**Classes at Russell's Studio Included But Not Limited To:**

 **Ballet Classes:**

As the foundation of all dance, classical ballet is fundamental to all dancers, gymnasts and baton twirlers.  Our ballet classes are for all ages and levels include a floor stretch, barre work with positions, technique, stretching and arm work as well as center combinations that are both adagio and allegro.  All students will learn the proper posture, carriage, and how to be confident about themselves.

 **Intermediate Ballet (level 2 and 3):**

This class offers the complete basics of ballet training plus taking the barre work and combinations to the next level.  This class is suitable for the student with prior ballet and technique experience. The techniques found in classical ballet are a framework for many other styles of dance. The importance of strength, flexibility, rhythm, musicality, memorization & self-discipline will be stressed. These classes are designed to enable the dancers to express themselves in this art form with emphasis on traditional classic lines, technical steps and the vocabulary of ballet. Correct body placement and alignment of the body is stressed along with the good performance qualities.

**Ballet with** **Pointe Classes:**

Ballet which originated in the Italian Renaissance and established its present form during the 19th century. Ballet is characterized by it’s light, graceful, fluid movements. Ballet is considered the foundation of dance being a highly technically style of dance with it’s own vocabulary words in the French language. Students will study components of a ballet class such as barre, center, adagio, allegro and reverence.

Pointe is the continuation of ballet and taking your ballet career to the next level.  The time a ballet student advances to Pointe is determined by the Instructor and is based on a student's individual strength and ability.   All pointe classes MUST take ballet in addition to pointe.  We offer ballet, pre-pointe, pointe and adult ballet with pointe.

**Contemporary:**

Contemporary dance is a style of expressive dance and combines elements of all dance genres including modern, jazz, lyrical and classical ballet. A focus within Contemporary dance is to connect the mind and the body through fluid dance movements that can portray a variety of emotions. Students will study across the floor and floor work combinations allowing them to express themselves and move their body in different shapes and forms that are not traditional to other styles of dance.

**Tap Classes:**

Tap is an exciting, musically based class.  We offer throughout our classes both types of tap dancing - Broadway style and rhythm based. Tap dance uses the sounds of tap shoes, that have a metal "taps", striking the floor as a form of percussive dance. Tap dance benefits cardiovascular conditioning, strength, flexibility, and coordination. Students will study movements on the barre, center and across the floor to develop muscle memory and foot articulation that creates tap dance.  Students will learn technique, speed, clarity, tempo, and combinations.    We offer tiny tot tap, beginner tap all the way through advanced and adult tap classes.

**Jazz Classes**:

Jazz dance allows students to explore “attitude or sass” within dance to upbeat styled music. Jazz is an extension of Ballet often having similar steps that are “turned-in” or “parallel” and is a great fuse and technique and personal style. A low center of gravity, high energy level, isolations, and style are all characteristics used to identify jazz dance.

Each class consists of stretches, warm-ups, isolations, center work, turns and jumps. Students will learn sequences, several different styles of jazz dancing, strength, flexibility, and discipline.  We offer beginner jazz all the way through advanced and adult jazz classes.

**Theatre Jazz (Musical Theatre):**

Jazz dance made its way onto Broadway in the 1950s bringing a new, smooth style that is taught today and known as Theatre Jazz. Broadway, refers to the theatrical performances presented in the 41 professional theatres along Broadway, in Midtown Manhattan, New York City. This performance style of Jazz was popularised by Bob Fosse’s work, which is was in Broadway shows such as Chicago, Cabaret and Sweet Charity. Theatre Jazz is also used in large scale TV musicals, movie musicals and staged musicals. Students will study barre, across the floor, floorwork, and facial expressions to develop their Theatre Jazz-styled technique.

**Combination Classes (3-4 & 5-6) ballet/jazz and ballet/tap:**

Perfect for the younger student, our combination classes are designed as an introduction to dance using imaginative exercises to play and learn. Two different dance techniques are introduced that helps with the development of coordination, musicality, loco motor skills, listening awareness while fostering their natural creativity in a stress free environment and developing their social skills. Classes include basic dance vocabulary, stretching, music, props, games and most of all FUN.

**Hip Hop/Breakdancing Classes:**

 Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved from hip-hop culture. Hip-Hop is a wide range of styles which include but is not limited to breaking, tutting, popping, & locking. Hip-Hop gained mainstream exposure by dance crews, television shows and movies.

