

Flash Dance Co. LLC

Formerly Ozier Studio of Dance



2025 - 2026 Class Descriptions

Dance With Me Class:

☀️ **Tiny Twinkle Toes & You**

Mommy & Me Class | Ages 18 months – 3 years | 30 Minutes

Step into the world of dance *together!* **Tiny Twinkle Toes & You** is a sweet and joyful 30-minute class designed for toddlers and their caregivers to bond through movement, music, and fun. This Mommy & Me style class encourages early coordination, rhythm, and imagination, all in a nurturing and playful environment. With gentle guidance from our instructors, little dancers will twirl, bounce, and explore the basics of dance alongside their favorite grown-up. Perfect for building confidence and creating magical memories—one tiny twirl at a time! **Who can join:** Moms, dads, grandparents, or any special grown-up welcome!

Combo Classes:

☀️ **3 & 4 year old Combo Class (Ballet/Tap)**

Our 3 & 4 year old Combo class is the perfect introduction to the magical world of dance! Designed for 3- and 4-year-olds, this fun and upbeat class combines the grace of ballet with the lively rhythms of tap. Dancers will build coordination, balance, and confidence while learning basic steps, creative movement, and musicality in an encouraging, playful environment. From pliés to toe taps, your little one will love exploring movement, making friends, and shining bright at Flash Dance Company!

☀️ **K - 2nd grade Combo Class (Ballet/Tap)**

A perfect mix of grace and rhythm for your budding dancer! In this high-energy combo class, dancers in Kindergarten through 2nd grade will explore the beauty of ballet and the fun, upbeat world of tap — all in one session! We focus on building confidence, coordination, and musicality in a positive and encouraging environment. Dancers will learn Basic ballet positions and technique, Tap rhythms and footwork, Creative movement and expression, & Class etiquette and teamwork. No experience needed — just a love for movement and a willingness to learn! This class is a great foundation for young dancers looking to develop strong technique while having a blast.

☀️ **3rd - 5th grade Combo Class (Ballet/Tap)**

Where technique meets rhythm and creativity shines! Designed for dancers in 3rd through 5th grade, this combo class blends the elegance of ballet with the lively energy of tap. Students will build on foundational skills while growing their strength, flexibility, coordination, and musicality — all in a fun, supportive environment. In each class, dancers will Refine ballet technique and posture, Learn new tap rhythms and combinations, Improve performance quality and stage presence, & Develop discipline, confidence, and a love for dance. Perfect for both continuing dancers and newcomers, this class strikes the ideal balance between structured training and joyful expression.

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Jazz Classes:

☀ 1st - 5th Jazz

High energy. Bold moves. Big confidence. Our Jazz class for 1st–5th graders is all about powerful movement, expressive style, and having a blast while learning! Dancers will explore classic jazz technique mixed with today's upbeat rhythms and choreography, helping them grow as both technical dancers and confident performers. In this class, dancers will Learn jazz fundamentals: kicks, turns, leaps, and isolations, Build strength, flexibility, and musicality, Explore fun combinations set to age-appropriate pop and musical theater music, & Develop stage presence and self-expression. No experience needed — just a positive attitude and a love for moving! This is a great class for dancers looking to build skills and shine on stage. This class offers a well-rounded experience that challenges and inspires dancers to continue developing their unique style and voice.

☀ Middle - High School Jazz

Strong technique. Bold style. Unstoppable energy. This jazz class is designed for middle and high school dancers ready to take their training and performance to the next level. With a focus on clean technique, powerful movement, and expressive choreography, dancers will grow in both skill and confidence — all while having a blast. In this class, dancers will Build strength, flexibility, and stamina, Learn jazz technique including kicks, leaps, turns, and isolations, Train in across-the-floor progressions and full choreography, Explore a variety of jazz styles, & Develop performance quality and personal style. This class challenges dancers to push their limits and own the stage.

