

Class Name: Jazz (Ages 6 & up)

Teacher's name: Power in Motion Gymnastics & Dance – Instructor to be specified before start of school year

Teacher's Phone Number: 269-429-5100

Teacher's Email: info@pimgymnastics.com

Teacher's Bio: Power in Motion Gymnastics & Dance was started in 2008. We opened our current facility in November 2009 and recently completed an expansion/ renovation in December of 2015. All our instructors are USAG certified and have completed safety certification.

Our Mission at Power in Motion Gymnastics & Dance is to develop healthy, responsible children in a fun and safe environment.

Course Description: (Ages 6 & up) Based on ballet technique, Jazz incorporates the whole body with sharp and fluid movements to create a visually technical dance style. Class starts with a warm-up focusing on body isolations, technique and stretching. Students then train in transition steps, turns and leaps across the floor. Toward the end of class students will work on memory and performance qualities during the end combination.

Skills/Positions List

Foot/Arm Positions:

Parallel

First

Second

Third

Fourth

Fifth

Center:

Demi plié

Grand plié

Tendu

Degagé

Developé

Grand Battement

Flick kicks

Fan kick

Step touch

Grapevine

Jazz square

Straddle jump

Tuck jump

Kick ball-change

Drag

Chassé ball-change

Turns:

Pivot turn
Chainé
Pirouette
Drag turn
Pas de bourrée turn

Across the Floor:
Grand battement
Chassé
Grand jeté
Triplets

Course Outline:

Week 1 – Lesson plan includes various skills from list above. (Begins September 5th)
Week 2 - Lesson plan includes various skills from list above.
Week 3 - Lesson plan includes various skills from list above.
Week 4 - Lesson plan includes various skills from list above.
Week 5 - Lesson plan includes various skills from list above.
Week 6 - Lesson plan includes various skills from list above.
Week 7 - Lesson plan includes various skills from list above.
Week 8 - Lesson plan includes various skills from list above.
Week 9 - Lesson plan includes various skills from list above.
Week 10 - Lesson plan includes various skills from list above.
Week 11 - Lesson plan includes various skills from list above.
Week 12 - Lesson plan includes various skills from list above– Gym Closed Thursday – Saturday -
Thanksgiving week
Week 13 - Lesson plan includes various skills from list above.
Week 14 - Lesson plan includes various skills from list above.
Week 15 - Lesson plan includes various skills from list above.
Week 16 - Lesson plan includes various skills from list above.
Week 17 Christmas – Gym Closed
Week 18 New Years – Gym Closed
Week 19 - Lesson plan includes various skills from list above.
Week 20 - Lesson plan includes various skills from list above.
Week 21 - Lesson plan includes various skills from list above.

Virtual Links (if any): www.pimgymnastics.com