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Tumbling I - III

**Enrollment:** Course has no prerequisites

**Class Time:** 1 Hour

**Course Description:**
The students will learn stretching and strength exercises as well as a progressive tumbling movements. As each student masters a tumbling skill, the next tumbling trick will be introduced. The students will always learn about safety and team work and positive disciple.

**Course Content:**
This class focuses on providing cheerleaders, dancers, and gymnasts with the skills necessary to become good tumblers. Students will spend time working on strength and tumbling drills that will help them get one step closer to better tumbling for classes and try-outs.

**Beginner tumbling (Tumbling I/Tumbling for Tots)** will work on strengthening handstands, cartwheels, bridges, and rolls, as well as drills for round offs, and walkovers.

**Intermediate Tumbling (Tumbling 2)** have mastered these skills, and will work on perfecting their round-offs, handsprings and walkovers.

**Advanced Tumbling (Tumbling 3)** students have already grasped above skills, and will work on round off back handsprings, front handsprings, front/back tucks, twisting, and more.
Creative Movement I (Formerly Pre-Ballet) (Ages 3 - 5)

**Enrollment:** Course has no prerequisites
**Class Time:** 45 Minutes

**Course Description:**
The students will learn stretching and strength exercises as well as a progressive tumbling movements. As each student masters a tumbling skill, the next tumbling trick will be introduced. The students will always learn about safety and team work and positive discipline. Students will also learn to love movement and explore multiple ways of moving around a space. Students learn ballet terminology and steps, stretches, and movements across the floor, while having fun. Students hear a mix of classical ballet music, and silly songs. Dancers use their imagination to transform into animals. Dancers also have fun using props such as ribbons, instruments, parachutes, and much more!

**Course Content:**
Students spend 30 minutes engaged in movement. They begin with ballet steps, then stretches, then movement around the space.

**Course Objectives:**

1. Students will feel confident participating in a group dance class
2. Students will learn to follow structure and instructions
3. Students will develop a knowledge of basic ballet terms (first position, second position, plie, tendu, releve, bourree, passe)
4. Students will improve balance, flexibility, and coordination
5. Students begin to understand rhythm
Creative Movement 2 (Ages 5 - 8)

**Enrollment:** Course has no prerequisites

**Class Time:** 60 Minutes

**Course Description:**
The students will learn stretching and strength exercises as well as a progressive tumbling movements. As each student masters a tumbling skill, the next tumbling trick will be introduced. The students will always learn about safety and team work and positive disciple. Students will also learn to love movement and explore multiple ways of moving around a space. Students learn ballet terminology and steps, stretches, and movements across the floor, while having fun. Students hear a mix of classical ballet music, and silly songs. Dancers use their imagination to transform into animals. Dancers also have fun using props such as ribbons, instruments, parachutes, and much more!

**Course Content:**
Students spend 60 minutes engaged in movement. They begin with ballet steps, then stretches, then movement around the space.

**Course Objectives:**
Ballet Level I (ages 6 and up)

Enrollment: Course has no prerequisites
Class Time: 45 Minutes

Course Description
Students learn the structure of a traditional ballet class. Reinforce the Fundamentals of classical ballet, focusing on proper body alignment, basic ballet technique and terminology, and musicality. Students will be introduced to elementary barre and center work. This class is offered once a week. Students continue to work towards more advanced steps.

Course Content:
Students are expected to participate in the full 45 minute class. Students begin at the barre, move to center for stretching and center work, then move across the floor.

Course Objectives:

1. Students develop discipline and an understanding of the structure and flow of a ballet class.
2. Students begin to understand ballet technique, and how to incorporate it into their movements
3. Students learn ballet terminology and are able to demonstrate steps learned
4. Students gain flexibility, balance, and coordination
5. Students develop a sense of musicality
Ballet Level 2 (ages 9 and up)

Enrollment: Placement by SJSA instructor
Class Time: 1 Hour

Course Description
Students are invited to Ballet Level 2 after they have demonstrated full understanding of the previous level. Body alignment and muscle awareness will determine progress. Students learn the structure of a traditional ballet class, terms, direction of the body, and increased movement vocabulary. Students learn ballet steps, and continue to work towards more advanced steps.

