

## Class Descriptions

### **Mommy & Me Tiny Toes**

Ballet/Tap- Beginning dancers ages 1.5-3 learn basic technique and terminology in a combination class consisting of ballet & tap. This is a side by side class for mom and their little ones' first dance experience! Mom will be helping every step of the way in the classroom.

### **Tiny Toes 1**

Ballet/Tap- Beginning dancers ages 3-4 learn basic technique and terminology in a combination class consisting of ballet & tap.

### **Tiny Toes 2**

Ballet/Tap- Beginning dancers ages 5-6 learn basic technique and terminology in a combination class consisting of ballet & tap.

Kids Hip Hop- Beginning dancers ages 5-6 learn musicality to fun upbeat music with fast paced, hard hitting moves while also concentrating on improving strength.

### **Level 1**

Ballet/Jazz- In the first half of this combo class beginning dancers ages 7-8 (or 3 years previous dance experience) learn beginning-intermediate technique and terminology to gain a solid ballet foundation which is key for all other dance styles. In the second half of this combo class beginning dancers ages 7-8 are exposed to the style of jazz while focusing on the basic technique of turns, kicks and leaps.

Hip Hop- Beginning dancers ages 7-8 learn musicality to fun upbeat music with fast paced, hard hitting moves while also concentrating on improving strength.

Lyrical- Beginning/Intermediate dancers ages 7-10 learn one of the more popular current dance genres that incorporates many different styles of dance. Dancers must also be enrolled in ballet & jazz to take this class.

### **Level 2**

Ballet- Beginning/Intermediate dancers ages 9-10 (or 2 years experience in Level 1) continue advancing their technique and terminology to gain a solid ballet foundation which is key for all other dance styles.

Jazz- Beginning/Intermediate dancers ages 9-10 (or 2 years experience in Level 1) that are also enrolled in ballet are exposed to the style of jazz while focusing on the basic technique of turns, kicks and leaps.

Hip Hop- Beginning/Intermediate dancers ages 9-10 (or 2 years experience in Level 1 Hip Hop) learn musicality to fun upbeat music with fast paced, hard hitting moves while also concentrating on improving strength.

Lyrical- Beginning/Intermediate dancers ages 7-10 learn one of the more popular current dance genres that incorporates many different styles of dance. Dancers must also be enrolled in ballet & jazz to take this class.

### **Level 3**

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Ballet- Intermediate dancers ages 11-14 (or 2 years experience in Level 2) continue advancing their technique and terminology to gain a solid ballet foundation which is key for all other dance styles.

Jazz- Intermediate dancers ages 11-14 (or 2 years experience in Level 2) that are also enrolled in ballet are exposed to the style of jazz while focusing on the basic technique of turns, kicks and leaps.

Lyrical- Intermediate dancers ages 11-14 (or 2 years experience in Level 2) learn one of the more popular current dance genres that incorporates many different styles of dance. Dancers must also be enrolled in ballet & jazz to take this class.

Hip Hop- Intermediate dancers ages 11-14 (or 2 years experience in Level 2 Hip Hop) learn musicality to fun upbeat music with fast paced, hard hitting moves while also concentrating on improving strength.

Beginning Tap- Dancers ages 11+ (no previous experience required) learn the basics of tap dancing focusing on rhythm and musicality.

### **Pre Pro**

Ballet- Advanced dancers spend an entire class devoted to mastering ballet technique that is the core of all other dance forms. This class is meant for the most dedicated students who are enrolled in multiple classes. \*Only pre-approved students may register for this class otherwise students must begin in Teen or Level 3 Ballet where they can be evaluated by their instructor and recommended to move up to the pre pro level at any point during the season.

\*Pointe- Advanced dancers will spend their ballet classes devoted to mastering ballet technique and preparing their feet for pointe shoes. Once the instructor feels the dancer is ready, she/he will advise the student to begin dancing on pointe. *Dancers already on pointe will take all of their ballet classes in pointe shoes.*

Jazz- Advanced dancers focus on the performance aspect of jazz dance and mastering skills with the appropriate technique. This class is meant for the most dedicated students who are enrolled in multiple classes. Only pre-approved students may register for this class otherwise students must begin in Teen or Level 3 Jazz where they can be evaluated by their instructor and recommended to move up to the pre pro level at any point during the season.

