

Preston Center Dance Tracking Guide

*training to become
the dancer you want to be*

This guide is for parents whose students have expressed interest in particular levels, classes, and companies at Preston Center Dance. You'll find recommendations on which classes to take and when, to best prepare your student for achieving their specific goals in dance.

Preparatory Company (Prep)

Dancers younger than age 9: 2 years of both ballet and jazz technique

Dancers ages 9 and older: Continue taking ballet and jazz technique classes

Additional considerations: Lyrical, modern, and drill skills classes

Membership in the Preparatory Company is by invitation only based on a student's discipline and technique. In order to be considered for Prep, students need to be enrolled in both a ballet and jazz class for a year.

Performing Companies I, II, and III

Dancers younger than age 9: 2 years of both ballet and jazz technique

Dancers ages 9 and older: Continue taking ballet and jazz; add lyrical and/or modern classes

Current Prep dancers: Add lyrical and/or modern to your company ballet and jazz classes

Our Preparatory Company dancers have a higher chance of being accepted to the Performing Companies due to the rigorous level of technical training they receive, as well as their expectation to be exemplary among our PCD students in commitment, quick retention of choreography, and technique and artistry in multiple dance styles.

Drill Companies:

Dancers younger than age 8: Ballet and jazz technique to build flexibility and strength

Beginner drill skills/technique: Ballet I or II and Jazz I or II

Intermediate drill skills/technique: Ballet III or IV, Jazz III or IV, and our Stretching, Turns, Leaps, and Kicks class

Advanced drill skills/technique: Ballet IV or V, Jazz V or VI, and our Stretching, Turns, Leaps, and Kicks class

Additional considerations: Lyrical and hip hop classes

While our drill teams compete with drill (e.g. pom, kick), jazz, and lyrical styles, ballet should not be ignored: it is an important component of fostering the strength, flexibility, and control to be an excellent drill team dancer.

Broadway Bound and Musical Theatre

Dancers of any age: An age-level-appropriate musical theatre and jazz technique classes

Additional considerations: Ballet and tap technique classes; private voice lessons, participation in school choir

Students seriously interested in pursuing musical theater need to strongly consider taking ballet to foster strength, technique, and quality of movement, and tap, as it is not only a major dance form in musical theatre, but a major component in developing musicality and rhythm. Private voice lessons and choir through a student's school is also a good idea for serious singers. If your student is interested in voice lessons, please contact Megan Bates (megpcd@att.net) for a list of suggested voice teachers in the area.