



Welcome to the 2020 School year! We are so excited to offer an amazing program for in-person training this fall with specific guidelines in place to ensure the safety of each dancer and maintain social distance guidelines while in class. DanceQuest offers a nurturing and safe environment for a young beginner dancer, an exciting and challenging place for intermediate and advanced dancers to grow, and great fun for anyone who just loves the art of dance! Our philosophy is to properly train dancers with strong technique and give them all the tools they need to reach their goals. Our goal is to provide a safe, nurturing, and fun environment for students to learn proper dance technique and achieve all their dreams.

As we go into this new school year, although we have a lot of unknowns, we do have many exciting opportunities for dancers! Our DanceQuest programming will have everything from toddler classes to our advanced programs for the more serious dancer. Our new program layout will have a name to each group of levels/ages such as our "Aspiring Dancers" program for our Level I students. We also have convenient back to back styles for many of our ages/levels so students can try out more than one class and we encourage every dancer to do so! We also have new classes on our schedule as well that will be fun to try out such as Jr. Musical Theater, Beginner Contemporary, Intro to Modern/Lyrical, Teen Musical Theater/Tap, and Dance/Tumbling combo classes! We will also be introducing a new DanceQuest Ambassador program. Check out our program listing below for more info...

2020 DanceQuest Programs

Toddlers Can Dance! (Toddler Program)

Tiny Two's*	2 years old	30 min
Twirl and Tumble (gym/dance combo)*	2-3 years	45 min

Tiny Twirlers (Preschool Program)

Petite Ballerina's (Ballet & creative movement)*	3-4 year olds	45 min
Fairytale Ballet (Ballet)*	4-5 year olds	60 min
Demi Ballerinas (Ballet)*	5-6 year olds	60 min
Broadway Stars (Jazz/Tap)*	4-6 years old	60 min

Dancers in Motion (Elementary Program)

Ballet Basics*	6-7 year olds	60 min
Ballet/Jazz*	6-7 year olds	60 min
Ballet/Tap	5-7 year olds	60 min
Ballet Basics*	7-8 year olds	60 min
Basic Tap	6-8 year olds	60 min
Jr Musical Theater*	7-10 years	60 min
Jr Hip Hop*	5-7 years	60 min

**Also offered as a virtual class!*

Learn to Dance (Beginner/Intro classes)

Intro to Modern/Lyrical*	9-11 years	60 min	*Must take Ballet as well
Beg Contemporary*	9 & up	60 min	*Must take Ballet as well
Beg Ballet/Jazz*	9-11 years	75 min	
Beginner Ballet*	10-12 years	60 min	
Beginner Hip Hop	8-10 years	60 min	
Beginner/Cont Tap	8 yrs & up	60 min	*1-2 years of Basic/Beginner Tap
Beginner Jazz	8-10 years		

Aspiring Dancers (Level I)

Ballet I	8-10 years	60 min	*2 years of consecutive ballet
Ballet IB	9-11 years	60 min, 2x/wk	*2 years of consecutive ballet
Intro to Modern/Lyrical*	9-11 years	60 min	**Must take Ballet as well
Beg Contemporary*	9 & up	60 min.	**Must take Ballet as well
Cont. Jazz	9-11 years	60 min	*1 full year of Beg Jazz
Cont. Tap	9-11 years	60 min	*1 full year of Beg Tap
Hip Hop I	8-11 years	60 min	*1 year of Beg Hip Hop

Youth Training Program (Level II)

Ballet II	10-12 years	90 min, 2x/wk	*3 consecutive years of ballet or Director approval
Ballet IIB	10-13 years	90 min, 2x/wk	*3 consecutive years of ballet or Director approval
Int Modern	10 & up	60 min	*1 year of Modern
Int Jazz	10 & up	60 min	*Must have 2 years of Jazz
Int Tap	10 & up	60 min	*Must have 2 years of Tap

Pre-Professional Program (Level III-IV)

*All must meet Director approval for level placement

Ballet	12 & up	90 min, 3x/wk	
Pointe	13 & up	60 min, 2x/wk	*Director/Teacher Approval
Adv Modern/Cont.	14 & up	75 min	
Adv Jazz	15 & up	75 min	
Choreography/Repertoire	11 & up	75 min	*Invitation Only

Just for Teens (Teen Program)

Ballet/Lyrical*	13 & up	75 min
Jazz/Contemporary*	13 & up	60 min
Teen Musical Theater/Tap*	12 & up	60 min
Teen Hip Hop	13 & up	60 min

Additional classes

Stretch & Strengthen*	11 & up	45 min
Int Teen/Adult Tap*		60 min *Instructor Approval
Dance & Tumble*	8-11 years	60 min
Boys Hip Hop/Break Dancing	8-11 years	60 min
Adult Beg/Int Ballet		60 min

*New class being offered

For specific questions on classes or placement or a customized schedule,, please contact the director at ashlie.gdq@gmail.com.

