



565 S. Lakeview Drive Unit 101 – Lake Helen, FL 32744

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Dance Effective: 8/11/25

Dress Code

Ballet/Pointe: Black leotard, pink tights, pink ballet shoes, hair in bun

Lyrical/Contemporary/Modern: Any color leotard, any color tights, bare feet, hair pulled back

Jazz/Musical Theatre/Tap/Leaps & Turns/Improv/POMS/Hip Hop: Any color leotard, any color tights, proper shoes, hair pulled back

STUDIO ALLEGRO-(Downstairs)

Monday	Tuesday	Wednesday	Thursday	Friday
4:30-5:25 Hip Hop	4:30-5:25 Jazz	4:30-5:25 Musical Theatre	4:30-5:25 Ballet/Tap Mini Combo (4-6yrs)	4:30-5:25 Jazz/Acro Mini Combo (4-6yrs)
	5:30-6:25 Lyrical (6 & Up)	5:30-6:25 Ballet	5:30-6:25 Contemporary	5:30-6:25 Acro

Create an account on our website
so we can schedule your child for a
free trial class.

Ballet/Tap Combo: A young dancer's introduction to classical tap and ballet. Children will focus on basic technique, musicality and spatial awareness while learning how to perform for an audience. **Ballet:** The fundamental root of all disciplines of dance. Our Academy focuses on teaching Vaganova (Russian) ballet with an emphasis on classical repertoire. Proper terminology, body alignment and strengthening are integral components of early ballet training. **Jazz:** One of the classical forms of dance. Jazz focuses on quick, sharp movements set to faster temp music. **Contemporary:** Contemporary is a more athletic form of dance combining ballet, jazz, and modern to create lines within a piece of choreography. **Tap:** Rhythms and sounds are the foundation for this style of dance. Dancers learn classical tap techniques to evolve into more complex, quick combinations. **Musical Theatre:** Pieces from Broadway musicals are studied in this class. Tap, Jazz, and acting are all part of this performance style class. **Hip Hop:** A relatively new discipline of dance derived from street dancing. Elements of classical Jazz infuses with freestyle street movements including popping and locking and breaking.