

**ONLINE**

# DANCE X DIGITAL



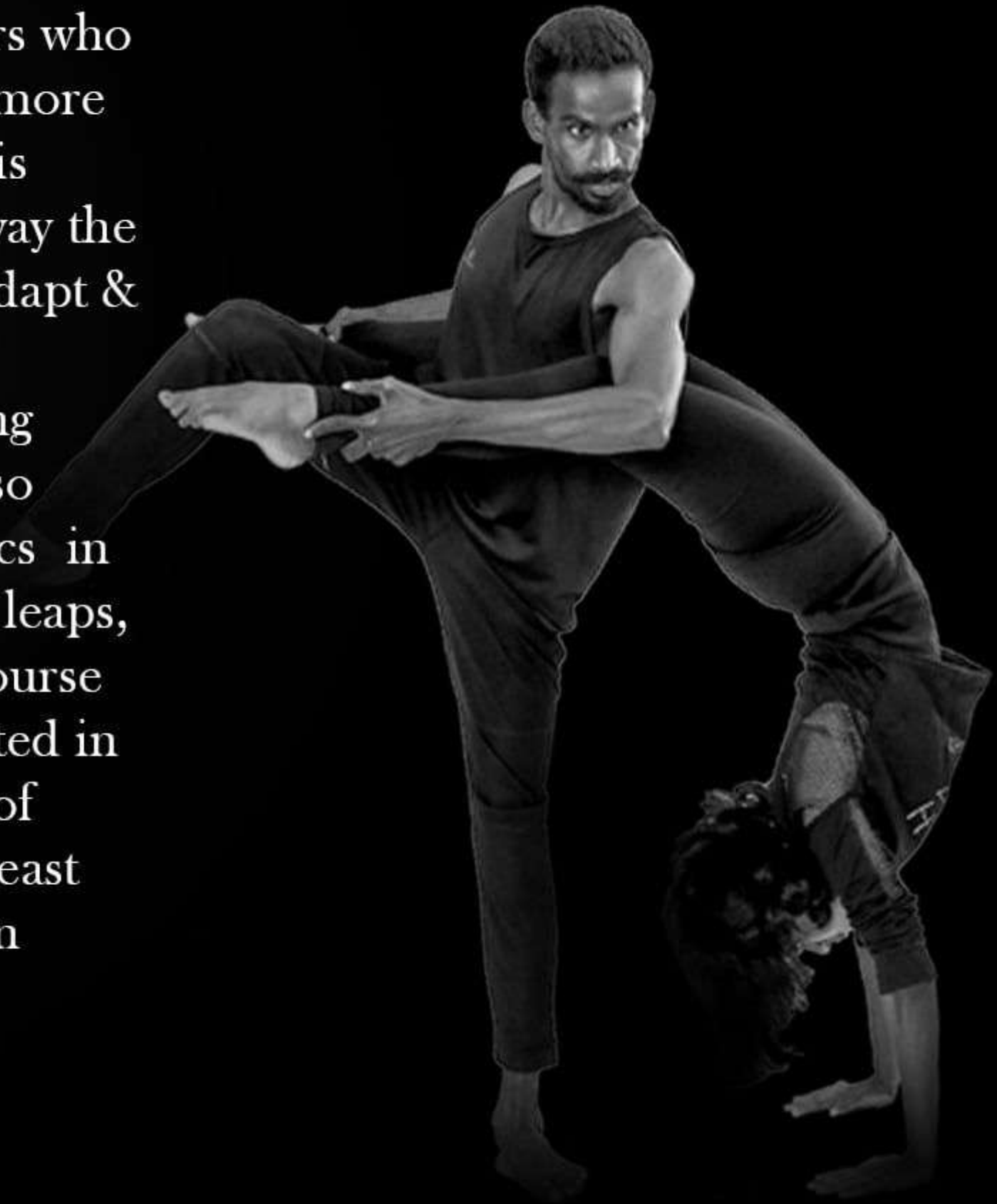
## **COURSE HIGHLIGHTS**

**CERTIFIED COURSE - BALLET TECHNIQUES -  
POST MODERN - FLOOR WORK -  
RELEASE TECHNIQUES - IMPROVISATION**

Classes once a week 90 min - Train with Best ,Open for students with Training Background

# ONLINE CONETEMPORARY PROGRAMME

Perfect for the dancers who willing to take dance more than just a hobby , It is structured in such a way the students are able to adapt & relate to any form contemporary dancing easily. This course also induces lots of athletics in dance such as jumps, leaps, kicks & turns. This course is open for all interested in contemporary forms of dancing ,Required atleast 6 Months of training in dance .





# BENEFITS OF DANCE X

- 4 MONTHS DANCE X & 4 MONTHS OF DANCE X PRO
- EXPOSURE TO PERFORMING ARTS
- BODY AND MIND CO-ORDINATION
- SENSE OF COUNTS AND RHYTHM
- FLEXIBILITY AND MUSCLE TONING
- DEVELOPS CONFIDENCE
- DEVELOPS TECHNIQUES
- IMPROVES BALANCE, POSTURE AND COORDINATION
- EXPOSURE & UNDERSTANDING ON DIFFERENT FORMS OF CONTEMPORARY
- ADD CREATIVITY AND ARTISTRY TO YOUR LIFE
- MOST OF ALL IT MAKES YOU HAPPY

## Online Dance Classes



Kids , Te , Fitness





# HOW IT WORKS

## DANCE X & DANCE X PRO

Its 4 months certified programme followed by dance x pro in contemporary dance forms , this course focus on ,Ballet Techniques, Post Modern ,Floor work ,Release & Improvisation is open for students with Training Background in dance. Completion of Level is based on clearing practical and theory exams. Students will gradually witness progression & growth in contemporary dance forms thorough the examination process. 750/- will be charged as an additional examination fees has its conducted individually to students

### **Dance X digital (4 months )**

Ballet Techniques  
Release Technique  
Lyrical Contemporary  
Fluid Work

### **Dance X Pro digital (4 months )**

Ballet Techniques  
Improvisation  
Post Modern  
Flying Low





## CLASS STRUCTURE

- CLASSES ARE SPLIT INTO MULTIPLE SECTIONS
- 10 MIN WARM-UP
- 10 MIN FLOOR EXERCISE
- 20 MIN TECHNIQUES
- 5 MIN IMPROVISATION
- 45 MIN CONTEMPORARY FORMS

## DRESS CODE & OTHER

- TRACK PANTS
- T-SHIRT
- LEGGINGS
- SHORTS
- SPORTS WEAR
- COTTON SOCKS
- TOWEL & WATER BOTTLE





## ABOUT SWINGERS

The Swingers Dance Inc is a leading dance institution associated with Broadway Dance Center, New York having branches at Chennai & Bangalore . We trained more than 100000 dance professionals including dancers, choreographers and teachers in studio & over 6000 students online since last year

## ARTISTIC DIRECTOR

Mr.Prasanna started his dance career at the age of seven and has undergone extensive training in dance at several internationally acclaimed dance Insitutions across the world including "Edge Performing Arts" California, "Broadway Dance Center" New York. He has taught classes and performed many productions across United States of America and United Kingdom.



Malani  
(Student)

Course has helped us a lot.on day one we were lost completely but now I've improved in flexibility, technicality, ability to pick up choreography & more

Samyuchtha  
(Student)

This course has technically improved me to understand the details ,expecially with post modern & flyinglow i understood there is whole lot of freedom when we start moving with the phrase .



