

# buffa's dance studio 2017-2018 class schedule

## Children's Classes

## Ballet

## Jazz

## Lyrical/ Contemporary

### Dance Movement - Age 3

Wed 5:25-6:00 LM  
Thur 3:55-4:30 LM

### Adv Dance Movement - Age 4

Tue 5:15 LB  
Wed 3:45 LM  
Thur 4:30 LM  
Sat 9:00 NG

### Dance I - Age 5

Mon 6:00 SP  
Tue 4:30 LB  
Tue 4:30 NG  
Wed 6:00 LM  
Sat 9:45 NG

### Dance II - Age 6

Mon 6:00 JL  
Tue 6:00 LB  
Wed 4:30 LM  
Thur 6:00 LM  
Sat 10:30 NG

### Pre-Ballet - Age 7

Tue 6:00 MD  
Wed 6:45 LM  
Thur 4:30 LB

### Tap-Jazz - Age 7

Tue 6:45 NG  
Wed 6:00 KW  
Thur 5:15 LM

## Aerial Silks ⑥

Perform aerial acrobatics while hanging from silks fabric. Climb the suspended fabric and wrap, suspend, fall, swing, and spiral your body into and out of various positions. Increases upper body strength, core stability and flexibility.

### Beg/Int

Age 8+ Sat 9:45 LaB

### Int (one year + prior experience)

Age 11+ Sat 11:15 LaB

### Beginning/Int

(8-10) Tue 4:30 MD  
Wed 6:00 MD  
Thur 6:00 LB  
(11+) Tue 7:30 LB

### Int I

(9-11) Tue 5:15 MD  
Thur 5:15 LB

### Int I+

(10-12) Wed 5:15 MH  
Thur 6:45 LM

### Int II/III

(10-12) Mon 5:15 MH  
(13+) Thur 6:45 LB

### Advanced ②

Adv C Thur 8:15 LB  
Adv B Tues 4:30-6 JoB  
Thur 6-7:30 CP  
Adv A ③ Tue 7:30-9 JoB  
Thur 7:30-9 CP  
APro ③ Tue 6-7:30 JoB  
Thur 4:30-6 CP  
Sat 12-2 NB\*

\*\*Last 30 min is Pointe & Partnering

### Ballet Technique ⑥

Taken with additional ballet class to further reinforce ballet posture, correct placement of hands and arms, and to strengthen legs and feet through barre, center and across the floor exercises. (Levels I, I+, II/III, Adv C)

Fri 4:15-5:15 NB

### Ballet Technique II with Pointe ⑥

Taken with additional ballet class to continue refining skills through practice using harder exercises, balance, control and posture. Pointe portion is last 30-45 minutes of class and builds on proper foot placement and strength. (Levels Adv Pro, Adv A, Adv B, Adv C)

Fri 5:15-6:45 NB  
Sat 10:15-12 NB

Fri 5:15-6:45 NB  
Sat 10:15-12 NB

### Beginning/Int

(8-10) Tue 5:15 TA  
Thur 4:30 TA  
(11+) Mon 8:15 AS

### Int I

(9-11) Tue 6:00 TA  
Thur 6:00 TA  
(12+) Mon 7:30 AS

### Int I+/II

(10-13) Wed 4:30 TA  
Thur 7:30 TA

### Int III/IV

(10-14) Tue 6:45 TA

### Int V/VI

(12+) Tue 7:30 TA

### Advanced ②

C Wed 8:15 TA  
B Wed 7:30 TA  
A Wed 6:00 TA  
Pro Wed 6:45 TA

## Acro ⑥

Beginning/Intermediate levels work on cartwheels, handstands and back flexibility, etc. and build on strength. Levels I-Advanced progress to more advanced acro movements focusing on control and flexibility.

### Beg/Int

(Grades 1-4) Mon 4:30 NG  
(Grades 5+) Tue 7:30 NG

### Int

Mon 5:15 NG

### Int/Adv

Tue 6:00 NG

### Adv ②

Mon 6:45 LaB  
Sat 10:30 LaB

### Beginning/Int

(7/8) Mon 6:00 MH  
(8-10) Wed 4:30 MH

### Int I

(8-11) Wed 5:15 JB

### Int II/III

(10-12) Wed 4:30 EB  
Thur 6:45 SP  
(12+) Mon 6:45 AS

### Int IV/V

(12+) Mon 6:45 HT

### Advanced ②

C Thur 8:15 SP  
B Wed 5:15 EB  
A Tue 6:00 LF  
Pro Wed 5:30-6:30 LF

## Active Flexibility ⑥

Designed for both the hyper-mobile dancer looking to control their flexibility and the dancer looking to safely gain better splits, bridges/chest stands, and tumbling, this class focuses on increasing the extensibility and the neuromuscular efficiency of muscles through active flexibility and end-range control training.

