



# CLASS DESCRIPTIONS

## Ballet/Tap Combo

Ballet/Tap is a combination class. MPA combines fun, energetic movement with technical cues and explanation. Dancers are expected to increase their skill ability in following along, remembering combinations and songs week to week, increase conceptual learning of technical skills and improve motor skills. Half of class is dedicated to Ballet, dancers change to their tap shoes and the second half of class is used for Tap exercises.

## Jazz

Jazz includes strength, flexibility and conditioning technique and progressions. Turns, leaps, isolations and choreographic movement are put together in sequence to help the dancer mix style, technique and tricks.

## Acro

Acro is great for improving overall coordination, strength, agility, and flexibility. Students learn and master cartwheels, aerials, tumbling, chest stands, handsprings and more.

## Hip Hop

High energy movement and music come together to increase dancers ability to dance in a social setting. Dancers will also learn to increase motor skills, coordination, confidence and musicality.

## Mommy & Me

A caretaker and child class that encourages children to love learning through movement, music, and dance! A great way to prepare your child for a class on their own.

## Jumps & Turns

This is a non recital class. Dancers will be given strength and stretch exercises to increase their body awareness, stability and muscle length. This class will focus on tricks and techniques to accomplish jumps, leaps, turns and tricks.

## Contemporary

Contemporary helps a dancer to explore their own body and the shapes and places their body can go. Floor and Center exercises used in repetition are vital to the dancers increase in contemporary understanding. Contemporary dance also asks dancers to use their emotional and creative skills for improv.

## Poms

Poms introduces arm motions that collaborate Jazz and Poms technique. Dancers will focus on arm strengthening exercises, motions and Jazz skills like pirouettes, leaps and jumps. Music is fun and upbeat!

## Hip Hop/Tumble

Hip Hop/Tumble combines two styles into one class. Hip Hop uses visuals, games and fun descriptions the sequencing of steps, footwork & musicality. Tumbling will teach strength, tricks and flexibility.

## Ballet

Ballet is a specifically structured class for dancers focusing on technical merit and improvement. This class will provide grace, poise and technique, helping dancers with posture, flexibility, self-discipline and self-confidence.

## Tap

Tap increases a dancers understanding of fine motor skills in the leg, foot and ankle while increasing the musical ear. Exercises increase rhythm and detailed oriented choreography.

## PBT

Progressive Ballet takes the technique of Ballet and dissects it so that dancers can better understand the concept of the technical skill. Many exercises are conducted on the floor and with balls and bands so that dancers can feel the detail of the skill and physically see it with their prop. This is a great class for dancers working on strength, turn out, foot articulation and flexibility and overall control of their core.