

Acrobatics

The Studio Seven acrobatics program consists of strength training, building flexibility, and developing tumbling skills. The students will also learn poise, balance, and elements of dance technique. Each class will feature a warm-up, individualized skill instruction, and the incorporation of learned skills into a choreographed dance routine. The class is highly structured, in that each individual student is only practicing the skills that the instructor feels that he or she is prepared to do safely.

Attire Requirements: Girls-leotards and shorts/leggings, biketards. Boys-Form fitting t-shirt and pants.

Acting

Do you want to be a Broadway star? How about the next Disney kid? Well this is the class to learn all about life on-stage and on-screen! Explore performance terminology and technique, audition tips and tricks, monologues and dialogue, improvisation, and more!

Attire Requirements: Comfortable clothing that allows for freedom of movement. Sneakers are acceptable, provided they are clean with non-marking soles.

Art

This course will introduce the student to fundamental art techniques in a fun and unique learning environment! Classes will cover sketching, illustration, watercolor, cartooning, and mixed-media. We will also address pen techniques, shading, coloring, and basic perspective.

Ballet

Ballet is the foundation of all forms of dance, therefore it is highly encouraged that ALL students enroll in a ballet class. There are four levels of ballet at Studio Seven; ballet junior and ballet I (an introduction to classical ballet technique, focusing on turnout, balance, limbering exercises, and musicality), ballet II (a progression of level I, incorporating center and barre strengthening, and stretching to prepare for dancing on pointe), ballet III/pre-pointe (students will focus on increased strengthening as they continue to prepare to dance on pointe), and ballet IV/pointe.

Class placement will be conducted by the instructor.

Attire Requirements: Girls-Black leotard, pink tights, pink ballet shoes. Hair must be pulled back into a bun. Boys-Form fitting t-shirt and pants, black ballet shoes.

Ballroom

Learn the basics for ballroom and social dances in a fun and encouraging atmosphere. Bring a partner or come solo and develop your strength, spatial awareness, people skills, and unlock the dancer that's been hiding inside of you! All levels welcome!

Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, form fitting t-shirts, and tank tops. Jazz shoes or ballroom shoes are required footwear.

Children's Combination Class

Our children's combination classes are designed to explore early jazz, ballet, and tumbling techniques, introduce children to rhythm and syncopation with tap, and let little ones discover music and world beats! These classes help young children to develop strength and coordination, while promoting independence, social interaction, and structure. There are two levels of the children's combination class: 3 & 4 years-old and 5 & 6 years-old.

Attire Requirements: Girls-leotards and shorts/skirts/leggings, tan tap shoes, and pink ballet shoes. Boys-Form fitting t-shirt and pants, black tap shoes, and black ballet shoes.

Conditioning with Jackie

Whether you're a dancer or play sports (or neither!), young or old (or somewhere in between!), everyone will benefit from conditioning with our favorite yogi, Ms. Jackie! Conditioning your body, strengthening your muscles, a solid focus on injury prevention, and a relaxing cool down are all part of the fun!

Attire Requirements: Comfortable clothing that allows for freedom of movement.

Contemporary

Contemporary is a unique blend of different styles of dance, encouraging both individuality and freedom of expression. This class will include a warm-up, skill building across the floor, a combination focusing on both technique and musicality, and a cool-down.

Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, form fitting t-shirts, and tank tops. Contemporary socks are required for this class.

Hip Hop

Our hip hop program emphasizes high-energy movements, musicality, and development of individual style. These are fun, fast-paced classes that will also incorporate some traditional jazz technique. As with all of our classes, music and movements will be age-appropriate.

Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, sweatpants, form fitting t-shirts, and tank tops. Dance sneakers or street sneakers are acceptable, provided they are clean with non-marking soles.

Jazz

Our jazz curriculum focuses on teaching traditional jazz technique, along with elements of street jazz and funk. This class will consist of strength and flexibility-building warm-ups, isolations, across-the-floor combinations, and choreography.

Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, form fitting t-shirts, and tank tops. Tan jazz shoes are required for this class.

Lyrical

Lyrical dance is a combination of different styles of movement, including jazz and ballet. Dancers will learn to emotionally connect to the music through their mind, body, and spirit. This class will involve floor work, and improvisational skills will be practiced.

Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, form fitting t-shirts, and tank tops. Half-sole shoes are required for this class.

Musical Theatre

For the dancer who loves to sing, dance, and act at the same time! In this class, we combine jazz technique with character development, and learn how to be a memorable character performer! this class consists of a jazz warm-up, skill building across the floor, and choreography to a new musical theatre number every month!

Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, form fitting t-shirts, and tank tops. Tan jazz shoes are required for this class.

Tap

The tap program at Studio Seven focuses on syncopation, rhythm, fluidity, and individual expression. Students will learn how to use their feet as musical instruments, while developing control and lower body strength. We will be focusing on both classic tap dancing, and 'hoofing,' as a style of tap in which emphasis is placed on footwork and less formal movement of the upper body.

Attire Requirements: Acceptable clothing includes leotards, dance shorts, dance pants, form fitting t-shirts, and tank tops. Black lace-up tap shoes are required for this class.