Ages 10+ Sat 10:30 AH

See back for:  
Instructors,  
notes, and  
more classes!

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Pointe ②⑤	Hip Hop	Performing Groups	Instructors
<b>Pre-Pointe ④⑥</b> Mon 4:30 MH Wed 7:30 LM Thur 7:30 LB	<b>Beginning/Int</b> (7-9) Mon 6:00 NG (9+) Wed 6:45 KW	<i>Company groups with classes in Jazz, Lyrical/Contemporary, Hip Hop and Technique. Performance and Competition opportunities throughout the year.</i>	TA Tom Alexander NB Nickolai Balatsenko JB Jennifer Baxter LB Linda Boyle EB Emma Bradley VB Virginia Britton
<b>Beg</b> Tues 6:45 MD Thur 5:15 VB	<b>Int I</b> (8-10) Mon 6:45 SP (11+) Mon 6:45 NG	<i>Rhinestones &amp; Crystals must enroll in at least one other dance class.</i>	JoB Joshua Burnham LaB LeeAnn Bushar
<b>Beg/Int</b> Tue 6:45 LB	<b>Int II/III</b> (9-11) Tue 5:15 NG	<i>Diamonds must enroll in at least four other dance classes and Dance Company at least five other dance classes (Diamonds – must include ballet and jazz; Dance Co must include 2 ballet and jazz) and is Director's invitation only.</i>	MD McKena Driscoll LF Laura Fong NG Nikki Gambhir SG Slyvern Groomes AH Alison Hall
<b>Int I/II</b> Wed 6:45 MD Thur 7:30 VB	<b>Int IV</b> (10+) Thur 6:00 SP	<i>Ensemble – See Class Description page for more information.</i>	MH Melissa Hargett JL Jamee Lyons LM Lisa Mitchell SP Stephanie Patterson CP Carmen Perez
<b>Advanced</b> <b>B</b> Thur 6:00 VB <b>A</b> Thur 6:45 VB <b>Pro</b> Tue 7:30 LF	<b>Advanced ②</b> <b>C</b> Tue 8:15 KS <b>B</b> Tue 5:15 LF <b>A</b> Tue 6:45 LF <b>Pro</b> Tue 8:15 LF	<i>More information and yearly schedules available at the front desk or by email.</i>	AS Alli Smith KS Katie Storch HT Hilary Tone KW Karlyn Williams

## Musical Theater

(Grades 3-5) Mon 4:30 SG  
(Grades 6-8) Mon 5:15 SG  
(Grades 9-12) Mon 6:00 SG

## Leaps, Tricks, Turns/Dance Improvisation ⑥

Int/Adv (12+) Mon 7:30 SP

## Modern

Beg/Int (8-12) Mon 7:30 LaB

Int (10-14) Thurs 7:30 SP

Adv ② Mon 8:15 SP

Adv Pro ② Mon 6:45 EB

## Tap

**Beginning/Int**  
(8-10) Wed 5:15 TA  
Thur 5:15 TA  
(11+) Wed 8:15 KW

**Int I**  
(9-11) Wed 4:30 JB  
Thur 6:45 TA  
(12+) Wed 7:30 KW

**Int II/III**  
(10-12) Tue 4:30 TA

**Int IV/V**  
(11+) Tue 8:15 TA

**Int VI/VII**  
(11+) Thur 8:15 TA

**Advanced ②**  
**A** Mon 8:15 HT  
**Pro** Mon 7:30 HT

**Crystals (Grades 3<sup>rd</sup>-8<sup>th</sup>)**  
Fri 5:15-6:15 MH

**Diamonds ②⑤**  
(Grades 6<sup>th</sup>-12<sup>th</sup>)  
Wed 6:30-7:30 LF

**Dance Company and Dance Company Pro**  
(Grades 8<sup>th</sup>-12<sup>th</sup>) ②⑤  
Wed 7:30-9:00 LF

**Ensemble ②⑤**  
(Grades 7<sup>th</sup>-12<sup>th</sup>)  
Technique Mon 5:30-6:45 EB  
Rehearsals TBD w Choreographer

## Notes

- ① All classes are 45 min unless otherwise indicated
- ② Director's approval necessary
- ③ This ballet level must be taken at least twice a week (or with a Ballet and Pointe Tech class or another ballet class)
- ④ Pre-Pointe is a pre-requisite for Pointe and is in addition to a regular ballet class.
- ⑤ Students in this class must also take ballet.
- ⑥ No Recital

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