Course Content
Students are expected to participate in the full 60 minute class. Students begin at the barre, move to center for stretching and center work, then move across the floor.

Course Objectives
1. To learn and execute an intermediate level of ballet technique
2. To understand and practice alignment as it pertains to ballet
3. To increase strength, flexibility and coordination
4. To learn advanced ballet terminology
Ballet Level 3/Ballet for Teens (ages 13 and up)

**Enrollment:** Placement by SJSA instructor  
**Class Time:** 1 Hour

In Ballet Level 3, attention is paid to the proper extension of the limbs, shape of the feet, developing movement sequences, port de bras and balance. Students will see an increase in difficulty in barre and center work. Students begin focusing on repetition and retention.
Caribbean Movement (ages 7 and up)

Enrollment: Course has no prerequisites
Class Time: 1 Hour

Course Description
This is an introduction to Caribbean Dance. Students will learn and execute the fundamentals of Caribbean Dance by practicing movement exercises and dance phrases designed to increase knowledge of Caribbean dance. Students will engage in traditional Caribbean and contemporary cultural forms such as afro – Caribbean movement, merengue, bachata, calypso, and soca.

Course Content
This class is participation oriented. Movement is presented by means of demonstration and description. Repetition and rehearsal are the primary modes of learning and are followed by correction, clarification, and feedback. As students’ progress movement will become more complicated and demanding, integrated and refined. The class is 60 minutes and consists of the following:

- Warm up exercises designed to re-pattern movement habits, stretch and strengthen the body, increase technical skills, and prepare the student to move fully.

- Dance combinations that encourage the development of individual expression as well as honor the historical roots of the dances.

- Closing exercise(s)- incorporating stretching, breathing, and centering. The purpose is to bring closure to our class session, to give care and protection to our muscles and joints and to honor the work we are able to do together.

Learning Outcomes

- Students will demonstrate the ability to consistently perform Caribbean dance combinations including afro Caribbean movement, merengue, bacchanta, calypso, and soca with the understanding of body alignment, fluid, and rhythmic movement through classroom participation

- Students will show their deeper understanding of polyrhythmic, polycentric, and body isolations, strength, and endurance with increased technical skills through dance movements during class.

- Students will learn to integrate other movement across various Caribbean dance disciplines in order to develop technical proficiency as a dance artist by assessing professional dance performance

- Students will demonstrate their knowledge of Caribbean history through a developed awareness of Caribbean dance and its origins
Acting for Theatre I & II

Enrollment: Theatre I is beginners and has no prerequisites/Theatre II: Prerequisite Theatre I

Class Time: 1 Hour

Course Description
Creative expression for the stage, using body, voice and imagination. Students will develop skills in characterization, realistic playing on stage, and emotional connection with a storyline.

Class will include character-related theater games and basic techniques for vocal preparation and performance. As an ensemble, we will work on projection, vocal quality, range, energy, and expressiveness through relaxation and technique exercises.

Course Content
This class is 60 minutes and meets once a week. Students are expected to rehearse scripts between classes, either at home or at the St John School of the Arts.

Class will include character-related theater games and basic techniques for vocal preparation and performance. As an ensemble, we will work on projection, vocal quality, range, energy, and expressiveness through relaxation and technique exercises.

Course Objectives
- Work in collaborative/artistic ensembles; specifically enhancing skills of listening/respect towards others.
- Possess a broad appreciation for theatre arts – in theory, performance, and production, traditional and global standpoints.
- Exhibit a fundamental working knowledge of the basic areas of theatre art (acting, directing, design, voice, etc.)
- Process and maintain a basic knowledge of the history, origin and tradition of theatre as an art form.
- Articulate theatrical knowledge of the basic areas of theatre (acting, directing, design and voice etc.) in both written and oral communication forms.
Ethnic Drumming
*By Private Lesson this year ONLY

Enrollment: Course has no prerequisites
Class Time: 1 Hour

Course Content:
Teach African and Latin-American culture through music and drumming throughout this course students will build important work and community skills including communication skills, cooperative teamwork respect for others. Most importantly this course will engage students through an active, hands-on approach to cultural awareness.

Course Objectives:
Listen actively and critically to various styles of music which include percussion. While listening, students will:
- echo drum patterns played by others
- identify the type of instruments being played
- recognize and label styles of music
- Identify the probable culture from which the music comes.

