



Black River Falls Dance Descriptions



We are a 10-month program with 1 Recital at the end of the year. **Black River Falls Studio Core Motto:** BRF DANCE is a place of structure, discipline, beauty, and fun! We are a huge supporter of the arts and believe that every child needs the arts to help them succeed in life. We teach healthy and proper dance techniques. We love and accept all types of dancer's age, shape, size, ethnicity, and religion. WE continuously strive to love ourselves! We do not allow any negativity in our words or action towards ourselves or others. Any kind of bullying or negativity will be dealt with immediately and could call for a breach of contract and termination in our Dance Program. If a child has been terminated, they will not be allowed to return to our Dance Program indefinitely.

Company Member: 10-month Program for advanced dancers, must have dance experience 5+ years of age (MUST HAVE TEACHER APPROVAL TO REGISTER AND ATTEND THIS CLASS). This program is for serious and dedicated dancers that will represent the Black River Falls Dance Program. This is a great opportunity to advance dance skills and learn more about teamwork.

Soloist: 10-month Program for advanced dancers, must have dance experience 5+ years of age Program is an additional part to our Company Member Program for serious and dedicated dancers to represent the Black River Falls Dance Program. This is a great opportunity to advance dance skills and learn more about the individual dancer's interpretation of dance on their own.

Intro to Ballet: 4-Week Class for 3–4-year-olds only offered in the months of September. This Class allows dancers to experience Ballet without full commitment. Class consists of ½ Barre and ½ Center Floor.

Intro to Dance: 4-Week Class for 5-6 & 7+ year olds only offered in the months of September. This Class allows dancers to experience all the genres we offer without full commitment. Class consists of ½ Warm-Up and ½ Center Floor.

Ballet: 10-Month Program for 3–4-year-olds and 5–6-year-olds. We learn strong ballet technique is the foundation for all other styles of dance. Ballet Vocabulary is introduced in these classes along with basic building skills and dance positions. Class consists of ½ Barre and ½ Center Floor.

Beginning Ballet: 10-Month Program for dancers ages 7+. We learn strong ballet technique is the foundation for all other styles of dance. All 6 Ballet Positions, Basic Ballet Skills and movements, Ballet Vocabulary, and Ballet Testing are focused and used in this class. Class consists of ½ Barre and ½ Center Floor.

Advanced Ballet : 10-Month Program for ADVANCED Dancers ages 7+. Advanced classical dance form that is characterized by grace and precise movements. Must have strong ballet technique which is our foundation. Must know All 6 Ballet Positions, Ballet Vocabulary, and Ballet Testing for this class. Class consists of ½ Barre and ½ Center Floor.

Beginning Contemporary: 10-Month Program for dancers ages 7+. This dance style combines elements of modern, jazz, lyrical and classical ballet technique. Contemporary Dance is an interpretive and emotionally expressive form of dance. We work on Basic Contemporary movements and getting comfortable with different changes of level movement, comfortability of floor movements, and partner dancing. Class Consists of ½ Warm-up and ½ Floor Work.

Advanced Contemporary: 10-Month Program for dancers ages 7+. This dance style combines elements of modern, jazz, lyrical and classical ballet technique. Contemporary Dance is an interpretive and emotionally expressive form of dance. We work on Advanced Contemporary movements, floor movements, focus more on partner dancing with weight distribution and tricks. Class Consists of ½ Warm-up and ½ Floor Work.

Jazz/Pom: 10-Month Program for dancers ages 5+. Combines classical ballet and modern dance technique with contemporary influences. A strong emphasis on energy, rhythmical accuracy, sharp movements, and style. Beneficial for High School Cheer/Dance Team. Class Consists of ½ Warm-up and ½ Floor Work.

Lyrical: 10-Month Program for dancers ages 5+ (Soloist Only). An expressive style of dance incorporating classical ballet technique. This dance form interprets the lyrics of music through movement. Class Consists of ½ Warm-up and ½ Floor Work.

Company Tech/Flex: 10-Month Program for dancers ages 5+. (MUST HAVE TEACHER APPROVAL TO REGISTER AND ATTEND THIS CLASS). Focus on strengthening of the body, with core, leg, and arm exercise. This is a great Technique and Flexibility class which focuses on dance technique and flexibility of the body and body placement. Class consists of ½ Strengthening and ½ Turns or Leaps.

Beginning Hip Hop: 10-Month Program for dancers ages 5+. A free form, contemporary style of dance which can combine elements of funk, popping, locking, break dancing and more. Class Consists of ½ Warm-up and ½ Floor Work.

Advanced Hip Hop: 10-Month Program for dancers ages 7+. (MUST HAVE TEACHER APPROVAL TO REGISTER AND ATTEND THIS CLASS). A free form, contemporary style of dance which can combine elements of funk, popping, locking, break dancing and more. Class Consists of ½ Warm-up and ½ Floor Work.

Tumbling/Acro: 6-Week or 10-Month Program for dancers ages 5+. Athletic and powerful movements like flips and rolls along with blending dance and acrobatic skills. Focus on balance, strength, and poise performed on mats. 1 hour.



2025-26 Black River Falls DANCE Schedule



Monday	3-4 Ballet A 3-4 Ballet B 5-6 Ballet Beginning & Advanced Ballet	Studio A/B Studio A/B Studio A/B Studio A/B	4:00-5:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm Instructor: Mrs. Nicole
Tuesday	Company Company Tech/Flex	Studio A/B	5:30-7:30 pm 7:30 -8:30 pm Mrs. Nicole & Mrs. Marianna
Wednesday	Beginning Hip-Hop Advanced Hip-Hop	Studio A/B	6:00-7:00 pm 7:00 -8:00 pm Instructor: Mrs. Marianna
Thursday	Soloist Soloist Beginning & Advanced Contemporary	Studio A/B Studio A/B	4:30-6:30 pm Mrs. Nicole & Mrs. Marianna 6:40-7:40 pm Instructor: Mrs. Nicole
Friday	(5+) Tumbling/Acro Jazz/Pom	Program Gym Studio A/B	5:30-6:30pm 6:40-7:40pm Instructor: Mrs. Marianna
Saturday (September ONLY)	(3-4) Intro to Ballet (5+) Intro to Dance	Studio D	10:00-11:00 am Instructor: Mrs. Nicole 11:00am-12:00pm Instructor: Mrs. Marianna