

CLASSICAL & CONTEMPORARY DANCE CONSERVATORY

YEAR	FALL	SPRING
Year 1	CCD Ballet I CCD Pointe I CCD Modern I CCD Choreo/Comp I Men's Technique (Basic-Int)	CCD Ballet I CCD Pointe I CCD Modern I CCD Choreo/Comp I Men's Technique (Basic-Int)
Year 2	CCD Ballet I CCD Pointe I CCD Modern I CCD Choreo/Comp I Men's Technique (Basic-Int)	CCD Ballet I CCD Pointe I CCD Modern I CCD Choreo/Comp I Men's Technique (Basic-Int)
Year 3	CCD Ballet II CCD Pointe II CCD Modern II CCD Choreo/Comp II Men's Technique (Basic-Int)	CCD Ballet II CCD Pointe II CCD Modern II CCD Choreo/Comp II Men's Technique (Basic-Int)
Year 4	CCD Ballet II CCD Pointe II CCD Modern II CCD Choreo/Comp II Men's Technique (Basic-Int)	CCD Ballet II CCD Pointe II CCD Modern II CCD Choreo/Comp II Men's Technique (Basic-Int)
Year 5	CCD Ballet III CCD Pointe III CCD Modern III CCD Choreo/Comp III Men's Technique (Int-Adv)	CCD Ballet III CCD Pointe III CCD Modern III CCD Choreo/Comp III Men's Technique (Int-Adv)
Year 6	CCD Ballet III CCD Pointe III CCD Modern III CCD Choreo/Comp III Men's Technique (Int-Adv) Senior Prep Workshop	CCD Ballet III CCD Pointe III CCD Modern III CCD Choreo/Comp III Men's Technique (Int-Adv)

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CCD Ballet I is designed to introduce an anatomically safe, properly aligned, and well placed training in ballet technique. Students will learn proper anatomical alignment and placement of ballet technique, proper epaulement and port de bra placement, muscles engagement responsible for external rotation (turnout), comprehension of core and how to strengthen the core. Students will also learn basic ballet terminology.

CCD Ballet II

CCD Ballet II is an intermediate to intermediate/advanced level designed to provide an anatomically safe, properly aligned, and well placed training in ballet technique. Students will learn proper anatomical alignment and placement of ballet technique, proper epaulement and port de bra placement, muscles engagement responsible for external rotation (turnout), comprehension of core and how to strengthen the core. Students will also learn to cultivate a critical eye and aesthetic standards through observing and critiquing their peers during peer observation days.

CCD Ballet III

CCD Ballet III is an intermediate/advanced to advanced level designed to provide an anatomically safe, properly aligned, and well placed training in ballet technique. Students will learn proper anatomical alignment and placement of ballet technique, proper epaulement and port de bra placement, muscles engagement responsible for external rotation (turnout), comprehension of core and how to strengthen the core. Students will focus on quality of movement, transitioning steps, and spatial acuity. The expectations of consistency in this level are at the proficient level, skill sets are precise and refined. Students will also learn to cultivate a critical eye and aesthetic standards through observing and critiquing their peers during peer observation days.

CCD Pointe I

CCD Pointe I provides an anatomically safe, properly aligned, and well placed training in pointe. Students will learn pointe shoe preparations and the proper alignment and placement of pointe technique. Students will learn proper 'tracking' of the feet, as well as the proper shape of the feet in positions and articulations.

CCD Pointe II

CCD Ballet II continues to provide an anatomically safe, properly aligned, and well placed training in pointe. Students will learn proper alignment and placement of pointe technique, as well as shape and articulations of the feet, both weight and non-weight bearing. Musicality and dynamics of pointe technique will be prominent in classroom instruction.

CCD Pointe III

CCD Ballet III continues to provide an anatomically safe, properly aligned, and well placed training in pointe. Student focus on proper alignment and placement of pointe technique will continue to pervade the teachings, as well as shape and articulations of the feet, both weight and non-weight bearing. Musicality and dynamics of pointe technique will be cultivated in classroom instruction. Students will building upon the strength and skills necessary to successfully execute the technical pointe demands of variations.

CCD Men's Technique II

CCD Men's Technique II is designed to provide an anatomically safe, properly aligned, and well placed training in male ballet technique. Students will focus on correct body alignment and placement for prolonged physical health and building strength and control throughout their training. Students will learn carriage of the body, resistance and weight in movements, and building stamina through reduced music tempi. Basic batterie is introduced in this class.

CCD Men's Technique III

alignment and placement for prolonged physical health and building strength and control throughout their training. Students will learn carriage of the body, resistance and weight in movements, and building stamina through reduced music tempi. Increased use of Petite and Grande Batterie is integrated into the classes at this level.

CCD Modern I

CCD Modern 1 is a beginning/intermediate to intermediate level training designed to provide an introduction and awareness of parallel positions, spinal articulation, gravity, momentum, quality of movement, space and rhythm as a foundation for multiple modern dance techniques.

CCD Modern II

CCD Modern II is an intermediate to intermediate/advanced level designed to provide an awareness of parallel positions, spinal articulation, gravity, and momentum as a foundation for multiple modern dance techniques. Students will focus on alignment, smoothly changing levels, suspension and release, and traveling through space. Students will learn correct use of the core, develop upper body strength, investigating weight of the limbs and momentum, proper alignment in parallel positions, spinal curves, tilts, and flat backs. Students begin to focus on developing dynamic range in phrase work, relaxing the body on the floor, giving in to gravity and traveling through the space from the pelvis.

CCD Modern III

CCD Modern III is an intermediate/advanced to advanced level designed to provide an awareness of parallel positions, spinal articulation, gravity, and weight as a foundation for multiple modern dance techniques. Students will focus on alignment, smoothly changing levels, suspension and release, and traveling through space. Students will learn correct use of the core, develop upper body strength, utilizing weight of the limbs to find momentum, executing level changes with ease, alignment in parallel positions, spinal curves, tilts, and flat backs. Level III focuses on further elevating students' ability to learn choreography with technical precision and refined artistry.

CCD Choreo/Comp I

CCD Chor/Comp 1 is a basic to intermediate level designed to introduce skills used for creating and critiquing choreography. Students will learn the basic choreographic principles of time, space and energy. With a strong emphasis on becoming comfortable with improvisation, students will hone in on their personal movement style to investigate their creative voice. Level I sets the foundations for compositional development through learning the following: basic choreographic tools, movement efforts and shape, movement invention, and working with and without music.

CCD Choreo/Comp II

CCD Choreography and Composition II is an intermediate to intermediate/advanced level designed to investigate and develop skills used for creating and critiquing choreography. Level II builds the foundations for compositional development through learning the following: creating phrases, movement efforts, shape, narrative, movement invention, and working with and without music. In addition to producing movement studies and phrases, students will learn to perceive, analyse and describe dance.

CCD Choreo/Comp III

CCD Choreography and Composition III is an intermediate/advanced to advanced level designed to investigate and develop skills used for creating and critiquing choreography. Level III focuses on extracting a mature and unique creative voice from students' phrase work. Level III further discusses narrative, theme and variation, entrances and exits, music selection, spacing, and intention. Level III focuses on further ensuring that students develop a personal improvisational vocabulary to stimulate their creativity and utilize choreographic tools with artistic refinement.

This mentorship takes place during the first 4 to 5 weeks of the fall semester to help prepare seniors for college auditions. The CCD faculty assist with college selection based on the degree to which students desire to continue their dance training while attending college. Students receive assistance with audition requirements, solo preparation, and input as to which colleges the CCD faculty feel will promote the learning necessary for the student to grow and flourish.