

Maryland School of Ballet and Modern Dance,
Inc.

Fall 2009 Course Descriptions

Petite Ballerinas: (ages 3-4)

This course is designed to introduce the toddler to ballet form, class structure, discipline and large motor movement skills. The use of child friendly props will enhance the learning environment to create a fun, non competitive positive learning experience. Class length is 45min.

Class Offerings: Tuesdays 9:30am, Wednesdays 4:15pm, Thursdays 9:30am

Ballet Foundation: (age 5)

Ballet technique, vocabulary and class structure will be taught in this class. Dancers will be expected to execute large motor movement skills as well as stationary developmentally appropriate ballet sequences and stretches. Class length is 45min

Class Offerings: Tuesdays 4:15pm, Tuesdays 10:30am, Thursdays 10:30am, Fridays 4:30pm

Elementary Ballet Technique: (ages 6-9)

Dancers at this level will execute a ballet class in sequence including a full ballet barre, center and across the floor sequences. Elementary ballet vocabulary will be used. Focus on proper body alignment and aesthetic awareness will be introduced. Class length is one hour.

Class Offerings: Wednesdays 5:15pm, Saturdays 10:00am

Intermediate Ballet Technique: (ages 9-12)

This is a class for the serious dancer. In this level dancers will execute exercises with accurate alignment, aesthetic, dynamic and technique. The focus of the class is the development of the dancer with the goal of progressing the dancer to the advanced level. Pointe shoes will be worn by dancers who are capable of wearing them. Dancers will be continually evaluated for pointe work by participating in our structured Pointe Test. Class length is 1.25hrs

Class Offering: Saturdays 11:00am

Intermediate Ballet “FOCUS Workshops”: (ages 9-12)

This class has been masterfully designed by Michelle White Cummings, Harford’s most sought after ballet teacher. We have been very blessed to have this extraordinary teacher working with us for the past several years. Her input on the structure and design of our programs, specifically this course, has been instrumental in the progression of our studio as being an “elitist” program in the area. She will be instructing 6 week “workshops” at the Intermediate level which will have a specific focus. Some examples of her ballet technique workshops are: performance quality, turns, alignment, audition prep and many others. Each workshop will run for six weeks with the ballet class being taught to specifically focus on the topic. Pointe shoes will be worn by those who are able. Class length is 1.75hrs

Class Offering: Thursdays 4:45pm

Advanced Ballet Technique: (ages 12 – professional)

This is a class for the serious dancer. In this level dancers will execute exercises with accurate alignment, aesthetic, dynamic and technique. The focus of the class is the development of the dancer with the goal of preparing the dancer for performing arts high schools, college dance programs and companies. Pointe shoes will be worn by dancers who are capable of wearing them. Class length is 1.5hrs

Class Offering: Saturday 3:45

Advanced Ballet “FOCUS Workshops”: (ages 12- professional)

This class has been masterfully designed by Michelle White Cummings, Harford’s most sought after ballet teacher. We have been very blessed to have this extraordinary teacher working with us for the past several years. Her input on the structure and design of our programs, specifically this course, has been instrumental in the progression of our studio as being an “elitist” program in the area. She will be instructing 6 week “workshops” at the advanced level which will have a specific focus. Some examples of her technique workshops are: performance quality, turns, alignment, audition prep and many others. Each workshop will run for six weeks with the ballet class being taught to specifically focus on the topic. Pointe shoes will be worn by those who are able. Class length is 2hrs

Class Offering: Thursdays 6:30pm

Basic Jazz: (ages 5-7)

This class is for the very young dancer who wishes to explore jazz technique. This fun class will be taught to their latest favorite tunes, and is sure to get any little one up on her feet and moving and groovin'! Class Length is 1hr

Class Offering: Saturday 1:30pm

Intermediate Jazz: (ages 8-12)

This class is for all dancers who are looking to learn jazz dance which includes proper technique and body alignment. All jazz forms will be explored: lyrical jazz, hip hop and classical jazz. This class is perfect for the competitor or serious dancer to perfect his/her technique. Class length is 1hr.

Class Offering: Saturday 12:30pm

Advanced Jazz: (ages 12-professional)

This class is for all dancers who are looking to learn jazz dance which includes proper technique and body alignment. All jazz forms will be explored: lyrical jazz, hip hop and classical jazz. This class is perfect for the competitor or serious dancer to perfect his/her technique. Class length is 1.25hrs.

Class Offering: Saturday 2:30pm

Intermediate Modern: (ages 9-12)

The MSBMD prides itself on offering "true" modern technique. This is not a "lyrical" class or a "contemporary" class. It exemplifies the definition of modern technique and is unique for the area. Taught to live drumming, the instructor, Laura Ward-Moran has been preparing dancers for college dance programs for the past 9 years in Harford County by offering expertise in this discipline and technique that college programs are seeking when searching new applicants for their college dance departments. This class is a must for all serious dancers wishing to pursue dance at the college level. Class length is 1hr

Class Offering: Mondays 5:00pm

Advanced Modern: (ages 12-professional)

The MSBMD prides itself in offering “true” modern technique. This is not a “lyrical” class or a “contemporary” class. It exemplifies the definition of modern technique and is unique for the area. Taught to live drumming, the instructor, Laura Ward-Moran has been preparing dancers for college dance programs for the past 9 years in Harford County by offering expertise in this discipline and technique that college programs are seeking when searching new applicants for their college dance departments. This class is a must for all serious dancers wishing to pursue dance at the college level. Class length is 1.25hrs

Class Offering: Mondays 6:00pm

Adult Ballet: (ages 18 and up)

We welcome ALL adults with a desire to move to attend this class. (See Ballet descriptions above to fully understand what is being offered in ballet class). Class length is 1.25hrs

Class Offering: Fridays 10:15am

Adult Modern: (ages 18 and up)

We welcome ALL adults with a desire to move to attend this class. (See Modern descriptions above to fully understand what is being offered in modern class). Class length is 1 hr

Class Offering: Wednesdays 10:15am

Thank you for taking the time to read our fall 2009 course descriptions. Please contact us via email should you have further questions: mdschoolofballet@comcast.net Registration materials will be posted online in May. NO MINIMUM REQUIREMENTS to attend classes at our school. Class size is limited. Get your registration in early to secure your spot.

We look forward to continuing to provide expert instruction in dance for Harford, Cecil and Baltimore County residents. If you have a goal to dance, we will give you the proper technique to advance you to the next level. Our courses have been specifically designed to help all dancers- both regular students with our program, and dancers wishing to supplement their training from other local schools. Please join us for class. You won't regret it, and you will see improvement in your technique and know that your tuition money is not being wasted at our school.

