

buffa's dance studio 2018-2019 class schedule

Children's Classes

Ballet

Jazz

Lyrical/ Contemporary

Dance Movement - Age 3

Wed	10:00-10:35	LM
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	BT

Dance I - Age 5

Mon	5:15	JL
Mon	6:00	JL
Tue	4:30	LB
Wed	4:30	KW
Wed	6:00	LM
Sat	9:45	BT

Dance II - Age 6

Mon	6:00	SP
Tues	4:30	NG
Tue	6:00	LB
Wed	4:30	LM
Thur	6:00	LB
Sat	10:30	BT

Pre-Ballet - Age 7

Wed	4:30	SS
Wed	6:45	LM
Thur	4:30	LB

Tap-Jazz - Age 7

Wed	5:15	KW
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. **NEW for 2018!**

Additional June Parent's Days

I	Age 8+	Sat 9:45	LaB
II ②	Age 11+	Sat 11:15	LaB

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

Beginning/Int

(8-10)	Mon	6:45	SS
	Wed	4:30	MD
	Thur	6:00	LM
(11+)	Tue	8:15	LB

Int I

(9-11)	Wed	6:00	MD
	Thur	5:15	LB

Int I+

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

Int II/III

(10-12)	Mon	5:15	MH
	Thur	7:30	LM
(12+)	Tue	7:30	LB

Int IV

(12+)	Thur	7:30	LB
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Advanced ②

Bronze	Thur	8:15	LB
☯ Silver	Thur	4:30-6	FR
☯③ Gold	Tue	4:30-6	JoB
	Thur	6-7:30	FR
☯③ Platinum	Tue	7:30-9	JoB
	Thur	7:30-9	FR
③ Pro	Tue	6-7:30	JoB
	Thur	7:30-9	FR
	Sat	12-2	NB

Ballet Core Program ⑥□

Taken with additional ballet class to reinforce ballet posture, correct placement and strengthen legs and feet through barre, center and across the floor exercises with the goal of improving ballet technique. Uses core work vocabulary and progress reports to keep students focused and improving. **NEW for 2018! Progress reports and additional June Parent's Days**

(Levels I, I+, II/III, IV)	Fri	4:15-5:15	NB
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Ballet Intensive Program ⑥

Taken with additional ballet class to refine skills through practice using exercises, balance, control and posture. Pointe portion (for those on pointe) is last 30 mins and builds on proper foot placement and strength with the goal of improving technique, posture, stamina, recall and body placement. **NEW for 2018! Additional June Parent's Days**

(Adv Levels)	Fri	5:15-6:45	NB
	Sat	10:30-12	NB

Beginning/Int

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

Int I

(9-11)	Tue	5:15	TA
	Thur	6:00	TA

Int I+

(10-12)	Wed	4:30	TA
	Thur	7:30	TA

Int II

(12+)	Mon	6:45	LaB
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Int III/IV

(10-12)	Tue	6:45	TA
	Thur	4:30	JB

Int V/VI

(12+)	Tue	7:30	TA
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Advanced ②

Gold	Wed	7:30	TA
Platinum	Wed	6:00	TA
Pro	Wed	6:45	TA

Active Flexibility and Core Conditioning ⑥□

Designed for both hyper-mobile dancers looking to control their flexibility and for dancers looking to safely gain better splits, bridges/chest stands, and tumbling, this class focuses on increasing the extensibility and neuromuscular efficiency of muscles through active flexibility and end-range control training. A typical class includes a dynamic warm-up, soft tissue preparation (foam rolling), and muscle activation and strengthening. The class also focuses on strengthening the core "powerhouse" muscles necessary for body control and stability. **NEW for 2018! Additional June Parent's Days**

Ages 10+	Mon	4:30	AH
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Beginning/Int

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

Int I

(8-10)	Tue	5:15	MH/EB
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Int II

(9-11)	Wed	4:30	EB
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Int III/IV

(10-13)	Thur	7:30	SP
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Int V

(10-13)	Mon	4:30	EB
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Int VI

(12+)	Mon	6:45	HT
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Advanced ②

Silver	Thur	8:15	SP
Gold	Wed	5:15	EB
Platinum ①	Tue	6:00	LF
Pro ①	Wed	5:30-6:30	LF

Acro Dance ⑥□

Cartwheels, bridges, headstands, hand stands, backbends, focusing on building strength and being upside down. Proceeding to front walk overs, chin stands, elbow stands, walk overs with control, strength, and flexibility and scissor walkovers, tinsikas, hand walks and more in depth flexibility, control, and strength movements. **NEW for 2018! Progress reports and additional June Parent's Days**

