

Classes Offered By Level 2018/2019– Recreational and Competitive

Competitive Vs. Non-Competitive

Marr Mac offers classes for both the competitive and non-competitive dancer. We, at Marr Mac, take pride in both streams of training and place emphasis on quality instruction for all classes.

- The **non-competitive stream** focuses on training and technique through the love of dance. Dancers work hard throughout the year to improve and excel in each discipline, and take part in the Marr Mac Year End Show in June. Students in the non-competitive stream may pick and choose which styles of dance they wish to take part in, with more “wobble-room” than the Competitive stream as there are less class requirements and added commitments (time-wise and financially).
- The **competitive stream** begins at Level 1 Prep, for the majority, and is focused on holistically training a dancer as part of a team to compete in Spring competitions. The instructors thoughtfully assemble the competitive classes so there is unity within the group, as age and skill level must be in synch for the class to present well in competition. Please note there are certain class requirements for the competitive dancer to build and maintain the strength and technique that is required to train at that competitive level (listed below, by level). This extra commitment not only includes required classes, but also extra rehearsals, competitions to attend in April and May, as well as additional fees for guest choreography, costumes and competition fees.

Non-Competitive Stream- Classes by Level

Creative Movement – Ages 3-4

- Creative Movement (Ballet based)
 - Monday Creative Movement (4 yrs)
- Ballet & Jazz combination class
 - Saturday Ballet/Jazz 3-5 yrs

Pre-Primary – Ages 5 & 6

- Ballet
 - Monday Pre-Primary Ballet
 - Saturday Ballet 6–8 yrs
 - Saturday Ballet 3-5 yrs
- Tap/Jazz Combo Class
 - Monday Pre-Primary Tap/Jazz Combo Class

- Jazz
 - Saturday Jazz 6-8 yrs
- Hip Hop
 - Saturday Hip Hop Level 1 NC

Primary – Ages 7 & 8

- Ballet
 - Monday Primary Ballet
 - Saturday Ballet 6-8 yrs
- Tap/Jazz Combo Class
 - Monday Primary Tap/Jazz Combo
- Jazz
 - Saturday Jazz 6-8 yrs
- Hip Hop
 - Saturday Hip Hop Level 1 NC
- Glee
 - Saturday Glee 8 yrs & up
- Irish
 - Tuesday Novice Irish
- Bollywood
 - Monday Bollywood Beginner

V Prep/Level 1 Prep Ages 7 & 8 (Based on experience)

Some students are the same age as “Primary” but due to years of experience, have been moved to a level called V Prep or Level 1 Prep. These students have access to all of the Primary classes, but will take V Prep or Level 1 Prep when necessary. Jazz also begins competing at this level, if the student chooses. Please see the Competition Handbook for class options and requirements.

- Jazz/Tap Combo Class
 - Monday Primary Jazz/Tap Combo
- Jazz
 - Saturday Jazz 6-8 yrs
- Hip Hop
 - Saturday Hip Hop Level 1 NC
- Glee
 - Saturday Glee 8 yrs & up
- V Prep Ballet
 - Wednesday VB Prep
- Bollywood
 - Monday Bollywood Beginner
- Irish
 - Tuesday Novice Irish

Level 1 – Ages 9 & 10

- Ballet
 - Wednesday VB 1
 - Thursday Ballet Tech 1/2
- Jazz
 - Thursday Jazz 1/2 NC
- Hip Hop
 - Saturday Hip Hop Level 1 NC
- Glee
 - Saturday Glee 8 yrs & up
- Tap
 - Wednesday Level 1/2
- Tap Choreo class - Option to compete in Tap if dancer has 2 or more years tap experience.
 - Wednesday Tap Choreo
- Bollywood
 - Monday Bollywood Beginner or Intermediate depending on experience
- Irish
 - Novice Irish

Level 2 – Ages 10 & 11

- Ballet
 - Monday VB 2
 - Thursday Ballet Tech 1/2
- Jazz
 - Thursday Jazz 1/2 NC
- Tap
 - Wednesday Level 1/2
- Strength & Stretch
 - Wednesday Strength & Stretch Level 2/3
- Hip Hop
 - Saturday Level 1 or Level 2 NC (Depending on years experience)
- Glee
 - Saturday Glee 8 yrs & up
- Bollywood
 - Monday Bollywood
- Irish
 - Novice Irish

Level 3 – Ages 11 & 12 yrs

- Vaganova Ballet & Exam Classes * if taking VB classes, must take BOTH Thurs & Saturday
 - Thursday VB 3 AND Saturday VB 3
 - (Sunday Exam class begins in January 2019 if taking exam)
- Ballet Tech Classes
 - Tuesday Ballet Tech 3
 - Thursday Ballet Tech 3/4
- Jazz
 - Thursday Jazz 3/4 NC
- Contemp/Lyrical
 - Thursday Contemp Lyrical 3/4 NC
- Hip Hop
 - Saturday Hip Hop Level 2 or 3 depending on experience
- Glee
 - Saturday Glee 8 yrs & up
- Bollywood
 - Monday Bollywood Beginner or Intermediate depending on experience
- Strength & Stretch
 - Wednesday Strength/Stretch 2/3
- Injury Prevention - Tuesday

