

STUDIO & ONLINE

THE
SWINGERS
DANCE INC.

PCDT

PROFESSIONAL CERTIFICATE DANCE TRAINING

INTERNATIONAL SYLLABUS

**CONTEMPORARY
JAZZ FUNK - HIPHOP
CLASSES WEEKLY TWICE 1 HR EACH
TRAIN WITH OF
BEST FACULTY'S
BEGINNERS WELCOME**

COURSE HIGHLIGHTS

**CERTIFIED COURSE - IMPROVES FLEXIBILITY - DEVELOPS TECHNIQUES - DEVELOPS MUSIC SENSE
BEST STRESS BUSTER - IMPROVES FOCUS - BUILDS IMMUNITY & GET FIT WHILE HAVING FUN**



Online Training Programme

INTERNATIONAL SYLLABUS

This Course is structured for Teens & Adults and is split into 3 level & every level will lead to advance level of techniques, flexibility & musicality. This Course also helps to increase stamina and stimulates concentration.

It is structured in such a way the students are able to adapt & relate to any form music and 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 concert forms of dancing and does not required any dance background .



HOW IT WORKS

COURSE IS SPLIT INTO 3 LEVEL

LEVEL 1 - 4 MONTHS

LEVEL 2 - 4 MONTHS

LEVEL 3 - 4 MONTHS

Every level ends with practical and theory exams. Students will get to see the progression & their growth in dance.

Also to gain experience and knowledge in performing art

FOUNDATION LEVEL -1 (4 MONTHS)

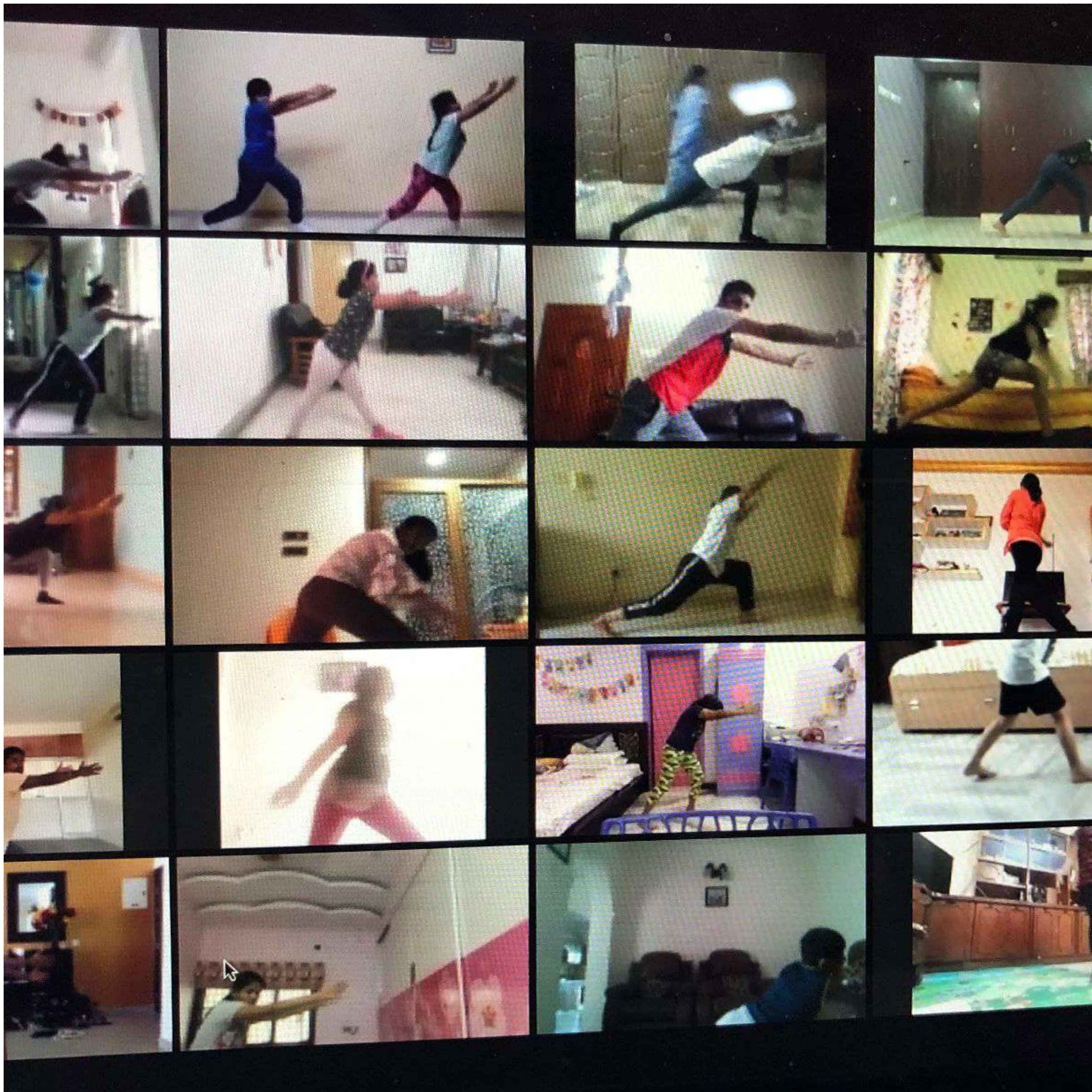
- BASIC TECHNIQUES
- RHYTHMIC KNOWLEDGE
- FLEXIBILITY & TONING
- HIP-HOP
- LATIN FUSION
- MODERN JAZZ

