

Classes at Nunnbetter Dance Theatre

Nunnbetter Dance Theatre (NDT) proudly boasts a rich dance curriculum complete with an award winning ballet program, contemporary, jazz, musical theater dance, and modern. We offer classes for students as young as age 3 thru adult.

We are happy to offer free trial classes so that students can explore our different classes and find the right fit for them. To schedule a free trial class, please contact Jodi@nunnbetterdance.com or call our office at 201-385-9638.

Below are some class descriptions to help you begin your journey with Nunnbetter Dance Theatre.

NDT's BALLET PROGRAM

Creative Movement: Creative Movement is a music and dance based class for our youngest of dancers (ages 3 - 5) Students will learn cooperation, movement and music all while embracing the very fundamentals of ballet.

Intro To Ballet: Intro To Ballet is a pre-ballet curriculum class for our students ages 5.-6 years old and not yet entering first grade. Here dancers will begin to learn ballet terminology, positions and while still creatively embracing movement, start to learn some of the building blocks of ballet training.

Ballet 1, 2 and 3: NDT's Ballet curriculum begins with Ballet 1 as students are entering first or second grade and around age 6 or 7. Here they will now wear a class level uniform. They will begin barre work and learn ballet terminology, posture and basics.

In Ballet 2 students are now 7, 8 and 9 years old. These students have mastered the very basics of ballet and continue to expand upon their terminology and skills.

By Ballet 3, students are now third grade and higher, usually ages 8 and up and are feeling confident in their ballet barre progression and beginning center floor work. Students who are looking to advance at a faster pace are encouraged at the Ballet 3 level to take class twice a week so that they can master the harder skills they will be taught all while building core strength and flexibility.

Ballet 4: At Ballet 4 students can choose to still take once a week, however they then will be asked to repeat Ballet 4 a second year where they will go into the fast track program of twice a week.* Students who are ready to proceed at a faster pace and/or who are looking to study with a more concentrated effort can choose to take the Ballet 4 fast track program so that they are ready to move on sooner.

Ballet 4 Fast Track: The Ballet 4 FAst Track program is perfect for the student who wishes to push themselves in their ballet studies. It is meant for those students entering Ballet 4 at age 10

and up, and it is a mandatory twice a week class program. The Ballet 4 Fast Track program is on Tuesdays and Thursdays.

Ballet 5: Ballet 5 is a turning point level where students who have mastered adequate strength will be allowed to go on pointe mid year. This level is a mandatory twice a week class, with a strong suggestion to take an additional class to maintain consistency. From Ballet 5 forward, students will not automatically be passed to the next level as from this point forward, it is important that not only the dancer not only understand the curriculum, but also are able to competently demonstrate the strength and agility needed to move forward into a stricter curriculum.

Ballet 6: The Ballet 6 level is where students will be allowed to audition for the Jr. Company at NDT. Ballet 6 students must take twice a week, however, those students looking to be in Company must take a mandatory 3 ballet classes per week. Pointe work becomes very important from this level forward and students should expect to be working at a much higher degree of difficulty. Students remain at level 6 for two years.

Intermediate Ballet: The Intermediate Level is a very big transition level for our dancers. Intermediate Ballet students must take a minimum of two ballet classes per week plus one pointe class. Those Intermediate students also wanting to audition to be in the NDT Company must take a minimum of 3 ballet classes and one pointe class weekly, with an additional class in another genre such as modern, contemporary, jazz, theater dance or hip hop. Students remain at Intermediate Ballet a minimum of 2 years.

Advanced Ballet: Students who reach our advanced ballet levels have a fine knowledge of ballet vocabulary, a mastery of many of ballet's skills and are committed to working at a focused and intense level. Students in the advanced level are required to take a minimum of 3 ballet classes and one pointe class weekly. Students who are in NDT's Company are required to take a minimum of 4 ballet classes, 2 pointe classes and two other advanced level classes weekly. Students in this level often go on to study after they graduate and many have successful careers in dance companies around the country.

Teen Ballet: Students who want to start Ballet classes but are older are invited to join our Teen Ballet class. This class meets once a week and is a wonderful way for those students who come to the studio as a middle school or high school student to start dance in a non-judgemental and relaxed environment.

Additional Styles and Levels at Nunnbetter Dance Theatre

Jazz, Theater Dance, Hip-Hop and Contemporary

Nunnbetter Dance Theatre offers 3 levels of Jazz, Theater Dance, Hip Hop and Contemporary classes. These classes are based on age as well as progression. We want to make sure that

all dancers are in a great learning environment and feel comfortable but still challenged. Jazz class is a fast and fun form of movement that students truly enjoy. Theater Dance is a jazz based style that focuses on the musical theater genre of shows and music. Hip-Hop is a fast, hard hitting style that has a street style sensibility. And Contemporary is a lyrical based style that uses a ballet base, contemporary music and expression to tell a story.

The levels we offer in the above styles are :

Advanced Beginner levels are for those students who have some dance experience, but not necessarily in that particular genre. Usually these students are ages 8-10 years old.

Intermediate Levels are for those students who have had 2-4 years of dance training and who are roughly 11-14 years old.

Advanced levels are for students who have been dancing for 4 or more years. Normally our advanced dancers are age 14 and older, however all advanced level classes are invitation only and participation in these classes is approved by the teacher.

Other Classes at NDT

Modern Dance

Modern dance is a beautiful and expressive form of dance that NDT proudly offers. Modern is a creative style that builds upon ballet's core strengths and movements. NDT has two levels of modern, intermediate and advanced. Intermediate students are usually 11 years and older and advanced students 14 years and older both with appropriate training foundations.

Teen Theater Jazz

Teen Theater Jazz is a class for those students who are looking for an introductory dance class in both theater dance and jazz dance styles. Students are ages 12 and up and do not need prior dance experience.

Tiny Tap and Jazz

Tiny Tap and Jazz is a perfect way to get your little one moving. For students ages 5, 6, and 7, this class is a combination class where dancers will learn the basics of jazz dance styles and beginner tap. This is a spunky class for little ones with a lot of energy.

Broadway Bootcamp

Broadway Bootcamp classes are an exciting mix of voice, dance and acting. Students will sing, dance and act as they put together musical theater pieces. This is a great class for budding superstars and class clowns alike. It is also a perfect class to help those shy students come out of their shells. B'way Bootcamp 1 is for ages 6, 7, 8. Broadway Bootcamp 2 is for students ages 9 (who have graduated from B'way Bootcamp 1) or ages 10, 11, 12. B'way Bootcamp 3 is for ages 13 and older.

Teen Scene Study is for students ages 13 and up who want to work specifically on acting skills. In this class students will explore monologues, scene work, and public speaking of all kinds.

Core Conditioning and Stretch

Every dancer relies on their core strength and flexibility as they progress and learn. The Core Conditioning and Stretch classes are specifically designed to work on elongating dancer's muscles while building a strong core and support. A minimum of at least one Core Conditioning and Stretch class is required for dancers wishing to audition for NDT Company.

Private Lessons at NDT

Nunnbetter Dance Theatre is happy to provide access to students for private lessons upon request. Private lessons can be arranged with any of the NDT faculty by first checking in the NDT office. Together with the teacher, we will schedule studio time as available. Additional fees do apply for studio rental and teacher compensation.