Level 4 – Ages 13 & up

- Vaganova Ballet & Exam Classes *if taking VB classes, must take BOTH Thurs & Saturday
 - Thursday VB 4 AND Saturday VB 4
 - (Sunday Exam class begins in January 2019 if taking exam)
- Ballet Tech Classes
 - Tuesday Ballet Tech 4
 - Thursday Ballet Tech 3/4
- Jazz
 - Thursday Jazz 3/4 NC
- Contemp/Lyrical
 - Thursday Contemp Lyrical 3/4 NC
- Hip Hop
 - Saturday Hip Hop Level 3 NC
- Tap
 - Wednesday Tap Level 4/5
- Bollywood
 - Monday Bollywood Beginner or Intermediate depending on experience
- Jumps & Turns
 - Wednesday Jumps & Turns Level 4/5
- Strength & Stretch
 - Wednesday Strength/Stretch 4/5
- Injury Prevention
 - Tuesday

Level 5 – Ages 15 & up

- Vaganova Ballet & Exam Classes *if taking VB classes, must take BOTH Tues & Saturday
 - Tuesday VB 5 AND Saturday VB 5
 - Thursday VB 5 Exam & Comp Choreo (Must be 3rd VB 5 ballet class per week in order to register & compete. Do not need to meet additional competition requirements.)
 - Tuesday Repertoire
- Ballet Tech Classes
 - Monday Advanced Ballet
 - Monday Pas De Deux
- Tap
 - Wednesday Tap Level 4/5
- Bollywood
 - Monday Bollywood Beginner or Intermediate depending on experience
- Jumps & Turns
 - Wednesday Jumps & Turns Level 4/5
- Strength & Stretch
 - Wednesday Strength/Stretch 4/5
- Injury Prevention
 - Tuesday

Competitive Requirements

In order to build the strength and technique required to perform well in the competitive setting, certain classes are required to train at each level. Dancers spend 2 years in each of the Marr Mac levels. Additional competitive requirements are added on one year at a time.

Each level contains a list of the required classes to compete, as well as additional optional classes that are offered for that age.

PLEASE NOTE: *The following competitive requirements do not apply to students wishing to compete in Tap or Hip Hop classes.*

- **Tap** – *Students must be registered in a Tap Technique and a Tap Choreo Class*
- **Hip Hop** – *Students only need to be registered in the competitive Hip Hop class*

****Dancers do not need to compete in all offered disciplines. As long as competition requirements are being met, dancers may partake in non-competitive classes as well****

Level 1 Prep – Year One and Year Two

Requirements:

- One ballet class

Competition Choreography class offered (this class will compete):

- Jazz choreography

Additional classes offered (optional):

- Second ballet class (strongly recommended)
- Second jazz class
- Tap/Jazz Combo Class
- Hip Hop
- Glee
- Irish
- Bollywood

Level 1 – Year One and Year Two

Requirements:

- One ballet class

Competition Choreography class offered (this class will compete):

- Jazz choreography

Additional classes offered (optional):

- Second ballet class (strongly recommended)
- Tap
- Hip Hop
- Glee
- Irish
- Bollywood

Level 2 – Year One and Year Two

Requirements:

- One ballet class
- Jazz Technique (if registered in Jazz Choreography)

Competition Choreography class offered (this class will compete):

- Jazz choreography

Additional classes offered (optional):

- Strength & Stretch (strongly recommended)
- Second and/or third ballet class (strongly recommended)
- Tap

- Hip Hop
- Glee
- Bollywood
- Highland
- Lyrical
 - (lyrical begins competing at Level 3. It is recommended to begin training at level 2 to compete at Level 3)

Level 3

Requirements:

- Two ballet classes
- Jazz Technique (if registered in Jazz Choreography)

Students in their second year of Level 3 must add in: At least one of the “Support Classes”

- Jumps & Turns
- Strength & Stretch (**strongly recommended to add in first year as well, but not required**)
- Injury Prevention

Competition Choreography classes offered (these classes will compete):

- Jazz choreography
- Lyrical choreography

Additional Classes offered (optional):

- Additional ballet classes during the week
- Sunday ballet exam class (beginning January) to prepare for ballet exam
- Hip Hop
- Glee
- Bollywood

Level 4 & 5

Requirements:

- Two ballet classes
- Jazz Technique (if registered in Jazz Choreography)
- At least two of the “Support Classes”
 - Jumps & Turns
 - Strength & Stretch
 - Injury Prevention

Competition Choreography classes offered (these classes will compete):

- Jazz choreography
- Lyrical choreography
- Contemporary choreography
- VB 5 Exam & Comp Choreo (for level 5 students)

Additional Classes offered (optional):

- Hip Hop
- Bollywood
- Additional Ballet classes
- Tap
- Repertoire & Pas De Deux (level 5 students)

Teen Competitive

The Teen Competitive level is for students 11 years and older who wish to compete in jazz at a more recreational level. The competition requirements are reduced to allow for a less demanding class schedule.

The Teen Competitive level will compete in 2 local festivals.

Requirements:

- One Ballet class

Competition Choreography class offered:

- Teen Jazz Comp 11up

Additional Classes offered (optional):

- Additional ballet classes
- Injury Prevention
- Jumps and Turns (if level 4 or 5)
- Non-Competitive Contemp Lyrical
- Hip Hop
- Bollywood
- Tap