

ADULT PROGRAM PLACEMENT GUIDE

SADC strives to support each student and their class experience. We created this guide to help you find the level that feels right for you based on our guidelines below. Note that levels vary by genre, and proficiency in one style doesn't guarantee proficiency in another. If you're returning after a long break, we recommend starting at an easier level than where you left off. Please arrive early to class to speak with a teacher about access needs, injuries, and questions you might have about their particular class format. You can also write to adults@shawl-anderson.org.

Intro (Courses Only)	For those absolutely new to dance, or those returning after an extended absence (more than 10+ years) We recommend taking 1-3 introductory courses for a given style at SADC before moving onto our drop-in program.
Fundamentals	For those with some <i>recent</i> dance experience, or those returning after an absence (5+ years). We recommend joining an Intro Course if you are still within the first year of learning a style.
Beginning	For those with at least 1-3 years of recent dance experience in the same style, or those who wish to explore their chosen style at a slower-pace.
Slow Intermediate	Our Intermediate-level class, offered at a slower pace.
Intermediate	For those with several years experience learning dance vocabulary and movement at a quicker pace. Intermediate students can confidently reverse material, take corrections and work in class independently and with others to know the exercises and combinations.
Intermediate/Advanced	For Intermediate students who are looking to be challenged or the Advanced student looking for a slightly slower pace.
Advanced	Advanced requires the ability to learn choreography quickly with a high level of spatial awareness of other students while dancing. Dancers must have strong technique, sound alignment, and maturity to hear and apply all corrections given by a teacher to the whole group.
All-Levels	For students of all levels who are able to modify class content to their level as needed.