Beg/Int (Ages 6-9)	Mon	4:30	NG	
	(Ages 10+)	Tue	7:30	NG
	(Ages 5-8)	Sat	9:00	NG

I	Sat	9:45	NG
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II	Tue	6:00	NG
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III	Mon	6:45	NG
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Adv Pro ②	Sat	10:30	LaB
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Acro Performance Class

Taken in addition to an Acro class – will work on Performance Acro Skills and will perform in Recital Levels **Beg-III**

Levels Beg-III	Tue	6:45	NG
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Pointe ②⑤

Pre-Pointe ④⑥

Mon	6:00	LaB
Mon	7:30	SS
Wed	7:30	LM

Beg

Thur	6:45	LaB
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Beg/Int

Thur	6:00	LaB
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Int I/II

Tue	6:45	LB
Thur	5:15	LaB

III

Thur	7:30	LaB
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Advanced

Platinum	Thur	6:45	LB
Pro ①	Tue	7:30	LF

Hip Hop

Beginning/Int

(7-9)	Mon	5:15	NG
(7-9)	Mon	6:00	NG
(9+)	Wed	6:45	KW

Int I

(8-10)	Mon	6:45	SP
(10+)	Thur	6:45	SP

Int II/III

(9-13)	Thur	6:00	SP
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Int IV/V

(10+)	Tue	7:30	KS
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Advanced ②

Silver	Tue	6:00	EB
Gold	Tue	8:15	KS
Platinum	Tue	6:45	LF
Pro ①	Tue	8:15	LF

Performing Groups

Company groups with classes in Jazz, Lyrical/Contemporary, Hip Hop and Technique. Performance and Competition opportunities throughout the year. Builds team spirit, confidence and encourages artistry and joy through dance.

Please email or stop by front desk for more specific information based on Performance group and for yearly schedules and also see Handbook for more details.

Rhinestones & Crystals must enroll in at least one other dance class.

Diamonds must enroll in at least four other dance classes (must include ballet and jazz) and is Director's invitation only.

Dance Company must enroll in at least five other dance classes (must include 2 ballet and jazz) and is Director's invitation only.

Ensemble is Pre-professional training program offering technique, conditioning and extra performance opportunities that gives serious dancers an inside look at what it takes to be in a company/professional atmosphere. By Audition Only.

Rhinestones (Grades K-3rd)

Fri	4:30-5:15	MH
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Crystals (Grades 3rd-8th)

Fri	5:15-6:15	MH
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Diamonds ②⑤

(Grades 6 th -12 th)	Wed	6:30-7:30	LF/SS
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Dance Company

(Grades 8 th -12 th) ②⑤	Wed	7:30-9:00	LF/SS/EB
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Ensemble ②⑤

(Grades 7 th -12 th)	Technique	Mon	5:30-6:45	EB
	Rehearsals	TBD	w	Choreographer

Instructors

TA	Tom Alexander
NB	Nickolai Balatsenko
JB	Jennifer Baxter
LB	Linda Boyle
EB	Emma Bradley
JoB	Joshua Burnham
LaB	LeeAnn Bushar
MD	Mckena Driscoll
LF	Laura Fong
NG	Nikki Gambhir
AH	Alison Hall
MH	Melissa Hargett
JL	Jamee Lyons
LM	Lisa Mitchell
SP	Stephanie Patterson
FR	Florian Rouillier
SS	Sonia Siddiq
KS	Katie Storch
BT	Bryana Trupo
HT	Hilary Tone
KW	Karlynn Williams

Musical Theater

Musical Theater students must be enrolled in at least one other dance class.

(Grades 5-12)	Thurs	8:15	TA
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Leaps, Tricks, Turns/Dance Improvisation ⑥

Int	Tue	5:15	NG
Adv (12+)	Mon	7:30	SP

Modern

Beg/Int	Wed	6:00	SS
(8-13)			

II	Mon	7:30	LaB
(10-14)			

Adv Gold	Mon	8:15	SP
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Adv Pro ②①	Mon	6:45	EB
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Tap

Beginning/Int

(8-10)	Wed	5:15	TA
	Thur	4:30	TA
(11+)	Wed	8:15	KW

Int I

(9-11)	Tue	6:00	TA
	Thur	6:45	TA

Int II/III

(10-12)	Thur	5:15	JB
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Int IV

(12+)	Wed	7:30	KW
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Int V/VI

(11+)	Tue	8:15	TA
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Advanced ②

Gold	Wed	8:15	TA
Platinum	Mon	8:15	HT
Pro ①	Mon	7:30	HT

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 Ballet Intensive 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
- Additional June Parent's Day
- ☞ Recital Choreography will take place outside of class (approx. 4 hours) to then be rehearsed in class
- ⑦ Class Competes - all invited to participate and will be rehearsed during class until events in March

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