

Class Description



HIP HOP CREW/PRODUCTION

Hip Hop Crews are intended for dancers that have auditioned and placed on a Hip Hop Crew and will compete at 3 dance competitions, local performances and our Annual Dance showcase.

HIP HOP CREW PREP (summer only)

Hip Hop Crew Prep is intended for dancers to learn and audition 2 Hip Hop routines during our Summer session.

HIP HOP (Recreational)

Hip Hop (Recreational) is intended for dancers who want to learn Hip Hop combinations and terminology on a weekly basis, Dancers will learn 1 routine and perform at our Annual Dance showcase.

BREAKDANCE FUNDAMENTALS

Breakdance will focus on Toprock, Footwork, Freeze, Power moves, Popping, Locking & Breakdance Terminology

MAMAS HIP HOP

Mamas Hip Hop is intended for any dancers with previous dance experience looking to learn Hip Hop combinations in a fun class setting

BEGINNING ACRO

Beginning Acro is intended for dancers 4-6 years of age. This class will create a strong base for all further Acro classes. Dancers in this class will work towards skills such as right and left cartwheels, basic Acro positions, handstands, and backbends from standing.

INTERMEDIATE ACRO

Intermediate Acro is intended for dancers with some Acro experience who are looking to further their skill set. Dancers in this class will be working towards front and back walkovers, walking handstands, various balances, and the beginnings of Aerial's and back handsprings.

ADVANCED ACRO

Advanced Acro is intended for dancers who have multiple years of experience. In this class dancers will work towards right, left, and front aerials as well as back handsprings, and many variations of balances and walkovers. This class will also learn unique ways to incorporate their Acro skills into their dance choreography.

TAP

Utilizes rhythm, syncopation, and sound in addition to the movement. An emphasis is placed on musicality, expression, and improvisation.

JAZZ TECHNIQUE

Jazz Technique dance is a dynamic and expressive form of movement that incorporates elements of Ballet, modern dance, and African rhythms. It emphasizes fluidity, strength and flexibility with an emphasis on isolations, syncopation and Improvisation.

LEAPS & TURNS

This class is designed to enhance your technique and mastery of dynamic movement. You'll learn proper alignment, strength-building exercises, and precise execution of various leaps, jumps, and turns.

STRENGTH & STRETCHING

This class is intended for dancers who are hoping to increase their strength and flexibility of dance specific muscles. Recommended for dancers with intermediate to advanced experience.