

Lifeplex Dance Academy Class Descriptions & Class Attire

Ballet, Tap & Tumble (Ages 4-6)

- Introduction to ballet, learning the basic positions, exploring rhythm with the sounds of tap, and learning combinations of tumble. Working on gross motor skills as well as fun!
- Dancers will need a leotard, tights/socks, ballet and slip on tap shoes.

Pre-School Acro (Ages 2-3)

- Using the alphabet and animals to develop our tumbling skills.
- Needs to wear a unitard or a leotard with bike shorts.
- Ballet shoes optional. Barefoot is fine

Hip Hop (Ages 8-Teen)

- This is a popular, energetic dance style! Dancers learn the fundamental techniques and basic moves. Some choreography and performance training.
- Dancers will need a t-shirt, tennis shoes or jazz sneakers.

Musical Theater (Ages 6-12)

- Using different genres of dance, we create a scene in motion by combining song and dance.
- Dancers will need jazz pants/leggings and a plain fitted t-shirt. Ballet or Jazz shoes & eventually tap shoes.
- Hair should be pulled away from face, and both face and hands should be clean.

Beginning Tap (Ages 13-Adult)

- This is a great opportunity to try something new and get some exercise! We will start with the basics and build from there.
- Dancers will need Tap shoes and should dress comfortably.(No Crop Tops)
- Hair should be out of your face.

Tumbling (Ages 3 - Teen)

- Suitable for beginner and experienced students, Tumbling class teaches skills including forward rolls, hand stands, cart wheels, walkovers and hand springs.
- Needs to wear t-shirt (no crop tops), leggings/shorts

Intro to Dance (Ages 2- Teen)

- The class is exactly what the title says. For students who have never tried dance, they will be introduced to ballet, jazz, tap and tumbling.
- Dancers will need a leotard, tights, or socks as well as ballet or jazz shoes.(Your preference)
- Hair should be pulled away from their face. Face and hands should be clean.

Ballet, Tap & Jazz (Ages 7-12)

- Introduction to ballet, learning the basic positions, explore rhythm with the sounds of tap, and learn combinations of tumble. Working on gross motor skills as well as fun!
- Dancers will need a leotard, tights/socks, ballet and tap shoes.

Adult Tap (Ages 18+, Must have dance experience)

- This class has been together for many years and is a class with very experienced tappers! Our goal is to create or find new combinations that will challenge the class.
- Dancers should dress comfortably and will need tap shoes.

Mommy/Daddy & Baby (Ages Infant - 2) Coming Soon!

For More Information! (574-936-2333) (www.fitnessforum.biz/lifeplex-dance-academy)