Auxiliary Classes:

☀ 1st - 5th Grade Auxiliary

Team spirit, sharp moves, and tons of fun! This Auxiliary Dance class is perfect for dancers in 1st through 5th grade who want to explore the exciting world of dance team-style performance! With a mix of pom, kick, jazz, and precision movement, dancers will learn what it takes to shine as part of a team while building strong technique and confidence. In this class, dancers will Learn sharp arm movements, kicks, and formations, Practice pom routines full of energy and spirit, Build stamina, coordination, and performance skills, Work as a team to develop timing, focus, and confidence, & Prepare for future school or competitive dance team opportunities. This high-energy class is great for any dancer who loves pep, power, and performing!

☀ Middle - High School Auxiliary

Precision. Power. Performance. Our Auxiliary Dance class for middle and high school students is designed for dancers interested in the exciting, high-energy style of dance team performance. This class combines pom, kickline, jazz, and military-style precision to help dancers build strong technique, stamina, and show-stopping stage presence. In this class, dancers will Learn sharp, synchronized movements and dynamic choreography, Train in high kicks, formations, and group visuals, Build endurance, strength, and flexibility, Focus on timing,

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unity, and performance quality, & Prepare for school, competitive, or collegiate-level auxiliary/dance teams Whether you're aiming for your school's dance line or just love the style, this class is perfect for dancers who want to perform with confidence and flair.

Modern/Lyrical Classes:

☀️ **1st - 5th Grade Modern/Lyrical**

Move with meaning. Dance from the heart. This Modern/Lyrical class introduces young dancers in 1st through 5th grade to the beauty of expressive movement and storytelling through dance. Blending the grounded, creative style of modern dance with the emotional flow of lyrical, this class helps dancers connect technique with feeling in a fun and encouraging environment. In this class, dancers will Explore basic modern and lyrical technique, Learn to express emotions through movement, Build strength, flexibility, and body awareness, Improve musicality, creativity, and control, & Gain confidence in their unique artistic voice. Perfect for dancers who love to move with intention and tell a story with each step.

☀️ **Middle - High School Modern/Lyrical**

Emotional expression meets grounded technique. This Modern/Lyrical class is perfect for middle and high school dancers ready to connect movement with emotion and deepen their artistry. Combining the raw, grounded elements of modern dance with the fluid, expressive qualities of lyrical, this class encourages dancers to tell stories through motion and explore their unique voice. In this class, dancers will Learn modern techniques such as contraction, release, and floor work, Explore lyrical combinations that emphasize fluidity, emotion, and control, Improve strength, flexibility, and body awareness, Develop improvisation skills and personal expression, & Work on musical interpretation and storytelling through dance. Whether you're an experienced dancer or looking to explore a more expressive style, this class is a space to grow both technically and emotionally.

Baton & Hip-Hop Classes:

☀️ **K - 5th Baton**

Get ready to spin, twirl, and shine! Our Baton Twirling class for K–5th graders introduces young performers to the exciting world of baton. Dancers will learn fundamental twirling skills, basic tosses, coordination techniques, and fun routines set to music. This high-energy class builds confidence, rhythm, and teamwork, all while having a blast with a baton in hand. Perfect for beginners or those with some twirling experience, this class is a great way to develop performance skills in a supportive and upbeat environment!

☀️ **Hip-Hop (8+)**

High energy, bold moves, and nonstop fun! Our Hip Hop class for dancers ages 8 and up brings the latest street styles to the studio. Dancers will learn age-appropriate choreography inspired by today's hottest music videos, along with foundational grooves, footwork, isolations, and freestyle skills. This class builds confidence, musicality, coordination, and personal style in

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a supportive and upbeat environment. Whether you're new to hip hop or ready to level up your skills, this class is all about expression, energy, and attitude!

Advanced Classes:

☀ **Junior Ballet** (*Ages 8+ with instructor approval*)

Refine your technique. Elevate your artistry. Dance with discipline and grace. Junior Ballet II is designed for intermediate dancers who have a solid foundation in ballet and are ready to deepen their technique, control, and performance quality. This class emphasizes precision, strength, and musicality while encouraging artistic growth and self-expression. In this class, dancers will Refine barre and center work with a focus on alignment, turnout, and extension, Build strength and stamina through adagio, allegro, and across-the-floor progressions, Improve pirouettes, jumps, and advanced footwork, Learn classical ballet terminology and proper class etiquette, & Develop artistry, expression, and stage presence. Ideal for dancers preparing for performance opportunities, pointe work, or further ballet training, Ballet II challenges students to push their limits while embracing the elegance and discipline of classical ballet.