DanceQuest FAQ and class guidelines

What programs are available to my dancer at DanceQuest?

There are several different programs available for your dancer at DanceQuest starting for the fall of 2020! DanceQuest has 4 divisions of training with an emphasis on technique for dancers of all ages and abilities.

- ★ **Toddler's Can Dance!** (Toddler program)
- ★ **Tiny Twirlers** (Preschool Program)
- ★ **Dancers in Motion** (Elementary Program)
- ★ **Learn to Dance!** (Beginner/Intro Program)
- ★ **Aspiring Dancers** (Level I)
- ★ **Youth Training Program** (Level II)
- ★ **Pre-professional Program** (Int/Adv and Level III & IV)
- ★ **Teen Program** (for Pre-teens and High Schoolers)
- ★ **Adult Program**

All students at DanceQuest will receive equal quality training with additional attention given to musicality, movement quality and anatomically correct work. Ballet instruction at DanceQuest will continue to focus on technique and proper alignment while educating the dancer in a nurturing and inspiring environment to not only help them grow as a dancer but also an individual. So whether you want to take ballet or another style recreationally or take it to the next level, there is a place for every skill level.

How many classes of ballet should I take?

Dancers are encouraged to take the recommended amount of classes per their level each week.

Ballet I- 1-2 Ballet technique classes a week

Ballet IB- Recommended 2 Ballet technique classes

Ballet II – 2 Ballet technique classes per week

Ballet III & IV- 3 Ballet technique classes per week

Ballet students in levels IB & up are strongly recommended to take the Stretch & Strengthen class.

What is a conditioning class?

It is imperative that dancers are strong, physically fit, and able to endure the rigors of dance performance. A conditioning regime allows dancers an opportunity to strengthen their bodies to compliment their technical and stylistic dance training and prevent injuries. This class will also give students the opportunity to work on different aspects of their upper body strength, core strength and flexibility that they normally wouldn't do in a ballet class but can help improve not only their ballet but dance training overall.

Can my dancer take Pre-pointe or Pointe at DanceQuest?

Requirements for Pointe training at DanceQuest are strictly set in place by the Director and Ballet faculty. In order to be en pointe, dancers must accomplish many skills in their ballet training and show strong physical elements that we feel meets the requirements of being en pointe.

Students can receive an invitation to take the pre-pointe class once they are in Ballet IB & up if they are not en pointe. Once the Director and faculty feel a student is ready to go en pointe, a student will have a meeting as well as a special invitation to start their pointe training.

Students who are already en pointe are required to take pointe classes 2x/wk to maintain that level of training.

Can I take Contemporary or Intro to Modern/Lyrical by itself?

In order to take Contemporary, Modern or Lyrical classes at DanceQuest, a student must be taking ballet as well. These styles of dances come with technical skills learned in the art of ballet and in or to master or progress in that style, a knowledge of ballet is required.

Will there be performing opportunities for my dancer?

At this moment, we are planning to hold off on our performing and ballet companies. Without knowing the future of the year a couple months in advance, we do not have performances set up for these groups. But in the meantime we want students to really take the time to focus on their training and technique so when we do hold auditions (hopefully mid-year) you will come back stronger than ever! We are also keeping additional options in mind for additional performance opportunities such as competing. DanceQuest is a non-competitive school but we are always encouraging our students to provide feedback for other opportunities they may be interested in pursuing. Keep an eye out for more info to come!

What is the Choreography/Rep class?

This will be an invitation-only class for Int/Adv students to take that will focus on setting and learning choreography. Guest choreographers and current DanceQuest faculty will have the opportunity to work with these students and set new works on them as a learning opportunity and possibly for performance use in the future.

Will you be offering any virtual dance classes for those who are not comfortable with in-person training?

Yes! We currently have a Basic Ballet class on the schedule for Monday's for 6-8 year olds and are looking to add more. Or if there is a class you are interested in enrolling in but not in-person, let us know and we will give you options for doing the class virtually! We want everyone to feel safe and be able to know they can still dance!

We encourage you to take a look at these classes and programs and pursue trying something new or continuing your training where you left off. We will also be adding a Saturday Morning Master class series starting in September as well as announcing more info on our new Ambassador program. We do have 1 virtual class set up on our schedule for those who do not want to do in-person training. For anyone interested in more virtual class options, please let us know! Once again we look forward to this brand new year with a fresh start with growth from DanceQuest and the students.

Thank you,

Ashlie Andersen
Dance Director
DanceQuest Dance