TAMU DANCE
WINTER INTENSIVE

CLASS SCHEDULE

Day 1: Sunday, January 17

10:00 - 11:00 am
Conditioning for Core Control

11:00 - 11:15 am
Break

11:15 - 12:45 pm
Ballet Technique

12:45 - 1:30 pm
Lunch Break

1:30 - 2:45 pm
Increasing Your Arabesque Height

2:45 - 3:00 pm
Wrap Up

Day 2: Monday, January 18

10:00 - 11:00 am
Conditioning for External Rotation

11:00 - 11:15 am
Break

11:15 - 12:45 pm
Modern Dance Technique

12:45 - 1:30 pm
Lunch Break

1:30 - 2:45 pm
Improving Ankle Stability

2:45 - 3:00 pm
Wrap Up

Contact Brooke Griffin with any questions at brgriffin@tamu.edu
TAMU DANCE WINTER INTENSIVE

CLASS DESCRIPTIONS

Conditioning for Core Control
This conditioning class takes a look at muscles used to gain core control in dance training and performance. It will include exercises to improve abdominal strength, engage back muscles and how the interaction between the two muscle groups improve core control in the dancer.

Modern Dance Technique
This class will review the positions of the spine in a modern dance class and how the use of the spine is utilized in a modern dance class. It will provide phrases to increase range of motion in the spine while maintaining proper dance technique.

Ballet Technique
This ballet class covers the elements of a traditional class including barre, centre and across the floor combinations. It will incorporate proper safe practices principles into the class including proper use of turn out, appropriate placement of dynamic and static stretching techniques and correct body placement within positions.

Conditioning for External Rotation
This session will provide a basic understanding of the hip joint and the deep rotators muscles and their role in turn out. It will provide exercises on how to improve the engagement of the rotators in dance training. (You will need paper plates or rotator discs for this session.)

Increasing Your Arabesque Height
As dancers we hope and aim for high extensions in all positions. This session will address ways one can increase the height of arabesque. It will teach exercises to strengthen the muscles used in arabesque while increasing flexibility in order to aid in the arabesque position.

Improving Ankle Stability
Improving ankle stability in dancers is essential in all forms of classical dance training. This session will provide an understanding of the joint and muscular function of the ankle joint in regard to stability in relevé and jumping. It will demonstrate exercises to improve the strength in the foot and ankle to aid in stability and function.