Learning Outcomes:
Understand and place greater value on the musical cultures of Africa and the Caribbean. Students will:
- describe the way drumming is done in at least two contrasting traditions
- discuss how traditional drumming may be the same or different from contemporary styles in various cultures
- have greater respect for the people represented by the traditions studied.
- discuss how traditional drumming may be the same or different from contemporary styles in various cultures
Guitar I
*By Private Lesson this year ONLY

Enrollment: Course has no prerequisites
Class Time: 1 Hour

Course Description
Introduction to Guitar teaches basic guitar rhythm strumming using acoustic steel-string guitars in standard tuning. In this class we will learn and execute the open chord shapes and explore popular guitar strum patterns while engaging with contemporary, global guitar standards.

Content
This guitar class is participant oriented with an expectation of students to practice at home. Basic guitar anatomy and maintenance is taught with an emphasis on ensemble rhythm strumming. All students are taught to tune their guitar using digital tuners as well as harmonically with other strings in standard tuning of EADGBE. The class introduces major guitar chords based on open strings. They utilize visual helpers, chord diagrams, which they create themselves to further integrate the chords shapes as not only forms but the individual notes that create the chords. Rhythm changes are taught in 4/4 time to create ensemble grooves and provide opportunity for full class to play chords and chord changes to real time beats. All students must maintain a guitar folder and have an option to rent a guitar. The class project song is “Hallelujah” by Leonard Cohen orientating the students in the tradition of acoustic guitar standards and ¾ rhythm. As students progress we move toward finger picking styles used in the class project song using PIMA finger teaching style. The class culminates with a recital performance, playing the class project song together with a light back track.

Daily class schedule is:

- Tuning- students are instructed early on natural notes and standard tuning of acoustic guitars. Using digital tuners and relative pitch as an ensemble, individuals tune their guitars separately and check their tuning collectively as an ensemble.
- Warm-Up- Students begin with playing thumb strings (E, A, D) Index (G), Middle (B), Annular (E) strings to tempo to assure tuning and teach correct finger picking styles, students continue under direction of instructor to finger strengthening exercises using Index and Middle fingers playing open strings to a 4/4 beat, continuing with open strings to first fret to learn the fret board, warm up culminates with reciting fret board note positions.
- Open Chord Shapes and Rhythm Changes- Students learn chord shapes and names by instructor vocal repetition and demonstration. New chords shapes are drawn by students using tablature chord diagrams to further integrate new material and learn the notes of major chords G, C, D, Em, B7, Am. In students folders, rhythm changes using music staff sheets are practiced weekly varying playing chord changes working our way up to faster chord changes to play the class project song.
Strum Practice and Music Appreciation- Class culminates with a review of basic chord strums (DUDU, DDDD, UUUU, and Alternating Bass Notes boom chuck) while exploring layering rhythm grooves created by the class or exemplified and class songs like “Hallelujah”.

Course Objectives
1. Learning Guitar technical proficiency
2. Learning to tune guitar.
3. Strengthening ear to correct pitch.
4. Improving ear tonality
5. Making connection between high and low pitches.
6. Improve focus and clarity of mind.
7. Playing in rhythm for duration of a song.
8. Strengthening tempo awareness.
10. Building finger strength on fret and strum hands
11. Learn open guitar strings.
12. Identify notes that make up chords
13. Understanding basic language in music (chords, notes, tempo, rhythm, etc.

Demonstrate and appreciation for guitar music styles. Integrate music appreciation for genres outside student’s own preferences. Show deeper understanding of how strum styles can change feeling or grooves in music. Demonstrate how grooves are create through ensemble playing rhythmic strumming. Demonstrate strength and dexterity needed for lasting and quality guitar playing. Integrate basic chord shapes across different songs and genres.
Guitar II
*By Private Lesson this year ONLY

Enrollment: Audition required
Class Time: 1 Hour

Course Content:
Guitar II helps student’s improve guitar basic guitar chords, picking, and finer picking techniques. To make the learning process engaging students will learn familiar song. Students will also be encouraged throughout the class to compose his or her own original song.

