TDS CLASS DESCRIPTIONS

PreSchool
Ballet / Tap

A 45 Min Class that will incorporate both basic Ballet and Tap skills while also helping your child learn spacial awareness, balance, and social skills all while encouraging creativity.

Kindergarten

45 Min and 1 Hour Classes
Ballet/ Tap
Acro
Hip Hop / Jazz

First Grade and Up
Ages 5-13+

Classes Range from 45 Min to 1.5 Hours.

Combo and Singular Style Classes Available

Ballet
Tap
Jazz
Acro
Hip Hop
Lyrical / Contemporary
Dance Team Prep
"Dance With Us"

*No Friday's for 7th Grade and

Ballet

Ballet classes will help dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence. Students are taught proper body placement, body alignment, barre and center work, along with across the floor combinations.

Tap

Tap classes will focus on rhythms and patterns in footwork and proper technique. Students will learn to produce clear sounds as well as incorporate coordinating upper body movements.

Jazz

Jazz dance pairs animated expressions with sharp yet fluid motions. Classes include warm up, isolations, stretches, across the floor progressions, and choreography combinations.

Acro

Acrobatics uses strength and flexibility to perform gymnastic-based tricks. In this class, students perform conditioning exercises to prepare them for increased difficulty. It teaches flexibility, balance, strength, and coordination.

Hip Hop

Hip hop is a fun and fast-moving class taught in a positive environment that encourages dancers to not only improve technique, but to engage in freestyle/improvisational dance and build confidence and performance style.

Lyrical / Contemporary

Lyrical and Contemporary dance combines elements of ballet and jazz to create a soft style that emphasizes the storytelling quality of music.

Dance Team Prep

Dance Team Prep is a skill based preparation class for High School and College Level dance teams. This class will combine dance, pom and acrobatic elements.