**Lyrical Dance:**

A flowing style, filled with emotion, technique and styles

**Modern Dance:**

Modern dance explores movement through space.  Students will learn technique and improvisation.  A unique class filled with creativity and unique routines.

**Tumbling/Gymnastics:**

Our studio offers acro, tumbling and gymnastics.  Come and learn gymnastic floor movements, leaps, jumps, beam work and fun.  The perfect class to learn flexibility, strengthen muscles and fun.  These are great classes to learn skills including cartwheels, walk overs, aerials, back handsprings, back tucks and more.  A great way to learn gymnastics without the fuss over vault and bars.

**Acro Dance:**

Acro Dance is the beautiful fusion of the artistic motion of dance and the athleticism of acrobatics. Acro Dancers complete skills or tricks integrating musicality, emotional expression, extension, control and lines. Our Acro Dance program targets dancers to be stronger and more flexible, which will transfer over into other dance forms.?

Acrobatic Dance is often comparable to gymnastics. With exception Gymnastics is a sport and Acro Dance is an art form. Gymnasts are trained to be highly competitive, disciplined, and meticulous athletes, where every fall, wobble, or off-step is a deduction to their overall score and can be the difference between winning and losing.

Acro Dance is an art form specifically for dancers. Acro has softer, more lyrical looking lines, with the emphasis being on lengthening “through” the tricks and holding pretty balances with interesting variations. In Acro, we teach our students to dance into and out of Acro tricks, with minimal obvious “prep” before and after a trick. Despite being technically difficult to execute, acrobatic tricks are meant to blend in seamlessly with dance steps, providing an extra level of excitement and flair to dance choreography.

**Baton Twirling Classes:**

Baton twirling is a sport that we are trying to bring back to Pennsylvania.  These classes include hand eye coordination, learning to toss, twirls, movements, rolls on the body, marching and all while including dance movements and gymnastics.  Baton twirling is a unique sport that is great for all types of performers.  If you want to wow the crowd, twirl for your school, and do something truly amazing, come twirl with the Russell’s.

**Poms/Tumbling Classes:**

So you want to learn cheerleading steps, including tumbling, pom poms, hip hop, dance movements all in a fun, invigorating routine? Then this is the class for you. This is a high energy, fun, tons of movement class.  Learning gymnastics, stretching, flexibility, all while dancing and moving.  We offer this for all ages.

**Cheer Classes, Cheer Dance and Cheer Teams**

In cheer you learn stretching, splits, stunts, cheers, chants, tumbling, lifts and more.   A great way to have fun, exercise and love what you do.  A chance to perform and compete in an All Star Cheer Team and/or take classes to build confidence, style, movements and more.

**Private Lessons:**

Does your daughter or son need a little one on one personal attention to achieve a few of those difficult moves or simply wants to learn more?  Does your daughter or son aspire to be a solo twirler, dancer, acro, gymnast, or twirler for a high school or have a duet partner?  If so, our studio offers private lessons for all ages and abilities.  Please call Mrs. Russell for availability and prices on all of our private lesson times.   We teach private lessons year around and at all locations.

We offer private instruction in all aspects including baton twirling, ballet, pointe, technique, color guard, modeling, choreography for pageants and school routines, audition routines, ect.

Cancellations MUST be 48 hours in advance and payment will be incorporated into your monthly tuition.

We do teach out of state students, clinics and spot lessons for those students who are not members of our studio.

The Russell's Studio is proud of the many accomplishments from the solo students.  Our solo students compete in NBTA, TU, DMA, USTA, Star Power, Legacy, Ticket to Broadway and AAU contests throughout the year and have won state, regional, national and world championships.

**Competitive Baton Twirling, Dance, Cheer and Acro Teams:**

Call for more details on try outs for our competitive teams.

The Russell’s All Star Twirling Teams are the top of the line twirlers that compete across the nation.  The team consists of Tiny Tots, Juveniles, Junior, and Senior level teams.  The teams compete in TIA, TU, DMA, NBTA, USTA, Star Power, and AAU.  The team has captured local, state, regional, national, international, and Junior Olympic medals over the past 25 years.

The Russell’s All Star dance, acro and cheer team competes, performs, trains in all styles and has an opportunity to work with many top choreographers.  Our dancers go on to college and dance professionally.  We are a passionate studio on technique and learning all while loving the art of dance!  Come and be a part of a group that has so much to offer!