

CLASS DESCRIPTIONS

Tiny Toes: (ages 2-3): Introduction to movement and music for our youngest dancers. Have fun with props and themes while learning basic dance moves.

Mini Movers: (ages 3-4): A creative movement class which introduces students to the expressive world of dance. Monthly themes and props are used to teach ballet and jazz basics.

Ballet mini: (ages 4-9): Ballet classes introducing the student to beginner ballet technique. Ballet mini levels incorporate monthly themes to encourage learning of this classical style in a fun setting.

Ballet: (junior & teen levels) The foundation of all dance styles. Progress is made through repetition of basics at the barre and center. Dancers develop flexibility, strength, correct body alignment, technique and musicality at all levels. Ballet mini levels incorporate monthly themes to encourage learning of this classical style in a fun setting.

Pointe: (teen levels) Pointe is a form of ballet where dancers wear special shoes to dance on their toes. It requires years of ballet training, strong ankles and proper alignment. Instructor approval required.

Jazz Tumbling Combo: (ages 4-7) Jazz tumbling incorporates the exciting style of jazz dance with basic tumbling mat work such as cartwheels, rolls, handstands, and backbends or walkovers.

Jazz: (ages 6+) Jazz is fun, upbeat, dynamic and challenging! Jazz Basics covers the traditional jazz skills as well as more current jazz skills from contemporary, lyrical, and pop. Leaps, turns, technique, flexibility, and combinations are all things that will be introduced.

Jazz Combo: (ages 9+) An “add on” class for those taking Jazz Tech who want to master connecting all of the skills and techniques into fun combinations.

Lyrical/Contemporary: (junior & teen levels) An expressive and interpretive style of dance borrowing from classical, modern, lyrical and jazz styles of dance. Prerequisite- Ballet and Jazz class.

Repertoire: (ages 6+) This class incorporates jazz styles such as lyrical, musical theater, and contemporary. Improvisation, choreography, and expression are also introduced. With a large repertoire of dance styles covered, this class is always upbeat and fast paced. Pre-requisite- Ballet and Jazz class.

Tap: (ages 4+) Tap develops rhythm, coordination, and quick footwork. Our tap training includes traditional, rhythmic, and jazz techniques.

Hip-Hop: (ages 4+) A funky street style form of dance. This class will incorporate current trends, technical hip hop styles, and jazz funk.

Flexibility: (ages 5+) Work not only on basic flexibility like splits, but also learn moves that use that flexibility. Class will be skill based with dance and acro tricks as well as stretching.

Turns: (ages 6+) An “add on” class for the serious dancer. Class will solely focus on turns and turn combinations to reinforce what is being taught in jazz and ballet.

Strength Conditioning: (junior & teen levels) A perfect class for the serious dancer. Improve your arm, core, and leg strength with specific exercises for a dancer.