



Dance Class Descriptions

Twirling Toddlers - Caregivers and their dancers ages 18 months+ enjoy music, movement, and lots of props...scarves, flowers, hula hoops, and a parachute!

Pre Ballet and Beginning Ballet - Stretch, skip, and leap as we learn the basic ballet positions and explore movement with scarves, wands, and more.

Ballet I - This class that puts the FUN into the fundamentals of ballet. Dancers are introduced to barre work and then learn combinations across the floor.

Ballet II - For ages 8 yrs+ (by audition or teacher rec.) who have mastered the skills taught in Ballet I, this class focuses on barre and center work, proper arm and head placement, and musicality.

Jazz - Join us as we learn age-appropriate jazz combinations set to today's top pop songs that focus on rhythm and coordination. Students wear jazz shoes.

Jazz/Contemporary Ballet - Designed especially for ages 11+, this class covers the basics of ballet and jazz while dancing to pop music. Perfect for students wanting to enhance skills for school dance teams and/or musical theater.

Tap - Students ages 4+ can enhance their rhythm and musicality while making a lot of noise! Class includes warm-up, across the floor exercises, and combinations.

Hip Hop - This is a high energy, fast paced dance class with choreography that emphasizes sharp, isolated movements. Students wear tennis shoes.

Adult Stretch & Strengthen - All ages and abilities welcome. The class is a combination of Pilates and cardio to develop healthy, strong bodies.

Key Dates for 2022

May 1	Fall Enrollment Opens
June - July	Summer Dance Camps and Classes
August 15	First Day of Fall Semester
September 5	Labor Day - No Classes
Nov. 21 - 27	Thanksgiving Break
Dec. 12 - 17	Parent Observation Week
Dec. 19 - Jan. 3	Winter Break

Enrolling is Easy!

1. Visit www.balanceatl.com and click "Register."
2. Log into account / create account for the first time.
3. Select "Fall 2022" classes and sign up for "Auto-Pay."
4. A \$40 per student annual membership fee reserves placement in class(es). First tuition installment will be billed to Auto-Pay on August 1.

Tuition

Tuition is based on the number of mins/hours the student is in class per week. Tuition is calculated separately for dance and gymnastics. Payment can be made in monthly installments or by the semester (save 5%). Visit balanceatl.com for details. Thirty days' written notice is required to discontinue billing.

Dress Code

Details are posted online about the attire, hairstyle, and shoes required for all classes.

