

Cynergy Dance Curriculum Levels

Level 1: Introduction to Dance & Movement

Level 1 will focus on introduction to dance and movement. All classes will teach basic terminology, coordination, musicality all while nurturing students love for dance. This class would greatly benefit first time dancers ages **2-4 years of age**. No previous experience is necessary.

Level 2: Introduction Beginner Dance Basic Skills

Level 2 will focus on broadening the fundamentals of dance technique while continuing progressing our body coordination, playing with new rhythms, and introducing basic skills. These classes would greatly benefit dancers with 1-2 years of dance experience from **ages 4-6 years of age**.

Level 3: Elementary Advanced Beginner

Level 3 will continue to instill the fundamentals of dance technique while moving towards more advanced skills and terminology. Students who are enrolled in this level will benefit most from having received prior training of at least 2-4 years. This is recommended for **ages 6-8 years of age**. **Dance instructors may request dancer level assessment before being placed in this class.**

Level 4: Beginner to Intermediate

Level 4 is a beginner working towards an intermediate level for ages 8 and up. Classes will focus on fundamentals, basic skills, technique, and terminology. This is an excellent way to start your dance journey and/or sharpen previous skills from past experience. **No previous experience is required**.

Level 5: Intermediate

Level 5 is our intermediate group right below our top level. Dancers enrolled are training 2-4 days a week, and are expected to have good knowledge of ballet and jazz technique. These classes are recommended for dancers with 4-6 years of dance experience. Dancers are required to have specific skills upon enrolling to expand on more advanced movements.

Level 6: Intermediate to Advanced

Level 6 is considered intermediate/ advanced class where dancers are training 3-5 days a week and are expected to have several prior years training in dance technique. Perform advanced moments with strong technical foundation. Ability to pick up choreography quickly. Must have good body awareness and sufficient flexibility. Specific skills are required upon enrollment.