Stretch & Strength- All level dancers **ages 9+** train in specific dance conditioning exercises focusing on flexibility and strength to achieve extreme improvement and excel rapidly in their dance classes

Hip Hop- Advanced dancers learn musicality to fun upbeat music with fast paced, hard-hitting moves while also concentrating on improving strength. Only pre-approved students may register for this class otherwise students must begin in Teen or Level 3 Hip Hop where they can be evaluated by their instructor and recommended to move up to the pre pro level at any point during the season.

Contemporary- Advanced dancers learn one of the most popular current dance genres that incorporates many different styles of dance. This class is meant for the most dedicated students who are formally trained and enrolled in multiple classes. \*Only pre-

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approved students may register for this class otherwise students must begin in Teen or Level 3 Lyrical where they can be evaluated by their instructor and recommended to move up to the pre pro level at any point during the season.

Improv- Advanced dancers learn to express emotion and perform without set choreography. Improvisation teaches dancers to freely move and embrace the true art of dance. This class is meant for the most dedicated students who are looking to challenge themselves in different styles of dance. \*Only pre-approved students may register for this class. Ask an instructor for an evaluation to see if this is an appropriate class for your dancer.

Leaps & Turns- Advanced dancers spend an entire class devoted to mastering specialty leaps and turns that will help them stand out at a performance or audition. This class is meant for the most dedicated students who are looking to challenge themselves to master new tricks and skills. \*Only pre-approved students may register for this class otherwise students must begin in Teen or Level 3 Jazz where they can be evaluated by their instructor and recommended to move up to the pre pro level at any point during the season.

Beginning Tap- Dancers ages 11+ (no previous experience required) learn the basics of tap dancing focusing on rhythm and musicality.

### **Teen**

Ballet- Beginning/Intermediate dancers ages 13+ (no previous experience required) continue advancing their technique and terminology to gain a solid ballet foundation which is key for all other dance styles. This class is best for older dancers wanting to try dance for the first time or dancers advancing from Level 3 who do not yet have the skills for the Pre Pro level.

Lyrical- Beginning/Intermediate dancers ages 13+ (no previous experience required) learn one of the more popular current dance genres that incorporates many different styles of dance. This class is best for older dancers wanting to try dance for the first time or dancers advancing from Level 3 who do not yet have the skills for the Pre Pro level.

Hip Hop- Beginning/Intermediate dancers ages 13+ (no previous experience required) learn musicality to fun upbeat music with fast paced, hard hitting moves while also concentrating on improving strength. This class is best for older dancers wanting to try dance for the first time or dancers advancing from Level 3 who do not yet have the skills for the Pre Pro level.

Beginning Tap- Dancers ages 11+ (no previous experience required) learn the basics of tap dancing focusing on rhythm and musicality.

### **Tumbling**

Beginning- Beginning dancers learn to control the basic tumbling skills like handstands, backbends, arabians and more.

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Intermediate- Intermediate dancers that have already mastered a back bend from standing, back bend to standing and kick over begin learning front walkovers, back walkovers, aerials and more.

Advanced- Advanced dancers that have already mastered intermediate tumbling requirements, a front walkover, back walkover and have (or are close to having) an aerial begin attempting tricks like standing aerials, front aerials, back handsprings, front handsprings and more.

### **Boys**

Hip Hop- Boys (ages 7+) learn how to bust a move with confidence to fun upbeat music with fast paced, hard hitting moves while also concentrating on improving strength.

### **Open**

Adult Hip Hop- Adults with or without dance experience will learn how to bust a move with confidence to fun upbeat music with fast paced, hard hitting moves while also concentrating on improving strength.

Ballroom- Coeducation class for adults and youth ages 9+ learn a variety of ballroom dance genres in American and International styles including Cha Cha, Samba, Swing, Waltz, Tango, Foxtrot and Rumba. This is a great class for dancers wanting to become more well-rounded and adults looking to have fun. Sign up for the entire year or drop in for a single class anytime for \$15. This could also serve as a great date night so bring your spouse or significant other and take a drop in class for \$25/couple.

Musical Theater- Dancers may be surprised to find that they are natural singers and actors as well, which will only expand their skill set. This multi-skill class teaches singing, acting AND dancing, so that the students are put up to the challenge of becoming a triple threat in the performance world. This class is open to dancers ages 9+ (call the front desk to ask about exceptions).

Beginning Tap- Dancers ages 11+ (no previous experience required) learn the basics of tap dancing focusing on rhythm and musicality.