INTERMEDIATE LEVEL-2 (4 MONTHS)

- TECHNIQUES & STRETCHES
- ACROSS THE FLOOR
- TURNS & JUMPS
- URBAN MOVEMENTS
- BROADWAY JAZZ
- LYRICAL

ADVANCE LEVEL -3 (4 MONTHS)

- ADVANCED PROGRESSION
- LEAPS & PIROUETTE
- CONTEMPORARY
- JAZZ FUNK



DANCE EXAMS

To develop the students interest in dance at the end of every level, examinations will be conducted in both practical and theory on dance. The progress sheet will be given just to understand the improvement of the student in dance. every exam fees of 750 INR to be paid has examination fees has the exams are conducted individually between examiner & student

CLASS STRUCTURE

- CLASSES ARE SPLIT INTO MULTIPLE SECTIONS
- 10 MIN WARM-UP
- 5 MIN FLOOR EXERCISE
- 5 MIN STRETCH & STRENGTHENING
- 10 MIN ACROSS THE FLOOR
- 30 MIN DANCE COMBINATION

DRESS CODE

- TRACK PANTS
- T-SHIRT
- LEGGINGS (GIRLS)
- SHORTS
- COTTON SOCKS
- TOWEL & WATER BOTTLE



Online Dance Classes

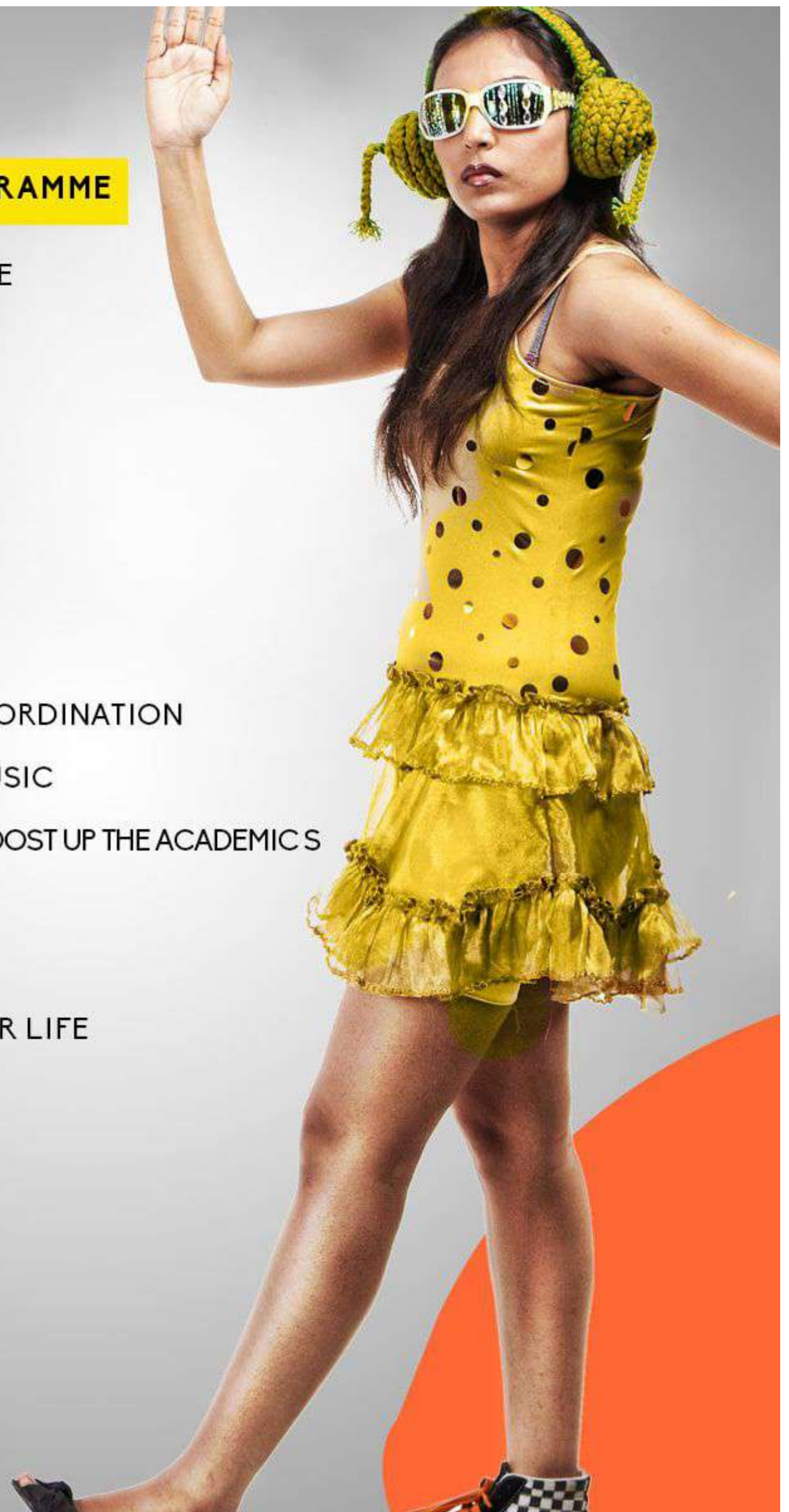


Kids ,Teens ,Adults & Fitness



BENEFITS OF PROFESSIONAL PROGRAMME

- 12 MONTHS CERTIFICATION PROGRAMME
- EXPOSURE TO STAGE PERFORMANCE
- BODY AND MIND CO-ORDINATION
- SENSE OF COUNTS AND RHYTHM
- FLEXIBILITY AND MUSCLE TONING
- DEVELOPS CONFIDENCE
- DEVELOPS TECHNIQUES
- IMPROVES BALANCE, POSTURE AND COORDINATION
- TRAINS TO DANCE TO ANY TYPES OF MUSIC
- ITS PROVEN ANY PHYSICAL ACTIVITY WILL BOOST UP THE ACADEMICS
- GET FIT, WHILE HAVING FUN
- IMPROVE YOUR SOCIAL SKILLS
- ADD CREATIVITY AND ARTISTRY TO YOUR LIFE
- BEST STRESS BUSTER
- MOST OF ALL IT MAKES YOU HAPPY



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.



Arunabh B
Student

Helps one to grow so much more than expected. Once you join swingers you get to learn so much.

Veditha
working professional

One of the best thing you get in swingers is improving your confidence level & ofcourse flexibility & attitude.

Prishitha Tiwary
Student

Stage performance is the best thing that Swingers gives you. We have a funfilled rehearsals some backstage moments which makes a great unforgettable memory.