☀ **Senior Ballet** (*Ages 11+ with instructor approval*)

Designed for advanced dancers with strong technical foundations, Senior Ballet focuses on refining artistry, musicality, and advanced technique. Dancers will be challenged with complex combinations at the barre, center, and across the floor, including advanced pirouettes, adagio work, and petite and grand allegro. Emphasis is placed on performance quality, precision, and strength. This class is ideal for dedicated dancers ready to push their skills to the next level.

☀ **Junior Tap**

Faster feet. Sharper sounds. Advanced rhythm, style, and precision. Junior Tap is designed for dancers with a strong foundation in tap who are ready to take their skills to the next level. This intermediate–advanced class focuses on complex footwork, musicality, and performance quality, blending traditional tap technique with contemporary flair. In this class, dancers will Master advanced tap steps, rhythms, and syncopation, Build speed, clarity, and control in footwork, Explore musical phrasing, timing, and improvisation, Learn intricate choreography with style and stage presence, & Develop versatility through both classic and modern tap styles. Ideal for dancers looking to push their technique, challenge their musical ear, and shine as confident performers.

☀ **Pre-Pointe** (*requires instructor recommendation*)

Prepare with strength. Dance with confidence. Step toward pointe the right way. Our Pre-Pointe Ballet class is designed for dedicated ballet students who are preparing to transition into pointe work. This class focuses on building the strength, alignment, and technical foundation necessary for a safe and successful progression to pointe shoes. In this class, dancers will Strengthen ankles, feet, calves, and core muscles, Refine ballet technique, posture, and turnout, Learn proper pointe readiness and injury prevention, Practice exercises using

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therabands, barre, and center work, & Receive individual assessments and guidance toward pointe placement. Pre-Pointe is a crucial step in a dancer's journey and is taught in a supportive and disciplined environment to ensure each student is physically prepared and technically ready for the demands of pointe work.

Technique & Tumble Classes:

☀ **Twinkles Technique & Tumble**

Tiny dancers. Big energy. Building skills through play! Our Twinkles Technique & Tumble class is specially designed for our youngest movers, combining the basics of dance technique with beginner-level tumbling in a fun, imaginative setting. Perfect for ages 2–5, this class builds coordination, confidence, and a love for movement — all through age-appropriate activities that feel like play! In this class, dancers will Learn basic dance technique (balance, posture, foot positions), Explore tumbling skills like forward rolls, crab walks, and bridges, Build strength, flexibility, and body awareness, Practice taking turns, following directions, and moving safely, & Gain confidence and independence in a supportive environment. This class is a great way to introduce little ones to both dance and tumbling — with lots of smiles along the way!

☀ **Technique & Tumble I**

Strong starts. Confident movers. Building the basics with fun and focus! Technique & Tumble I is the perfect beginner-level class for young dancers ready to develop strong foundational dance technique and tumbling skills in a structured, supportive environment. This class blends graceful movement with energetic acrobatics, helping students grow in strength, coordination, and confidence. In this class, dancers will Learn beginner dance technique (alignment, balance, foot placement), Practice foundational tumbling skills like forward rolls, bridges, handstands, and cartwheels, Improve core strength, flexibility, and spatial awareness, Work on coordination, body control, and safe movement habits, & Build focus, confidence, and a positive mindset toward learning. Ideal for dancers who are new to tumbling or looking to strengthen their skills before moving into more advanced levels.

☀ **Technique & Tumble II**

Stronger skills. Sharper technique. Confident movement in every direction. Technique & Tumble II is designed for dancers who have mastered the basics and are ready to take their technique and tumbling to the next level. This intermediate-level class focuses on building strength, control, and clean execution of more advanced movement — all while keeping the energy fun and challenging. In this class, dancers will Refine core dance techniques including turns, leaps, balance, and transitions, Work on intermediate tumbling skills such as handstands, cartwheels, round-offs, and backbends, Improve flexibility, strength, and body alignment, Focus on precision, body control, and safe progression, & Gain confidence in combining tumbling with expressive dance movement. Perfect for dancers who are ready to grow in both their acro and dance training with a strong foundation and a fearless mindset!

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