



Peridance Capezio Center 12-Month Independent Study Program

Curricular Tables

Each focus area has its own curricular table. The examples below are curricula for Beginner/Advanced-Beginner students.

- **Modern** classes include Horton, Graham, and Limon
- **Commercial Dance** classes include Hip Hop, Jazz, Theater, Street Jazz, House, Tap, Voguing, Waacking, Popping, Locking, Heels and Dance Hall
- **Body Conditioning** classes include Yoga, Pilates Mat, Stretch, Gyrokinesis®, and Barre á Terre.
- **Ethnic** classes include African Based, and Salsa

Ballet/Contemporary Curricular Table

	Major Focus	Major Focus	Major Focus	Electives - Technique	Electives - Other
Technique	Ballet	Contemporary	Modern	Commercial / Ethnic	Body Conditioning
Level	Beg / Adv-Beg	Beg /Adv-Beg	Beg /Adv-Beg	Open or Beg /Adv-Beg	Open
Classes	3/ weekly (216 Clock Hours)	3/ weekly (216 Clock Hours)	2/ weekly (144 Clock Hours)	2/ weekly (144 Clock Hours)	3/ weekly (144 Clock Hours)



Ballet/Commercial Curricular Table

	Major Focus	Major Focus	Major Focus	Electives - Technique	Electives - Other
Technique	Ballet	Commercial	Contemporary	Modern / Ethnic	Body Conditioning
Level	Beg /Adv-Beg	Beg /Adv-Beg	Beg /Adv-Beg	Open or Beg /Adv-Beg	Open
Classes	3/ weekly (216 Clock Hours)	4/ weekly (288 Clock Hours)	1/ weekly (72 Clock Hours)	2/ weekly (144 Clock Hours)	3/ weekly (144 Clock Hours)

Commercial/Contemporary Curricular Table

	Major Focus	Major Focus	Major Focus	Electives - Technique	Electives - Other
Technique	Commercial	Contemporary	Ballet	Ethnic / Modern	Body Conditioning
Level	Beg /Adv-Beg	Beg /Adv-Beg	Beg /Adv-Beg	Open or Beg /Adv-Beg	Open
Classes	6/ weekly (432 Clock Hours)	2/ weekly (144 Clock Hours)	1/ weekly (72 Clock Hours)	1/ weekly (72 Clock Hours)	3/ weekly (144 Clock Hours)

Commercial/Ethnic Curricular Table

	Major Focus	Major Focus	Major Focus	Electives - Technique	Electives – Other
Technique	Commercial	Ethnic	Contemporary	Ballet /Modern	Body Conditioning
Level	Beg /Adv-Beg	Beg /Adv-Beg	Beg /Adv-Beg	Open or Beg /Adv-Beg	Open
Classes	5/ weekly (360 Clock Hours)	3/ weekly (216 Clock Hours)	1/ weekly (72 Clock Hours)	1/ weekly (72 Clock Hours)	3/ weekly (144 Clock Hours)