and students will spend an average of two years in each level.

**Moms & Me:** Ages 2-3

**Creative Movement:** Ages 3-4

**Pre-Ballet:** Ages 5-6

**Youth Program 1:** Ages 7-8

**Youth Program 2:** Ages 8.5-10

**Youth Program 3:** Ages 11-12: Students

**Junior Company:** Ages 13+ : By the time students reach this level, dance is their passion and priority. They will have several years of experience in at least ballet and contemporary and a desire to work hard and often.

**Senior Company:** Ages 15+ : By the time students reach this level, dance is their passion and priority. They will have several years of experience in at least ballet and contemporary and demonstrate motivation for continued technical improvement. Unlimited monthly classes and/or participation in competition teams is highly recommended for dancers seeking to achieve excellence.

## **COURSE DESCRIPTORS**

**Moms (or Dads) & Me:** An excellent introduction to the world of dance! Class is structured to stimulate coordination skills, listening skills, balance, music interpretation, creativity, and motor skills development. Parents are in the room to make the transition into the dance studio fun for everyone!

**Creative Movement:** Dancers learn all about music, movement concepts, coordination, spatial relations, and self-expression. Classroom focus is on appropriate etiquette, fun through movement, and self-confidence.

**Pre-Ballet:** Designed for dancers ages 5+ who are ready for more structure. Class begins in center with stretches and strengthening exercises and introduces basic ballet terms and steps. Dancers will continue learning ballet etiquette as well as how to count music, travel across the floor, and learn choreography.



**Pre-Jazz:** A perfect pairing with pre-ballet! Students begin exploring the stylized elements of jazz technique, play high energy games, and learn choreography.

**Ballet:** A highly technical form of dance focusing on grace, agility, articulation, and musicality. Studio Pulse students experience a blend of Vaganova, Cecchetti, and Balanchine methods, learn proper alignment, expand their abilities at barre, in centre, and across the floor, and learn french terminology. Ballet is the foundation for success in almost every other style of dance.

**Pointe/Pre-Pointe:** Students must train in ballet at least twice weekly and demonstrate technical proficiency and strength in ankles, feet, legs, and core for pointe shoe approval.

**Contemporary/Modern:** All program students training at Studio Pulse will experience today's dominant performance genre. Students are introduced to elements of modern dance, postmodern release technique, partnering outside of the classical sense, improvisation skills, and will learn to reconfigure ballet technique as it applies to today's unique contemporary dance language.

**Jazz:** Theatrical jazz explores a wide of range of both angular and slinky movements to syncopated rhythms and popular music. Classes will provide a deeper understanding of body alignment, shifting of the weight, and confidence with traveling movement phrases. Students will experience Fosse influences and Broadway flair.

**Acro:** This acrobatics/tumbling course focuses on fundamental acrobatic technique to increase flexibility, strength, balance, coordination, endurance, timing, body awareness, self-discipline, and confidence. Skills learned will directly influence contemporary dance abilities.

**Stretch & Strength for Dancers** - This conditioning class focuses on using strength and body awareness to improve overall flexibility and control. Its focus is to build the strength required to support important flexibility and will help dancers refine their lines and technique. Invaluable for dancers looking to take their dancing to the next level!

**Hip Hop:** This fun course introduces hip hop fundamentals to great music. The style encompasses the movements of break-dancing, body- popping, and housing footwork. Class focuses on building the foundation to execute popular dance moves to original choreography and includes isolations, hard-hitting exercises, and a breakdown of energetic routines to build stamina and increase musicality.

**Competition teams:** Competition teams are supplemental to our ongoing youth programs. Participation in dance conventions and on competition teams is a valuable way for dancers to expand their movement vocabulary, push themselves to bring their very best for their team, gain more performance opportunities, build life-long friendships, and learn how to navigate the exciting world of commercial dance. Participation is by audition or invitation only, and students are required to continue their technical training in at least ballet and contemporary/modern to participate. Stretch and Strength is an ideal course pairing for this focused and committed dancer as well.