

Dance Department

Under the direction of Mrs. Kassi Hampel

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THE VCIS DANCE PROGRAM IS DIFFERENT THAN ANY OTHER. STUDENTS IN DANCE ARE GIVEN INDIVIDUALIZED INSTRUCTION TO ALLOW THEM TO IMPROVE AT THEIR OWN PACE AND PUSH THEMSELVES BASED ON WHAT AREAS THEY ARE LACKING OR WHAT THEIR STRENGTHS ARE. THERE ARE FOUR LEVELS; INTRO TO DANCE, INTERMEDIATE, ADVANCED AND DANCE TEAM AND EACH CLASS MEETS TWO DAYS A WEEK FOR TWO HOURS. IN EVERY CLASS, DANCERS ARE LEAD IN STRETCHES TO IMPROVE FLEXIBILITY,, A VARYING WORK OUT TO HELP BUILD STRENGTH, TAUGHT BASIC TECHNIQUE AND TERMINOLOGY IN JAZZ AND BALLET, AND THEN TAUGHT CHOREOGRAPHY THEY WILL REHEARSE FOR THE END OF SEMESTER SHOW WHICH TAKES PLACE AT THE LJ WILLIAMS THEATER. VCIS DANCE IS KNOWN TO PRODUCE VERY SUCCESSFUL PERFORMERS, AS WELL AS STUDENTS. IN DANCE, THEY ARE TAUGHT WHAT IT IS LIKE TO BE A PART OF A TEAM, HOW TO WORK TOGETHER, RESPONSIBILITY TO OTHERS AND SELF. THAT IS WHY IT IS OFTEN REFERRED TO AS "THE DANCE FAMILY." IT IS A FAMILY, SUPPORTING AND PUSHING ONE ANOTHER TO BE GREAT.

Meet the Teacher...



Performing Arts Director/ Dance Teacher:
Mrs. Hampel has been performing on stage since the age of two. She began her career performing on a European tour when she was 11 years old, and went on to perform all over the country to include, New York. Mrs. Hampel began teaching Dance 17 years ago in the dance studio setting, and made the transition into the school setting six years ago at VCIS. A change she is so happy to have made! She has her credential in Arts, Media and

Entertainment through Fresno Pacific University. Mrs. Hampel feels so honored to be a member of such a wonderful team and to have the opportunity to work with these amazing students! Can't wait to see what they can do!



Channel for VCIS Dance

<https://www.youtube.com/channel/UC-Sqtntl-bqPXhTsY-XqkxQ>