Course Objectives:
1. Learning guitar technical proficiency
2. Learning to tune guitar.
3. Strengthening ear to correct pitch.
4. Improving ear tonality
5. Making connection between high and low pitches.
6. Improve focus and clarity of mind.
7. Playing in rhythm for duration of a song.
8. Strengthening tempo awareness.
10. Building finger strength on fret and strum hands
11. Learn open guitar strings (GCEA).
12. Identify notes that make up chords
13. Understanding basic language in music (chords, notes, tempo, rhythm, etc.

Learning Outcomes:
Demonstrate and appreciation for guitar music styles. Integrate music appreciation for genres outside student’s own preferences. Show deeper understanding of how strum styles can change feeling or grooves in music. Demonstrate how grooves are created in ensemble playing using rhythmic strumming. Demonstrate strength and dexterity needed for lasting and quality Ukulele playing. Integrate basic chord shapes across different songs and genres.
Groovin' With Ukulele: Ukulele I + II  
*By Private Lesson this year ONLY

Enrollment: Ukulele I has no prerequisites / Ukulele II Prerequisite: Ukulele I  
Class Time: 1 Hour

Course Description  
Introduction to Ukulele teaches basic Ukulele rhythm strumming using acoustic steel-string Ukuleles in standard tuning. In this class we will learn and execute the open chord shapes of C, Em, Am, F, G. We will learn the basic strum patterns using 4/4 rhythms, while engaging with contemporary Ukulele music standards of fun Caribbean, Hawaiian and Pop genres.

Content  
This Ukulele class is participant oriented with an expectation of students to practice at home. Basic Ukulele anatomy and maintenance is taught with an emphasis on ensemble rhythm strumming. All students are taught to tune their Ukulele using digital tuners as well as harmonically with other strings in standard tuning of EADGBE. The class introduces major Ukulele chords based on open strings. They utilize visual helpers, chord diagrams, which they create themselves to further integrate the chords shapes as not only forms but the individual notes that create the chords. Rhythm changes are taught in 4/4 time to create ensemble grooves and provide opportunity for full class to play chords and chord changes to real time beats. All students must maintain a Ukulele folder and have an option to rent a Ukulele. The class project song is “It’s Raining It’s Pouring” Folk and Nursery Rhyme orientating the students in melody playing on string instruments. The class culminates with a recital performance, playing the class project song together with a light back track.

Daily class schedule is:

- Tuning- students are instructed early on natural notes and standard tuning of Ukuleles. Using digital tuners and relative pitch as an ensemble, individuals tune their Ukuleles separately and check there tuning collectively as an ensemble.
- Warm-Up- Students begin with playing open strings to tempo to assure tuning and teach individual string playing, students continue under direction of instructor to finger strengthening exercises using Index and Middle fingers playing open strings to a 4/4 beat, continuing with open strings to first fret to learn the fret board, warm up culminates with reciting fret board note positions up to the fifth fret.
- Open Chord Shapes and Rhythm Changes- Students learn chord shapes and names by instructor vocal repetition and demonstration. In students folders, rhythm changes using music staff sheets are practiced weekly varying playing chord changes working our way up to faster chord changes to play the class project song. Movement is used to further integrate rhythm grooves and changes using head, hands, and feet then to Ukulele.
• Strum Practice and Music Appreciation - Class culminates with a review of basic chord strums (DUDU, DDDD, UUUU, and Alternating Bass Notes boom chuck) while exploring layering rhythm grooves using chords learned in class.

Course Objectives
14. Learning Ukulele technical proficiency
15. Learning to tune Ukulele.
16. Strengthening ear to correct pitch.
17. Improving ear tonality
18. Making connection between high and low pitches.
19. Improve focus and clarity of mind.
20. Playing in rhythm for duration of a song.
22. Gaining finger dexterity.
23. Building finger strength on fret and strum hands
24. Learn open Ukulele strings (GCEA).
25. Identify notes that make up chords
26. Understanding basic language in music (chords, notes, tempo, rhythm, etc.

Learning Outcomes:
Demonstrate and appreciation for Ukulele music styles. Integrate music appreciation for genres outside student’s own preferences. Show deeper understanding of how strum styles can change feeling or grooves in music. Demonstrate how grooves are created in ensemble playing using rhythmic strumming. Demonstrate strength and dexterity needed for lasting and quality Ukulele playing. Integrate basic chord shapes across different songs and genres.