

Newbury Park High School

Dance Department



DANCE

Beginning Dance: *Open to all students including freshman*

Students are introduced to a variety of dance styles through the physical, emotional, and historical aspects. A main focus is on developing flexibility and core strength to execute a variety of dance movements. Meant to be fun and exploratory. Students will participate in a concert.

Benefits to taking this course: Building self-confidence, friendships, challenging yourself physically, an emotional outlet, and developing stronger discipline habits. You become part of a program outside of athletics and activities.

Intermediate Dance: *Open to all students through audition process*

A more advanced technical and emotional course. Natural progression is from beginning dance to intermediate, but this can be bypassed through audition if students are enrolled at a studio and attain an intermediate entrance level. More emphasis is placed on Ballet and Jazz technique. Students develop more improve and choreography skills towards the end of the semester. Dancers will also participate in Winter and Spring Concerts.

Benefits to taking this course: Everything in beginning dance but also more refined attention on technical dance skills. More opportunities to choreograph. Opportunity to be in a class with dancers who are on the same motivation level as you.

International Baccalaureate World Dance Studies:

Two-year upperclassmen program

IB registration and testing fees are associated with this course. Students learn about cultural forms of dance and develop strong improve and choreography skills. There are some strong writing assignments and emphasis on preparing for dance after high school either at the professional or educational level. Participation in our annual IB dance concert is required.

Benefits to taking this course: This class will challenge your idea of dance on a global level. It's extremely rare to find a course that covers so many diverse dance styles. If you are considering performing (dance, acting, singing) in college or professionally, you don't want to miss this opportunity. It's the bridge between youth training and the path to the professional world.

For questions: Cameo Carolan at ccarolan@conejousd.org